



Coastal Districts Little Athletics

Event Instructions

Throwing Events

Shot Put

Discus

Javelin

Jumping Events

Long Jump (U6 to U10)

Long Jump (U11 to U17)

Triple Jump (U11 to U17)

Scissor Jump (U8 to U10)

High Jump (U11 to U17)

Track Events

Spike Rules and Starting Methods

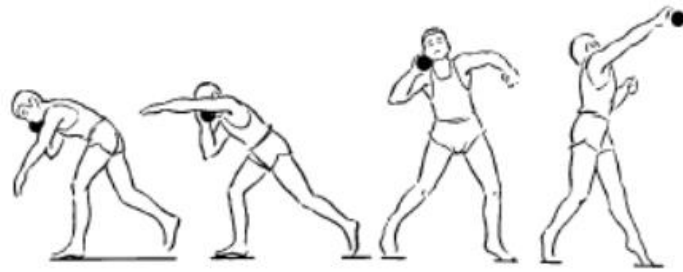
Sprints

Distance Races

Hurdles

Race Walking

Shot Put



Step Back



SHOT WEIGHTS:

1kg (blue) U6, U7 boys and girls

1.5kg (Yellow) U8 boys and girls

2kg (Orange) U9, U10, U11, U12 boys and girls

3kg (White) U13, U14 boys U13, U14, U15, U16, U17 girls

4kg (Red) U15, U16 boys

5kg (Green) U17 boys

PREPARE:

Stand side-on, feet apart, a foot distance from the front of stopboard.

Hold shot at base of fingers (not in palm).

Hold shot at the side of neck, elbow out.

Lean away from front of circle, weight on back foot.

Opposite arm is high and elbow bent (like checking your watch).

ACTION:

Unwind from bottom to top: 'Feet, hips, chest, push'.

Rotate front foot forward, rotate body around and push shot up.

Exit after shot lands, through back half of circle.

FOUL:

If shot comes away from neck/ chin area.

If shot was behind the shoulder line.

Stepping out of the circle or on the stop board.


Exiting from the front half of circle.


If shot lands on or outside the lines of the sector.


TIP:


Its faster for athletes to do 3 consecutive throws (helpers assist to bring shot back) and only move distance marker if the subsequent throws are further than first throw.


Parent Roles:


 **Age Group Manager:** Will oversee smooth running of the event and allocate parents roles

 **Recorder:** Marshal athletes (call names) and signal when to throw. Record the throw.
Repeat back to the measurer the distance to be recorded.


 **Spotter:** Spot the throw (shot is near neck, feet remain in circle, exit from back of circle)


 **Spotter:** Spot the landing (shot lands inside lines) and mark the landing
The small distance marker should be placed at the edge of the mark closest to the thrower.

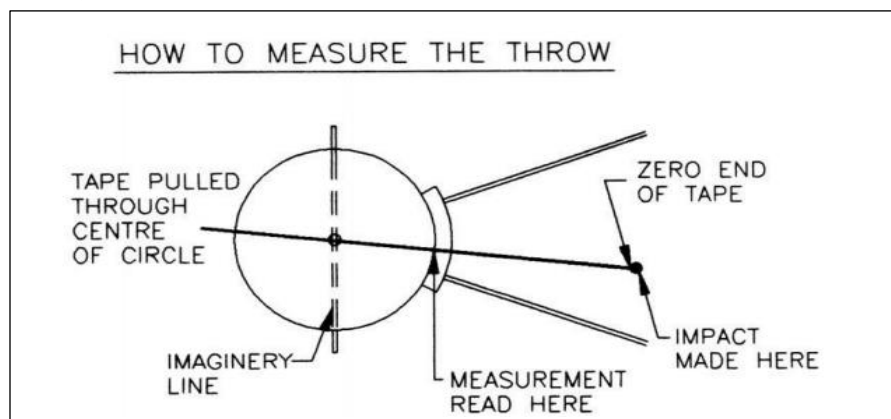
 **Spiker:** Measure the throw in the field (tape measure on spike).
Will also assist to spot the landing.

 **Tape Puller:** Pull tape through the centre mark

 **Measurer:** Call out measurement at inside edge of stopboard. Round down to nearest cm.

 **Collector:** Organise other athletes to collect and return the shot safely.

 **Safety Checker:** Organise other athletes to wait safely at least 1m behind throwing zone.



[SALAA Link: More Written Tips on Shot Put](#)

Discus



DISCUS WEIGHTS:

350g U6, U7 boys and girls

500g U8, U9, U10, U11 boys and girls

750g U12, U13 boys and girls

1kg U14, U15, U16 boys, U14, U15, U16, U17 girls

1.5kg U17 boys

PREPARE:

Stand side-on, feet apart, a foot distance from the front of discus ring.

Hold discus in throwing hand, sitting gently in tips of fingers, flat on palm, thumb resting behind. (Don't grab it tightly.)

Rest the discus on the supporting hand as you hold it up near your face.

ACTION:

Rotate arm and body and weight to the back.

Rotate arm and body forward, and release discus with a straight arm.

The speed of the arm stops the discus from falling, not the grip.

Unwind from bottom to top: 'Feet, hips, chest, arm, finger'.

Exit after discus lands, through back half of circle.

FOUL:

The discus may be thrown in any way that is comfortable to the athlete.

Stepping out of the circle or on the discus ring.










Exiting from the front half of circle.

If discus lands on or outside the lines of the sector.

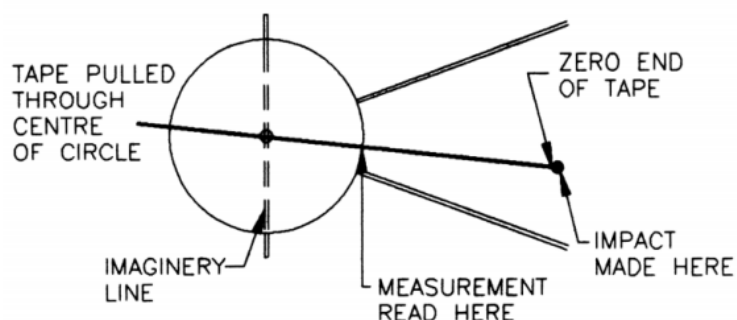
TIP:

Its faster for athletes to do 3 consecutive throws (helpers assist to bring shot back) and only move distance marker if the subsequent throws are further than first throw.

Parent Roles:

-  **Age Group Manager:** Will oversee smooth running of the event and allocate parents roles
-  **Recorder:** Marshal athletes (call names) and signal when to throw. Record the throw.
Repeat back to the measurer the distance to be recorded.
-  **Spotter:** Spot the throw (feet remain in circle, exit from back half of circle)
-  **Spotter:** Spot the landing (discus lands inside lines) and mark the landing
The small distance marker should be placed at the edge of the mark closest to the thrower.
-  **Spiker:** Measure the throw in the field (tape measure on spike).
Will also assist to spot the landing.
-  **Tape Puller:** Pull tape through the centre mark
-  **Measurer:** Call out measurement at inside edge of stopboard. Round down to nearest cm.
-  **Collector:** Organise other athletes to collect and return the discus safely.
-  **Safety Checker:** Organise other athletes to wait safely at least 1m behind the net.

HOW TO MEASURE THE THROW



[SALAA Link: More Written Tips on Discus](#)

Javelin, FlyHi Javelin, Bullnose Javelin

JAVELIN WEIGHTS:

Bullnose Javelin U6, U7 boys and girls

FlyHi Javelin U8, U9, U10 boys and girls

400g U11, U12 boys and girls, U13 and U14 girls

500g U15, U16, U17 girls

600g U13, U14 boys

700g U15, U16, U17 boys




PREPARE:

Stand 1-2m behind the arc line. Face forwards.

Hold javelin over shoulder, next to ear, elbow forwards.

Javelin 'grip' is resting in palm

Fingers are hooked behind 'grip'. 'Grip' is held between:

-  1. ↙ thumb and first finger
-  2. ↙ thumb and second finger (first finger straight)
-  3. ↙ first and second finger ('V Grip')

ACTION:

Wait for instruction to throw.

Turn side on, feet apart.

Extend arm back, arch back a little, javelin at eye level.

Rotate forwards: front foot, hips, then shoulders.

Throw javelin over the shoulder, with bent elbow leading. Like throwing a ball.

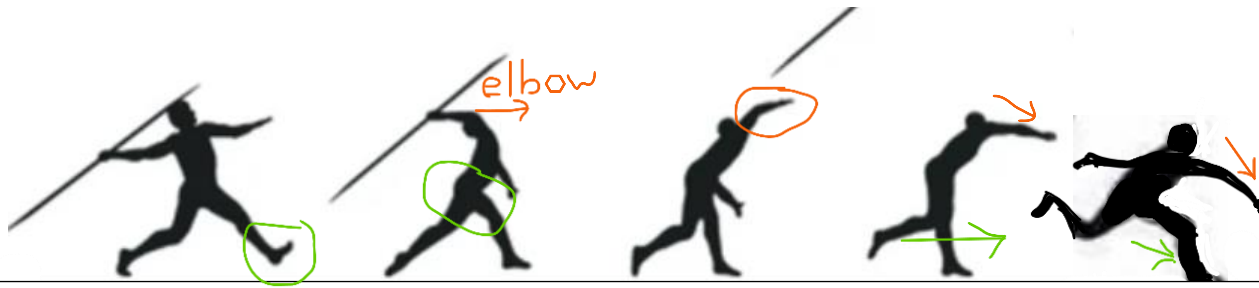
(Don't swing the javelin through with a straight arm.)

Release javelin when just over and in front of head.

Follow through with throwing arm and throwing-side leg.

Never step over the arc line or turn your back towards the arc.

Standing Throw (in stages):



Rotate forwards: front foot↙, hips↑,

throw↑

↑

↑

Follow through with throwing arm and throwing side leg.

FOUL:

Athletes must stand still on the runway and wait for instruction to throw.

If javelin is not held at the grip.

**If javelin is swung through with a straight arm
(it must be thrown over the shoulder with a bent elbow).**

If javelin lands on or outside the lines of the sector.

If javelin does not land tip first. (It is subsequently allowed to bounce or slide).

Athletes must never turn their back to the arc.

Athletes must not step on or over the arc line.

Athletes must exit behind the arc, after javelin lands.

SAFETY CONSIDERATIONS:

Ensure the bunting rope extends well beyond the largest expected throw.

Athletes should wait well away from the throwing area.

Judges should stand outside the sector lines and remain alert. Beware of wind.

Athletes must wait for permission to throw every time.

Javelin collection should be supervised. NO RUNNING.

**Remove javelin from ground by placing thumb over the tip and pull back.
(BE AWARE OF WHO IS BEHIND YOU.)**

Carry javelin back vertically.










Store javelins either in the bag or standing vertically (not on an angle).

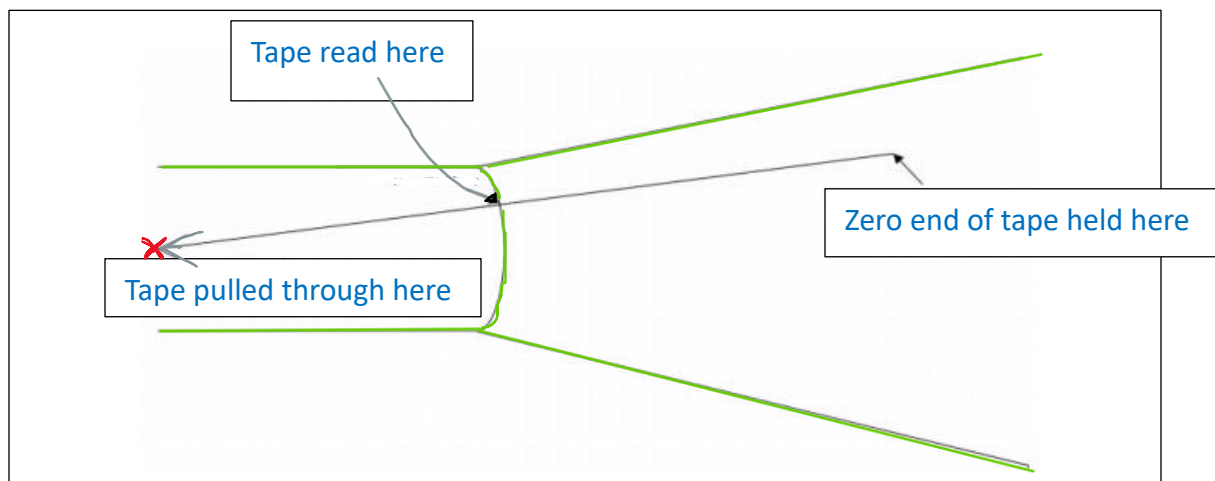
TIP:

Its faster for athletes to do 3 consecutive throw and only move distance marker if the subsequent throws are further than first throw.

(Supervised helpers or adults assist to bring javelin back.)

Parent Roles:

-  **Age Group Manager:** Will oversee smooth running of the event and allocate parents roles
-  **Recorder:** Marshal athletes (call names) and signal or call 'GO' when field is clear to throw. Record the throw. Repeat back to the measurer the distance to be recorded.
-  **Spotter:** Spot the throw (javelin is held at the grip, javelin is thrown over shoulder and not swung around, feet remain inside the lines, exit behind the arc)
-  **Spotter:** Spot the landing (javelin lands inside lines, point must touch first) and mark the landing. Place the small distance marker at the edge of the mark closest to the thrower.
-  **Spiker:** Measure the throw in the field (tape measure on spike). Will also assist to spot the landing.
-  **Tape Puller:** Pull tape through the 8m mark on the runway
-  **Measurer:** Call out measurement at inside edge of the arc. Round down to nearest cm.
-  **Collector:** javelin or organise other athletes to collect and return the javelin safely.
-  **Safety Checkers:** Make sure no one is in the throwing zone, even marshals. Organise other athletes to wait safely behind and away from the throwing zone.

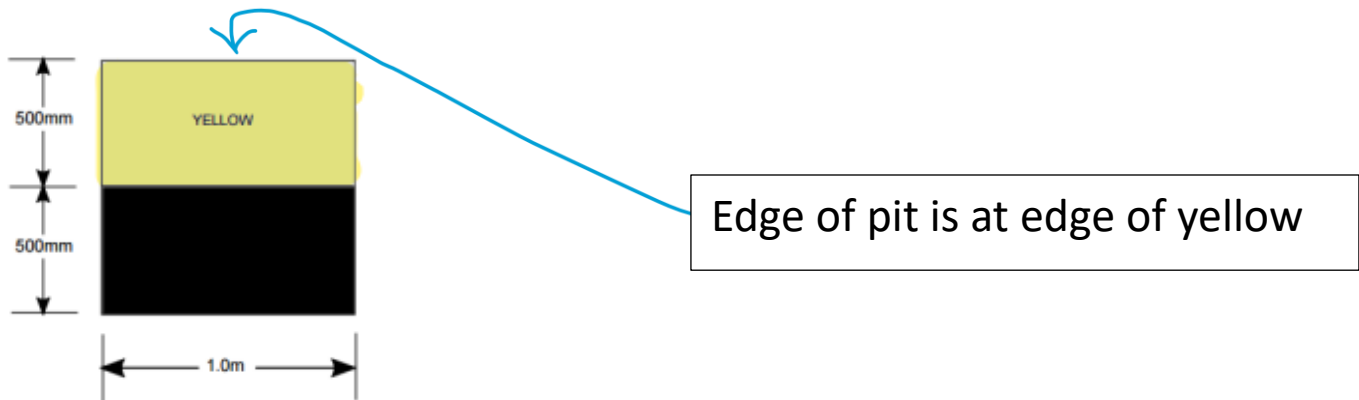


If athlete does not record a successful throw, record as NM (No Mark)

Competitor	Trial 1	Trial 2	Trial 3	Best
John Smith	24.33	X	24.56	24.56
Joe Smith	25.21	25.07	25.20	25.21
Gracie Smith	24.89	25.15	X	25.15
Rose Smith	25.11	25.02	25.13	25.13
Mark Smith	X	24.56	24.52	24.56
Susie Smith	X	X	X	NM

[SALAA Link: More Written Tips on Javelin](#)

Long Jump (U6 to U10)



PREPARE:

Measure your run up:

Stand on the black part of jumping mat and stride forwards about 11 steps.
Place your drink bottle at the final step.

*Athletes will be allowed a practice jump. Adults provide feedback on the takeoff position of each athlete. The run-up marker may be adjusted forward or back if they are not taking off the mat on the black.

(This is only useful if the athlete runs exactly the same way every time.)

Wind speed and direction will also affect run-ups.)

ACTION:

Stand next to your run-up marker.

Wait for 'Go'.

Run-up style is upright and speedy towards the end.

Take off from the black part of the board.

Drive your knee and arms high into the air.

Keep your body tall, eyes up.

Legs extend forwards in the air.

Lean forwards on landing to prevent falling backwards. Feet together to land.

Exit forwards out of the pit.



FOUL:

If the athlete's foot is past the vertical plane into the yellow section of the mat, when viewed from the side of the mat.

If athlete doesn't land at least 50cm into the pit (1 warning is allowed).

If athletes exit back through the pit.

Measuring Tips:

The measuring spike is placed at the closest mark in the sand left by any part of the athlete's body (foot, hand, or ponytail!) This is most accurate in damp sand. After spiking, the sand can be raked level for the next athlete.

The tape measure is read where the front of the toe left an imprint in the chalk. If the athlete takes off behind the mat, measure to the back edge of the mat.

The black part of the take-off mat should be brushed with chalk after every jump.



Parent Roles:



Age Group Manager: Will oversee smooth running of the event and allocate parents roles



Recorder: Marshal athletes (call names) and signal when runway is clear to jump. Record the jump. Repeat back to the measurer the distance to be recorded.



Queue Supervisor: Assist recorder to marshal athletes waiting for their turn.



Line Judge: Stand next to the take-off section where black meets yellow



Spiker: Spike the landing (even if you think it was a foul). Measure from the mark in the sand closest to the runway



Raker: Rake the sand level after every jump



Tape Puller: Pull tape through the chalk mark



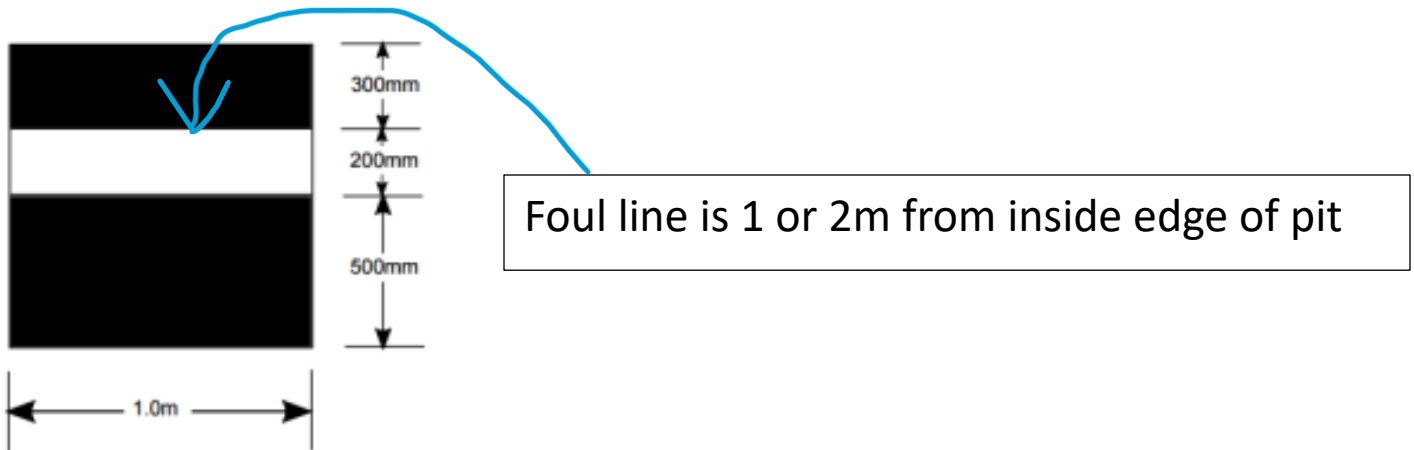
Measurer: Call out measurement at front of footprint (or back of mat). Round down.



Safety Checkers: Make sure no one is in the jumping zone or on runway.

[SALAA Link: More Written Tips on Long Jump](#)

Long Jump (U11 to U17)



PREPARE:

Measure your run up:

Stand on the white take-off board and stride forwards about 11-17 steps.

Place your drink bottle at the final step.

*Athletes will be allowed a practice jump. Marshals provide feedback on the take-off position of each athlete. The run-up marker may be adjusted forward or back if they are not taking off from the white board.

(This is only useful if the athlete runs exactly the same way every time.)

Wind speed and direction will also affect run-ups.)

ACTION:

Stand next to your run-up marker.

Wait for 'Go'.

Run-up style is upright and speedy towards the end.

Take off from the white part of the board.

Drive your knee and arms high into the air.

Keep your body tall, eyes up.

Legs extend forwards in the air.

Lean forwards on landing to prevent falling backwards. Feet together to land.

Exit forwards out of the pit.



FOUL:

If the athlete's foot is past the vertical plane of the white line, when viewed from the side of the mat.

If athlete doesn't land at least 50cm into the pit (1 warning is allowed).

If athletes exit back through the pit.

Measuring Tips:

The measuring spike is placed at the closest mark in the sand left by any part of the athlete's body (foot, hand, or ponytail!) This is most accurate in damp sand. After spiking, the sand can be raked level for the next athlete.

The tape measure is read at the front edge of the white line (nearest the sandpit).

Parent Roles:



Age Group Manager: Will oversee smooth running of the event and allocate parents roles



Recorder: Marshal athletes (call names) and signal when runway is clear to jump. Record the jump. Repeat back to the measurer the distance to be recorded.



Queue Supervisor: Assist recorder to marshal athletes waiting for their turn.



Line Judge: Stand next to the take-off section where white meets black



Spiker: Spike the landing (even if you think it was a foul). Measure from the mark in the sand closest to the runway



Raker: Rake the sand level after every jump



Tape Puller: Pull tape through the take-off board



Measurer: Call out measurement at front of white line nearest the pit. Round down.



Safety Checkers: Make sure no one is in the jumping zone or on runway.

[SALAA Link: More Written Tips on Long Jump](#)

Triple Jump (U11 -U17)

Momentum goes forwards more than upwards until the last jump.
A slow rhythm is beneficial to learn the technique.

PREPARE:

Nominate your take-off board (3m, 4m, 5m, 6m, 7m, 8m, 9m, etc)

Measure and mark your run-up from this take-off distance (about 11 to 17 steps).
Athletes may change their nominated take-off board between jumps by informing the official.

*Athletes will be allowed a practice jump. Marshals provide feedback on the take-off position of each athlete. The run-up marker may be adjusted forward or back if they are not taking off from the white board.

(This is only useful if the athlete runs exactly the same way every time.

Wind speed and direction will also affect run-ups.)

ACTION:

Stand next to your run-up marker.

Wait for 'Go'.

Run-up style: Start fast, and progress to a long, lopey, boundy, rhythm.

Take off the white line.

'Hop, Step, Jump' with an even 1-----2-----3-----rhythm.

Lean forwards on landing to prevent falling backwards. Feet together to land.

Exit forwards out of the pit.

'Same,.....Swap,.....Together' is a useful phrase to say as you jump.



HOP: Same...

STEP: Swap...

JUMP: Together.

HOP: Say 'Same'

Drive knee forwards. Land on the same foot as that from which you take off

STEP: Say 'Swap'

Drive other knee forwards. Land on that foot.

JUMP: Say 'Together'

Drive knee and arms up. Land feet together.

FOUL:

If the athlete's foot is past the vertical plane of the white line, when viewed from the side of the mat.

If athlete doesn't land at least 50cm into the pit (1 warning is allowed).


If athlete exits back through the pit.


Measuring Tips:


The measuring spike is placed at the closest mark in the sand left by any part of the athlete's body (foot, hand, or ponytail!) This is most accurate in damp sand. After spiking the sand can be raked level for the next athlete.


The tape measure is read at the front edge of the white line (nearest the sandpit).


Parent Roles:


 **Age Group Manager:** Will oversee smooth running of the event and allocate parents roles


 **Recorder:** Marshal athletes (call names) and signal when runway is clear to jump. Record the jump. Repeat back to the measurer the distance to be recorded.


 **Queue Supervisor:** Assist recorder to marshal athletes waiting for their turn.


 **Line Judge:** Stand next to the take-off section where white meets black. Move take-off board for different athletes.

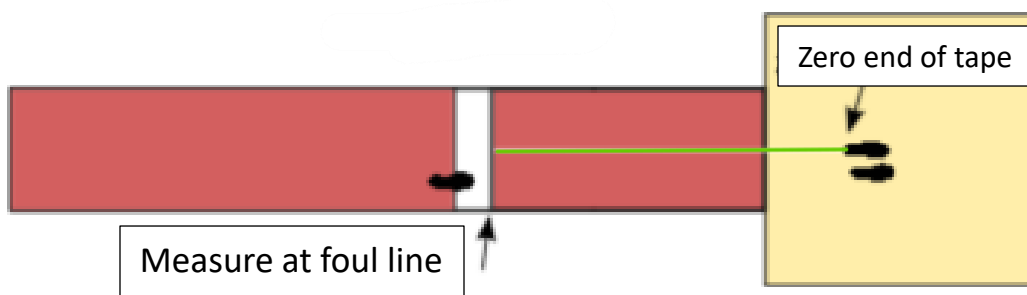
 **Spiker:** Spike the landing (even if you think it was a foul). Measure from the mark in the sand closest to the runway

 **Raker:** Rake the sand level after every jump

 **Tape Puller:** Pull tape through the take-off board

 **Measurer:** Call out measurement at front of white line nearest the pit. Round down.

 **Safety Checkers:** Make sure no one is in the jumping zone or on runway.



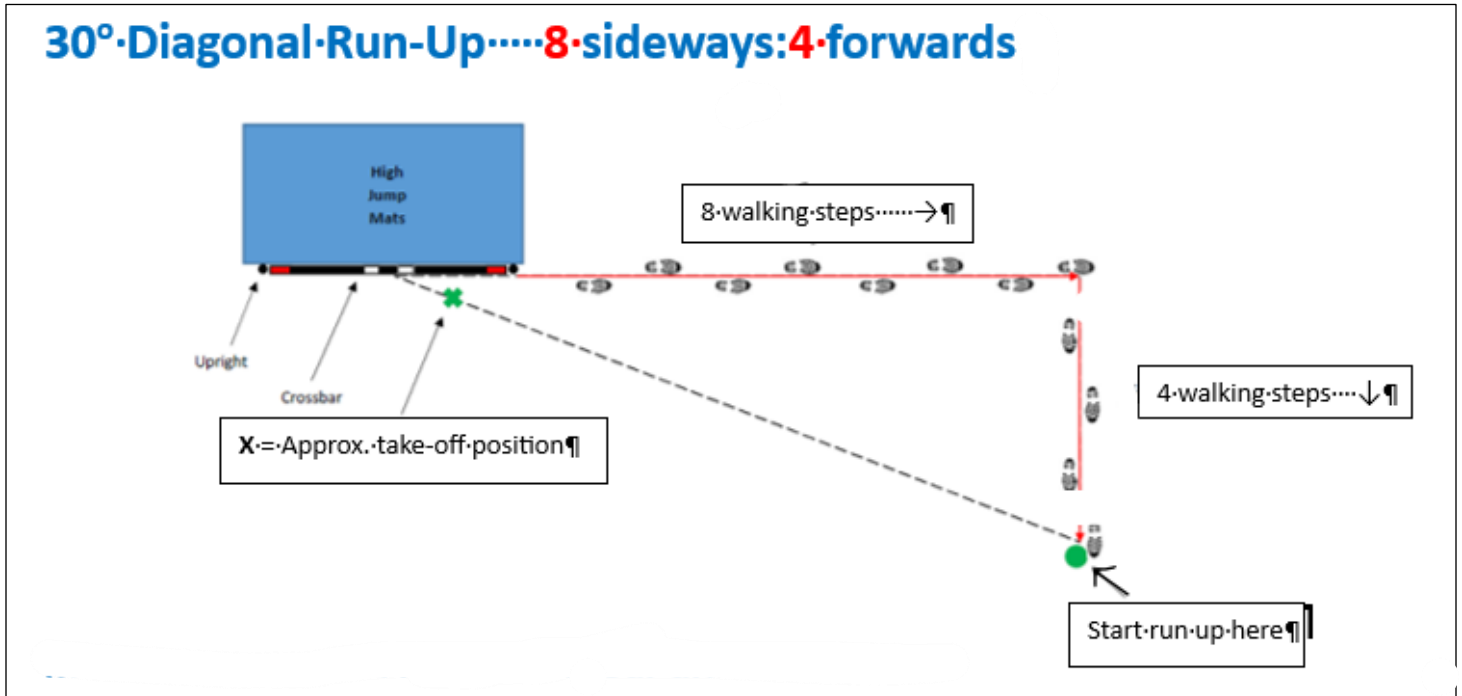
[SALAA Link: More Written Tips on Triple Jump](#)

Scissor Jump (U8 to U10)

Scissor technique is compulsory for U10 and younger

PREPARE:

Measure your run up and mark with your drink bottle.



Do I line up on the left or right.?

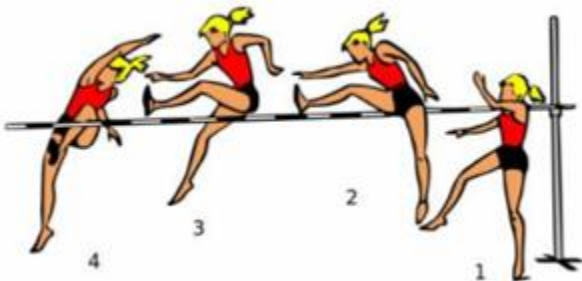
If you kick a ball with your right foot, you usually start on the right-hand side.

When jumping, the first leg to lift should be the one closest to the mat. If not, swap sides.

ACTION:

Use a bouncy high knee run.

Accelerate over the last 3 strides.



Scissor Jump:

Stronger leg drives up and kicks up straight over bar, other leg follows.

Athletes remain upright.

Must land feet first, in a standing or sitting position (not on your back or front).

No backwards flop or forward dives.

FOUL:

If athlete dislodges the bar (not if caused by wind).

If athlete jumps from 2 feet.

If athlete gains an advantage by crossing the plane of the uprights, or touching the mat or uprights.

If athlete takes more than 1 minute at an attempt (including baulks).

Athletes are out when they cannot achieve a successful jump after 3 attempts.

Parent Roles:



Age Group Manager: Will oversee smooth running of the event and allocate parents roles



Recorder: Marshal athletes (call names) and signal when an athlete's jump commences.

Record the jump. Request changes in bar height:

Use 5cm increments until only 6 athletes remain. Then 2cm increments.



Queue Supervisors (L and R): Assist recorder to marshal athletes for their turn.

Remind them to start their runup from the relevant marker.



Crossbar Adjusters: Pick up crossbar and adjust height with measuring stick.

Measure from the ground to the upper edge of the bar, in the centre of the bar.



Timer: Time 1 minute to complete an attempt (many baulks are allowed if within the 1min)



Spotter: Was the bar dislodged by the wind or by the athlete)



Spotter: Spot the athlete (correct technique and landing).

Any 'flop' or 'flip' technique is dangerous and forbidden in Scissor Jump, on low mats.



Safety Checkers: Make sure no one is in the jumping zone or on the mat.



Extras: Encourage and entertain athletes who have finished jumping.

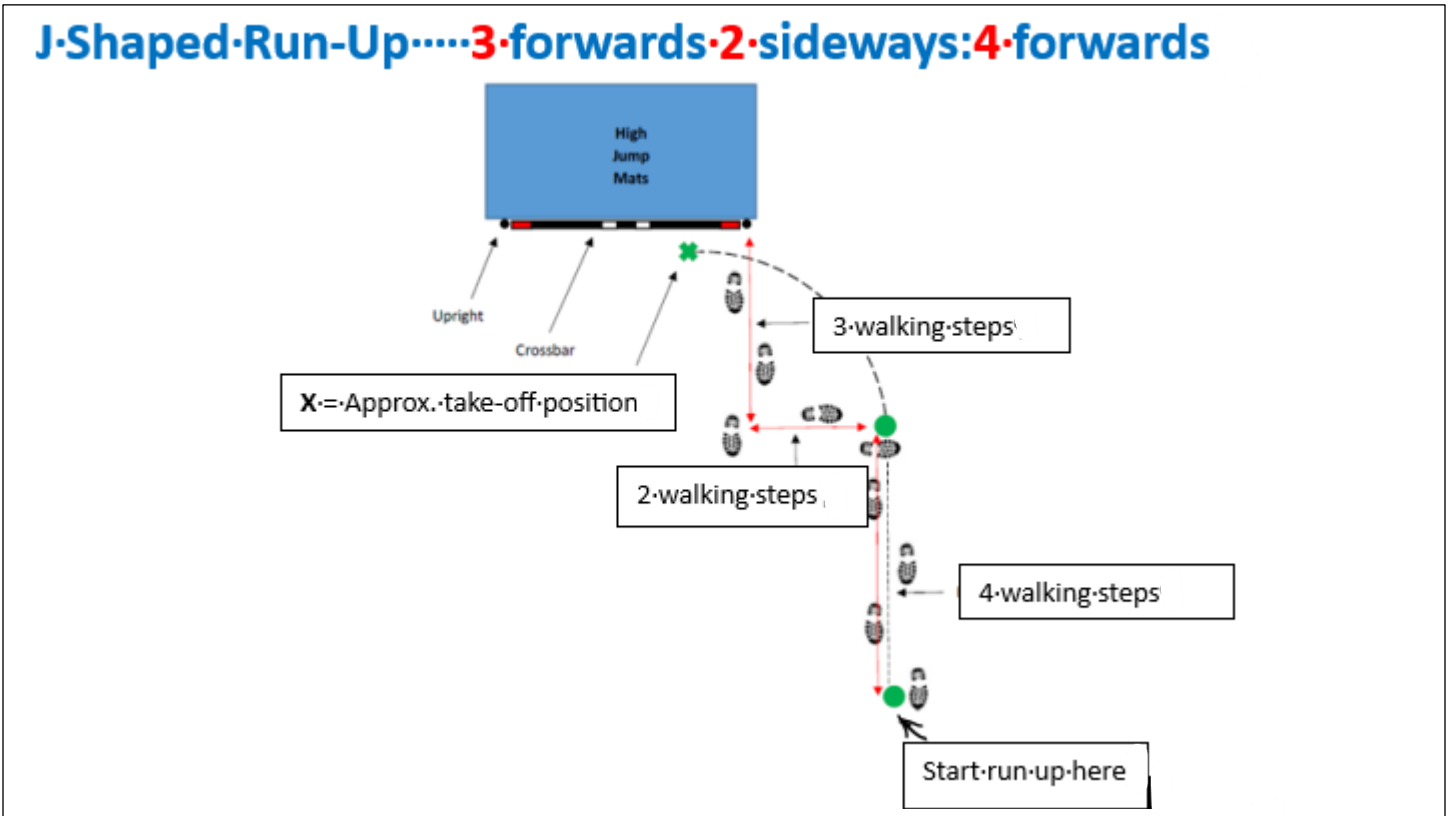
The technique is challenging, and the event takes a long time to complete.

[SALAA Link: More Written Tips on High Jump](#)

High Jump (U11 and above) Athletes may still use scissor technique

PREPARE:

Measure your run up and mark with your drink bottle.



Do I line up on the left or right.?

If you kick a ball with your right foot, you usually start on the right-hand side.

When jumping, the first leg to lift should be the one closest to the mat. If not, swap sides.

ACTION:

Use a bouncy high knee run.

Accelerate over the last 3 strides.

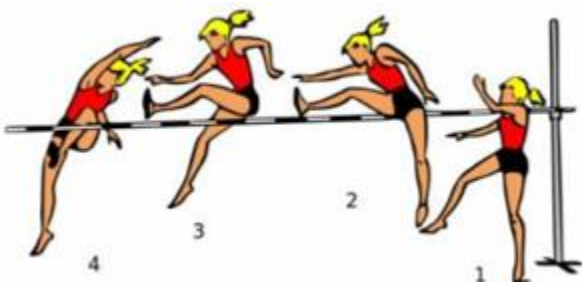
Scissor Jump: (Measure run-up: 8 sideways, 4 forwards)

Stronger leg drives up and kicks up straight over bar, other leg follows.

Athletes remain upright.

Must land feet first, in a standing or sitting position (not on your back or front).

No backwards flop or forward dives.



Frosby Flop: (Technique can be learnt at Wednesday night training.)

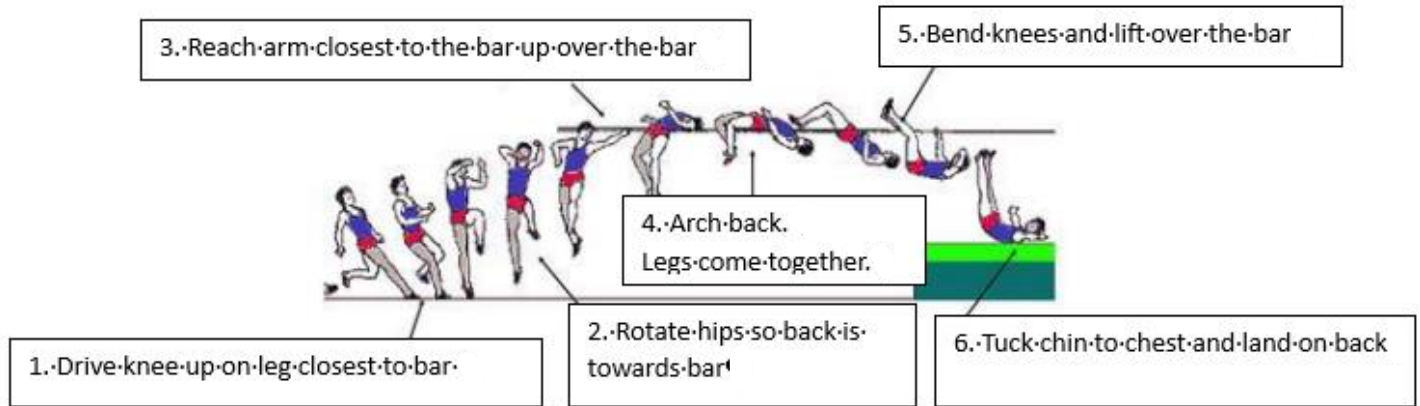
Stronger leg drives up, bent at the knee.

Same side arm drives up over the bar.

Body twists, back arches over the bar.

Legs come together, bend knees, kick up over the bar.

Chin is tucked in, land on back/ shoulders.



FOUL:

If athlete dislodges the bar (not if caused by wind).

If athlete jumps from 2 feet.

If athlete gains an advantage by crossing the plane of the uprights or touching the mat or uprights.

If athlete takes more than 1 minute at an attempt (including baulks).

Athletes are out when they cannot achieve a successful jump after 3 attempts.

Parent Roles:

👤 **Age Group Manager:** Will oversee smooth running of the event and allocate parents roles

👤 **Recorder:** Marshal athletes (call names) and signal when an athlete's jump commences.

Record the jump. Request changes in bar height:

Use 5cm increments until only 6 athletes remain. Then 2cm increments.

👤👤 **Queue Supervisors (L and R):** Assist recorder to marshal athletes for their turn.

Remind them to start their runup from the relevant marker.

👤👤 **Crossbar Adjusters:** Pick up crossbar and adjust height with measuring stick.

Measure from the ground to the upper edge of the bar, in the centre of the bar.

👤 **Timer:** Time 1 minute to complete an attempt (many baulks are allowed if within the 1min)

👤 **Spotter:** Was the bar dislodged by the wind or by the athlete)

👤 **Spotter:** Spot the athlete (correct technique and landing).

👤👤 **Safety Checkers:** Make sure no one is in the jumping zone or on the mat.

👤👤 **Extras:** Encourage and entertain athletes who have finished jumping.

[SALAA Link: More Tips on High Jump](#)

Track Events

Spike Rules

Some spikes may be used from U11 (see table).

Spikes may be conical or pyramid, and up to 7mm (follow the rules at each venue)

Age Groups	Track Events	Field Events	Relays	Out of Stadium
U9, U10	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed
U11, U12	All events run entirely in lanes	All jump events and Javelin	4x100m, laned sections of 4x200m and Medley	No spike shoes allowed
U13 – U17	All events except Race Walks	All jump events and Javelin	All Events	No spike shoes allowed

Starting Methods

Standing Start

Must be used for events over 400m when not run entirely in lanes.

Crouch Start











May use in laned events with no blocks or spikes.

Block Start

May use in laned events, using runners or possibly spikes (U11 and above)

Athletes must know how to correctly line up the blocks and return them to the shed after the race.

Parent Roles for Track Events:

-  **Age Group Manager:** Will oversee smooth running of the event and allocate parents roles
-  **Starter:** Start the race (this duty is usually allocated for the whole meet)
-  **Timer:** Time the race (this duty is usually allocated for the whole meet)
-  **Lane Marshal:** Marshal athletes into lanes or onto the curved line
-  **Finish Line Marshal:** Direct the runners after the race. Circular track athletes must sit in order of completion, in a line, to maintain accurate results for all runners. Straight track athletes must pick up their lane number at the end and bring it to the results recording table.
-  **Reader:** Collect paper docket from the timer at the finish line.
Read out the athlete's times and names in order, for the recorder to enter results.
-  **Recorder:** Record the times. Repeat back to the reader the times to be recorded.
-  **Cheer Squad:** Organise and encourage athletes around the track
-  **Walks Judge:** Observe correct technique and advise yellow cautions and red warnings
-  **Hurdle Assistant:** Ensure hurdles are set at the right distance and height for the age group.
Pick up knocked over hurdles

Sprints

Sprint events are run in lanes up to 400m (except 300m for U6).

PREPARE:

Choose a start method and line up about 1m back from the start line until the starter gives instruction to move up to the line

ACTION:

'On Your Marks'

Standing Start: Put one toe up to the line (not on the line).

Crouch or Block Start: Fingers must not touch the line.

Legs are in position in resting mode.

When all athletes are still, starter will proceed.

'Set'

Standing Start: Prepare for start gun by leaning forwards, opposite arm in front.

Crouch or Block Start: Prepare for the start gun by raising your hips up.

Athletes should remain still in order not to cause a false start.

After 2 seconds the starter will proceed.

'Go' (Start Gun)

Accelerate for about the first 30m. Take shorter steps to start with to gain more speed. Remember: every little step is another little push forwards...air time is not accelerating.

Lean forwards over the finish line, the finish is timed at the upper body, not legs.

Accelerate even past the finish line (don't slow down before the line).

DISQUALIFICATION:

If athlete steps out of lane or on the lines.

In the event of a false start, you will hear 2 consecutive 'bangs'. The athlete will be warned. The race will be restarted.

Disqualification if athlete causes a second false start.



Distance Races

Distance races are run over 400m (except 300m for U6).

Standing starts must be used.

800m is started in lanes and runners move to the inside lane after passing the markers after the first bend. There may be 2 athletes per lane.

Other races have a 'pack start'. Athletes line up on a curved line, with no lanes.

PREPARE:

Stand about 1m back from the start line until the starter gives instruction to move up to the line

ACTION:

'On Your Marks'

Standing Start Only: Put one toe up to the line (not on the line). Prepare for start gun by leaning forwards, opposite arm in front. (There is no 'Set'.)

When all athletes are still, starter will proceed. Athletes should remain still in order not to cause a false start.

'Go' (Start Gun)

Accelerate and move gradually towards the inside of the track.

Do not cut off other athletes.

Lean forwards over the finish line, the finish is timed at the upper body, not legs.

Accelerate even past the finish line (don't slow down before the line).

DISQUALIFICATION:

If an athlete impedes another runner, for example by stepping in front of them. In the event of a false start, you will hear 2 consecutive 'bangs'. The athlete will be warned. The race will be restarted.

Disqualification if athlete causes a second false start.

[SALAA Link: More written Tips on Distance Running](#)

Hurdles

Hurdle Specifications							
Age Groups	Distance	No of Flights	Height	Distance to first Hurdle	Spacing Between	Last Hurdle to Finish Line	Colour Code for Markings
U6	60m	6	20 cm	12 metres	7.0 metres	13 metres	Pink
U7	60m	6	30 cm	12 metres	7.0 metres	13 metres	Pink
U8-U9	60m	6	45 cm	12 metres	7.0 metres	13 metres	Pink
U10	60m	6	60 cm	12 metres	7.0 metres	13 metres	Pink
U11	80m	9	60 cm	12 metres	7.0 metres	12 metres	Black
U12	80m	9	68 cm	12 metres	7.0 metres	12 metres	Black
U13, U14G	80m	9	76 cm	12 metres	7.0 metres	12 metres	Black
U14B, U15-16G	90m	9	76 cm	13 metres	8.0 metres	13 metres	White
U15-16B, U17G	100m	10	76 cm	13 metres	8.5 metres	10.5 metres	Yellow
U17B	110m	10	76cm	13.72m	9.14m	14.02m	Red
U13	200m	5	68 cm	20 metres	35 metres	40 metres	Green
U14	200m	5	76 cm	20 metres	35 metres	40 metres	Green
U15-17	300m	7	76 cm	50 metres	35 metres	40 metres	Green

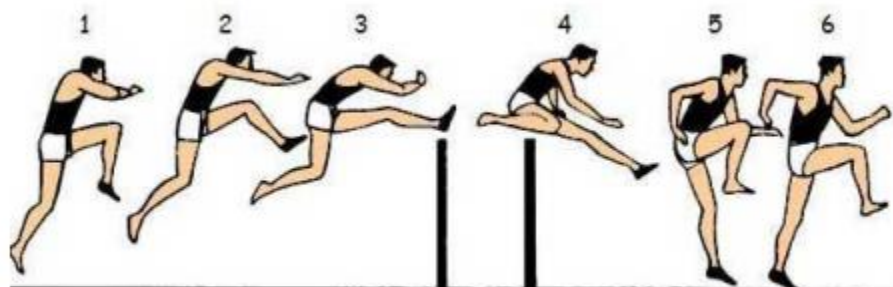
PREPARE:

Practice jumps are provided over the first 2 hurdles before the race starts.

ACTION:

Accelerate out and remain quite upright.

The hurdles should be sprinted, not 'jumped'. The best way to achieve this is to just clear each hurdle. Lift the leading leg up, and angle the knee outwards on the trailing leg, (instead of tucked under the body).



FOUL:

If athlete steps out of lane or on the lines.

If athlete deliberately knocks down a hurdle, by hand or foot (up to track referee)

If an athlete goes under or around a hurdle.

If the trail leg sweeps around the side of the hurdle.

SAFETY:

Never allow athletes to jump hurdles in the wrong direction, as the hurdle will not collapse properly, and the athlete could be injured.



[SALAA Link: More Written Tips on Hurdles](#)



Scan the LAVIC QR code above for video tips on coaching Hurdles

Race Walking

One leg should touch the ground at all times.

(Front foot must touch the ground before you lift the back foot).

The front leg must be straight from the moment it touches the ground until in the vertical upright position.

Athletes line up on a curved line, with no lanes, in a 'Pack Start'.

PREPARE:

Stand about 1m back from the start line until the starter gives instruction to move up to the line

ACTION:

'On Your Marks'

Standing Start Only: Put one toe up to the line (not on the line). Prepare for start gun by leaning forwards, opposite arm in front. (There is no 'Set'.)

When all athletes are still, starter will proceed. Athletes should remain still in order not to cause a false start.

'Go' (Start Gun)

Accelerate and move gradually towards the inside of the track.

Tall posture, shoulders facing forwards.

Swing arms, shoulders relaxed and low'

Heel-toe action. Land on the heel and roll forward onto the toe.

DISQUALIFICATION:

If an athlete impedes another runner, for example by stepping in front of them.

In the event of a false start, you will hear 2 consecutive 'bangs'. The athlete will be warned. The race will be restarted.

Disqualification if athlete causes a second false start.

If an athlete accumulates too many red cards (see overpage).



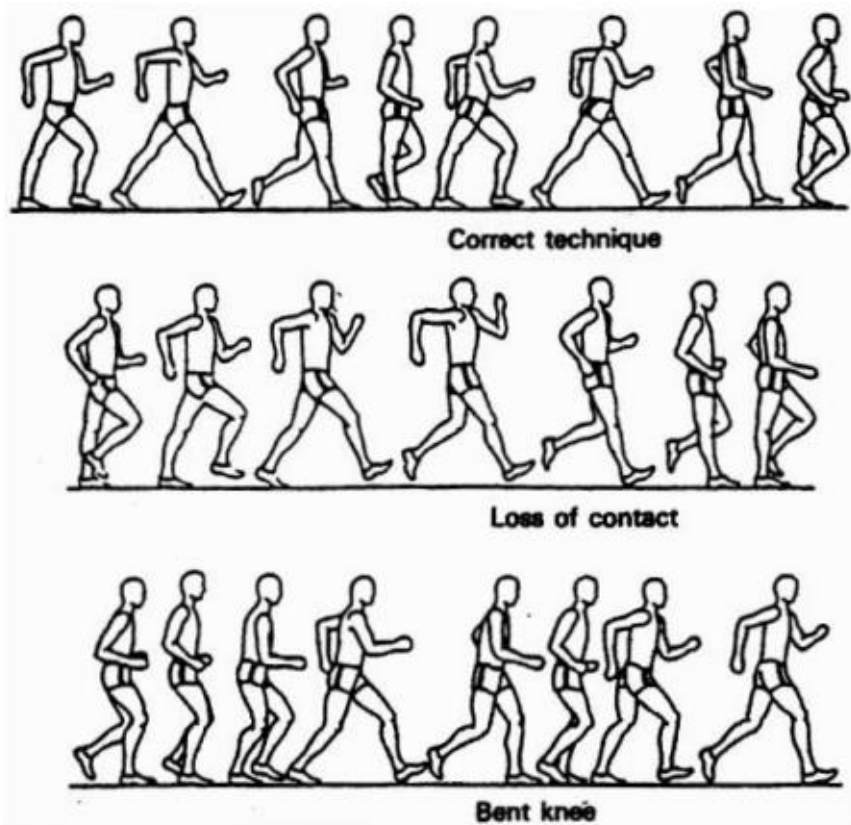
Scan the LAVIC QR code above for video tips on coaching Race Walking

A **yellow card** is simply advice to the athlete to take caution either with their foot contact or their bent knee. (This advice is done verbally for U11 athletes and below.)

A **red card** is an official warning.

2 red cards (from different judges) mean disqualification (when there are 4 judges).

3 red cards (from different judges) mean disqualification (when there are 5 judges).



Yellow Cards



[SALAA Link: More Written Tips on Race Walking](#)