

INDEPENDENT GIRLS' SCHOOLS' SPORTS ASSOCIATION

LONG JUMP RULES

1. Each competitor has 3 jumps.
2. Each competitor is permitted to compete in another event, as long as they report out and in to the person in-charge and move swiftly between events.
3. A competitor, related to (2) can jump out of order so that results of that year can be completed.
4. A competitor fails if she touches the ground beyond the take-off line.
5. A competitor is disqualified if she walks back through the landing area. She must continue on out of the pit.
6. If a competitor runs through the pit without jumping, it is counted as one of their three (3) jumps.
7. A competitor is not allowed to employ any form of somersault.
8. The measurement is taken from the first impression, nearest to the take-off board (whether it is a heel, bottom, hands, etc)
9. If there is a tie for first, a result is achieved by the two competitors second best performance and then third best performance – after this, a tie is achieved.

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HIGH JUMP RULES

1. The high jump is made over a crossbar between rigid uprights. The bar is raised after each round and competitors remain in the competition until eliminated by three consecutive failures.
2. The crossbar must rest on the uprights in such a way that if touched it falls easily forward or backward. The bar must be replaced with the same surfaces facing upward and forward.
3. Run length is unlimited. Marks may be used, so long as they are flat on the surface of the ground if on the track.
4. Starting heights as below. Competitors may start jumping when they wish and choose whether to attempt any subsequent height. Elimination occurs after three consecutive failures.
5. Failures – if competitor
 - i) takes off from two feet
 - ii) touches the ground or land area or any part of her body goes past the vertical plane of the bar, without clearing the bar (whether or not she jumps)
 - iii) knocks the bar off the supports (even if she has landed before the bar falls)
6. Heights are remeasured if a record is established.
7. Spikes may be worn.

INFORMATION FOR OFFICIALS CONDUCTING FIELD EVENTS

High Jump Events

Starting Heights	Year 7	<u>Div 1 & 2</u>	1.10m	
	Years 8 & 9	<u>Div. 1:</u>	1.25m	<u>Div. 2:</u> 1.2m
	Year 10 & 11/12)	<u>Div. 1:</u>	1.3m	<u>Div. 2:</u> 1.25m

The event is run according to the rules of the Amateur Athletic Association with these provisos*

Any competitor who leaves the venue to compete in another event **will be** allowed to return and have the bar lowered to the next height above that of which she last jumped after first warming up.

Ties

A. High Jump

In jumping for height:

- i) the competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
- ii) If a tie still remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
- iii) If a tie still remains:
 - a) If it concerns the first place, the competitors tying shall have one more jump at the lowest height at which any of those involved in the tie failed and if no decision is reached, the bar shall be lowered or raised to the heights which shall be announced by the Chief Judge of the event, they shall then attempt one jump on each occasion when deciding the tie.
 - b) If it concerns any other place, the competitors shall be awarded the same place in the competition.

Each competitor is permitted to compete in another event as long as they report out and in to the person in-charge and move swiftly between events. A competitor can jump or throw out of order so that results of that Year can be completed.

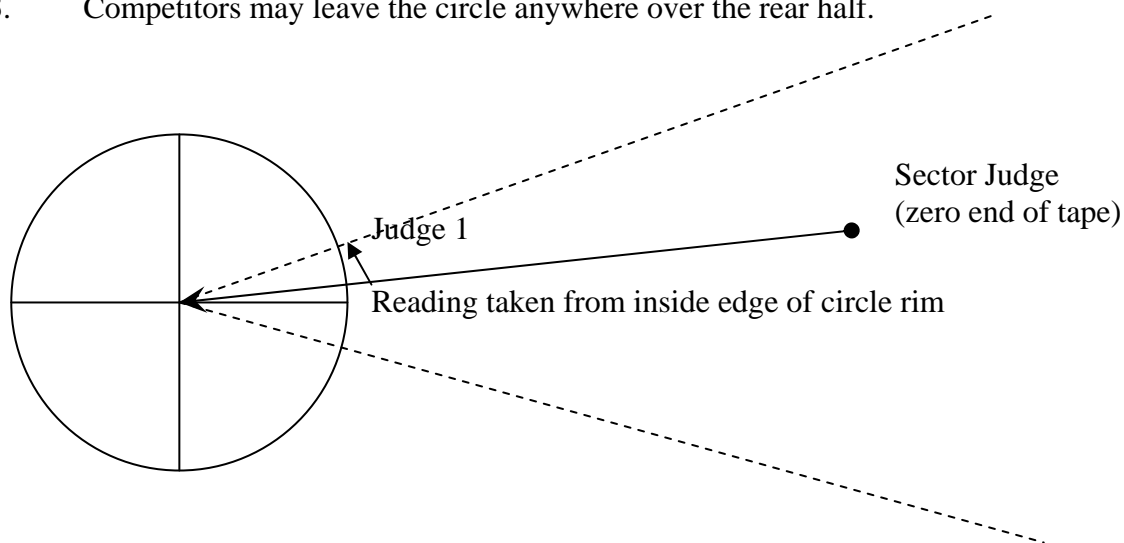
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DISCUS

Equipment: Tape Measure
School Flags x 8,
1 Red + White Flag
2 Hand Towels

Officials: 1 Recorder
2 Judges
1 Sector Judge
2 Students

1. Each girl is allowed 3 throws – all of which are to be measured to the exact measure thrown.
2. The discus must be thrown from within the circle. Competitors must not leave the circle until the discus lands.
3. Competitors may leave the circle anywhere over the rear half.



4. “No Throw” occurs when:
 - i) the thrower leaves the circle from front
 - ii) if discus does not land inside the sector
 - iii) foot or any part of body touches over or beyond front line is a “no throw”
5. Tape must come through the centre of circle when measuring.
 - i) O end where discus land
 - ii) read distance from the outer edge of the circle
6. Note: Students may use their own equipment. However, please ensure they are correct weight (ie 1kg size and wooden or fibreglass), that they have been cleared by the technical officer and are available to other competitors.
7. Sandshoes to be worn.
8. Each competitor is permitted to compete in another event as long as they report out and in to the person in-charge and move swiftly between events.

A competitor can jump or throw out of order so that results of that year can be completed.

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JAVELIN

- Officials:**
- 1 Recorder
 - 2 Measuring Judges
 - 1 Sector Judge who measures the throw
 - 2 Students, one who marks the throw with school flag and carries the javelin back to the runway, then ditto second student

- Equipment**
- 100m measuring tape
 - Brush for the throwing circle
 - Recording cards – pen,
 - 2 of each School Flag, 1 White and 1 Red Flag
 - 2 Hand Towels

- B) **Duties:** The duties of the javelin officials can be categorised as follows:
- i) Measuring the retrieval of implements should be done without delay
 - ii) If a competitor must leave to compete in a track event, the competition continues without her. When the competitor returns, she may rejoin the competition or finish the remaining throws (whichever is applicable).
DO NOT STOP THE COMPETITION.

Each competitor has three throws.

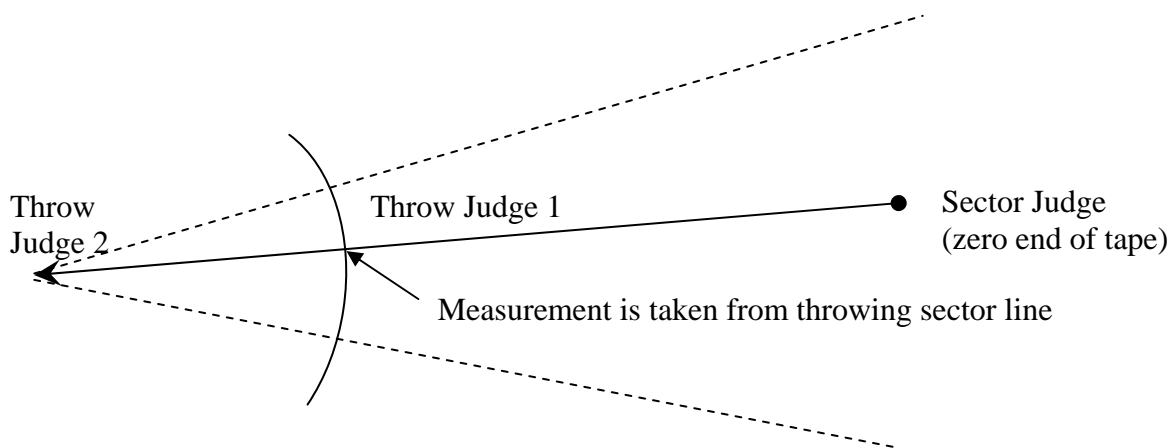
During the Event

The **Throws Judges** are responsible for the following:

- a) Measure and record each of the three throws.
- b) Reporting any problems to the Field Referee.

The **Sector Judge** is responsible for the following:

- a) Judging whether the javelin landed in “fair” or “foul” territory. It must land within the inner edge of the sector lines.
- b) Placing the “zero” end of the tape at the point of impact closest to the thrower.
- c) Judging whether the javelin touched the ground tip first. If not, the throw is a “foul”. The javelin need not stick into the ground nor make a mark.
- d) Each throw is measured, the flag left in.
- e) The competitor may not leave the sector until the javelin has struck the ground.
- f) It is a “no throw” if the competitor makes contact with or touches over the throwing line of the sector.
- g) The competitor may not turn her back on the landing area between the commencement of a throw and discharge of the javelin.
- h) The javelin must be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled.



C) **Ties** In those field events where the result is determined by distance, the second best performance of the competitors tying shall decide the tie. Then, if necessary, the third best, and so on.

* Each competitor must be permitted to complete in another event as long as they report out and in to the person in-charge and move swiftly between events. A competitor can jump or throw out of order so that results of that Year can be completed.

Note: Students may use their own equipment. However, please ensure they are correct weight (ie 1kg size and wooden or fibreglass), that they have been cleared by the technical officer and are available to other competitors.

WEIGHTS

Year 8	400gm	Javelin
Year 9,10,11,12	600gm	Javelin

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SHOT PUT - Simple Rules

1. A competitor may have 15 minutes warm up in total.
2. Each competitor has three throws, is credited with the best of all her puts.
3. The competitor must commence the throw from a stationary position – inside the circle ie cannot walk in and use momentum of walk to start throw.
4.
 - a) the shot shall be put with one hand only
 - b) the shot must touch or be close to the chin at all times
 - c) the hand (with shot) must not be dropped below this position during action
 - d) the shot must not be brought behind the line of the shoulders
5. The competitor is allowed to touch the inside of the iron band and the stop board.
6. It is a foul throw if the competitor – once the action has started – touches with any part of her body:
 - a) the ground outside the circle
 - b) the top of the iron band
 - c) the top of the stop board
 - d) the top of circle
 - e) it is a foul throw if the shot lands outside the sector
7. Provided that (6) has not been infringed, a competitor may interrupt a throw once started, lay down her implement, leave the circle and return to start afresh.
8. The competitor must not leave the circle until the throwing implement has touched the ground and then may leave the circle anywhere over the rear half.
9. Measurement must be made from the nearest edge of the mark made by the shot – in a straight line to the centre of the circle – to the inner edge of the stop board.
10. In case of a Tie:
The second best performance of the competitors who are tied shall decide the Tie. If the tie still remains, the third best and so on.

Each competitor is permitted to leave the site to compete in a track event as long as they report out and in to the person in-charge and move swiftly between events.

A competitor can jump or throw out of order so that results of that Year can be completed.

Note: Students may use their own equipment. However, please ensure they are correct weight (ie 1kg size and wooden or fibreglass), that they have been cleared by the technical officer and are available to other competitors.

WEIGHTS

Year 7	2kg Shot
Year 8 & 9	3kg Shot
Year 10 & 11/12	4kg Shot