

TRACK & FIELD

FACILITY & EQUIPMENT

Official events must have at least 5 track events (including a sprint and middle distance event) and 3 field events (at least 1 throw and 1 jump).

There must be at least 4 lanes on the track and appropriate facilities for field events.

WEIGHTS (in kg) & STARTING HEIGHTS (in m):

Category	Discus		Shot Put		High Jump	
	Boys	Girls	Boys	Girls	Boys	Girls
A	1.5	1	5	4	1.40	1.20
B	1	1	4	3	1.20	1.10
C	1	1	4	3	1.20	1.10
D	1	1	3	2	1.10	1.00

HURDLE MEASURES:

Category		Height (m)	Number	Track Length (m)	Distance to First (m)	Distance Between (m)	Distance on End (m)
A (U18)	Boys	0.91	10	110	13.72	9.14	14.02
	Girls	0.76		100	13	8.5	10.5
B (U14)	Boys	0.76		100	13	8.5	10.5
	Girls	0.76		100	13	8.5	10.5
C (U14)	Boys	0.76		100	13	8.5	10.5
	Girls	0.76		100	13	8.5	10.5
D (U14)	Boys	0.76		100	13	8.5	10.5
	Girls	0.76		100	13	8.5	10.5

AGE CATEGORIES

Please refer to the **SGIS Age Categories** for this academic year located [HERE](#).

ROSTERS

At the discretion of the team Coach, an athlete may participate in up to a maximum of 5 events (including relays) in one day. Schools may register as many athletes as they like, to encourage participation.

OFFICIAL RULES

FIELD EVENTS

- No practice trials are permitted once officiating has begun.
- Pits are to have clearly defined opening and closing times.
- Warnings are to be called out when 30 minutes remain, 10 minutes remain, and 5 minutes remain.
- Open pits are recommended to allow athletes to compete in multiple events.
- In the event of a timetable clash, athletes should prioritise track events. An athlete should not be disqualified from competing in a field event to attend a track event. However, he/she should report to the field event judge first or send a messenger to declare the intention to compete once the track event has finished.
- In field events (other than high jump), athletes must be given a minimum of 3 trials. At the discretion of the organisation, 4 trials may be given. Where time permits, 3 trials may be given to all competitors and a further 3 trials to the 6 athletes who recorded best 6 performances after 3 trials. However, to maintain consistency, the same number of trials should apply to all events.
- Throwing events should be supervised by suitably experienced staff in all cases.
- Athletes are allowed to complete consecutive trials.

Discus & Shot Put

- To register a legal put, the athlete must push the shot one-handed from the region of the neck close to the chin. The shot must not be taken behind or below the line of the shoulders. (A bent wrist throwing action is legal but not recommended as it causes undue strain on the wrist).

- An athlete shall not leave the circle or runway until the implement has touched the ground. If, after throwing, the athlete touches the ground outside the circle, the throw shall be deemed illegal.
- Once the implement has landed, exit from the circle must be from the rear half of the circle, behind the bisecting line.
- It shall be a failure if, in contacting the ground when it first lands, the implement touches the sector line or the ground outside the sector line.
- The tape measure should be pulled from 0 cm at the point of contact to the spot which marks the centre of the throwing circle.
- Measurement is taken from the point where the tape measure bisects the inside edge of the circle or the stop board to the first point of contact of the implement.

Long Jump

- To register a legal jump, the athlete must take off from behind the line of the take-off board that is nearest the sand.
- Measurement is taken from the line of the take-off board nearest the sand pit to the nearest mark in the sand. This should be the shortest line between the two points.
- The tape measure should be pulled from 0 cm at the point in the sand closest to the take-off board and the measurement read off at the front line of the board.
- If the athlete has fallen or stepped backwards after landing, measurement is from the nearest point on the take-off board to the nearest mark in the sand.
- It is essential that the sand be raked smooth after each jump and ideally the sand should be wet to keep the breakage of sand clean when landing.

High Jump

- To register a legal jump, the athlete must take off from one foot and the bar must remain in place until the athlete has left the landing mat.
- If a jumper makes 3 approaches without jumping, it is counted as a missed attempt.
- If a jumper crosses the plane of the bar it is considered an attempt, even if no contact is made with the bar.
- The plate attached to the support post should be placed level with the height stated to the athletes. Normally, the bar is raised at 5 cm intervals.
- A clearance is recorded with the mark O. A failure is recorded with the mark X.
- If two athletes fail all three attempts at the same height but have cleared the previous height, it is the athlete who has recorded the fewest previous failures who takes the higher overall placing.

TRACK EVENTS:

- For races of 800 m or more, the start command is “on your marks” and then the shot of the gun (or clap of the starter’s blocks).
- For races 400 m or less, the start command is “on your marks,” “set,” and then the shot of the gun (clap of the starter’s blocks).
- Each runner is allowed one false start before being disqualified. For a second false start, the athlete responsible is disqualified.
- The timer stops when a runner’s torso crosses the line (not the other body parts).

Long Distance (3000 m):

- 3000 m cannot be run on the same day as 1500 m.
- Boys and girls may run together but only within the same division (senior or junior).
- A waterfall start is used with no lane assignments.
- The winner is determined solely by the runners’ times.

Middle Distance (800 m & 1500 m):

- A waterfall start may be used.
- In the 800 m, runners may be asked to start in lanes and after the first 100 m they may come for the inner lanes.
- Where multiple heats are required, the winner is determined solely by time.

Sprints (80 m, 100 m, 110 m, 200 m and 400 m):

- The 400 m should be run in the senior category only.
- Runners run in lanes for the entire race and lanes should be drawn before the race. Runners should not run on the white lines at either side of the lane.
- For the 200 m and 400 m, staggered starts are used.
- Starting blocks are optional.
- If multiple heats are required, the winner is determined on time. In the 80 m and 100 m, a final should be held with the top runners (4-8 depending on track size) unless time constraints prevent this. A final is optional for other sprint events, though not recommended for the 400 m.

Relays (4 x 100m, 4 x 400m)

- Starting blocks are optional.
- In the 4 x 100 m runners run in lanes for the entire race and the lane draw should be made prior to the race.

- In the 4 x 400 m, the first lap and first bend of the second lap are run in lanes, after which teams should move to the inside lane. The 4 x 400m staggered start lines must be used.
- The baton must be passed from runner to runner without the baton losing contact with at least one athlete.
- The exchange of baton must take place within the marked lanes and judges should be allocated to adjudicate this.
- If the baton is dropped or a runner runs out of lane, the team is disqualified. This includes running on the white line at either side of the lane.
- On finishing, the runner must hold on to the baton. Throwing the baton into the air and down on the ground is dangerous and will result in a team warning or disqualification, at the discretion of the host.
- 4 x 400 m relay will only be for the senior level competitors.

SCORING & RESULTS

Two officials are required for every field event and a Chief Field Event Judge ensures correct practice and arbitrates disputes in field events.

An adequate number of timers are required to provide accurate times for each runner. A Chief Track Judge (and assistant where required) decides finishing positions and times are matched to positions. The Chief Track Judge also acts as arbiter in the case of a dispute or complaint.

Genders must be recorded separately and there should be a Senior and a Junior Division for each. Awards are to be given for 1st, 2nd, and 3rd place finishers in each event and in each division for both genders.

HEALTH & SAFETY

Spikes are allowed.

The event organiser is responsible for overseeing health and safety considerations and it is he/she who decides if weather conditions will allow events to be held without undue risk to health and safety.

It is imperative that throwing event officials are properly trained and experienced to supervise the event safely.

The organiser can expect assistance from visiting schools in order that he/she can place suitably experienced officials in key positions. At the end of the day, coaches, spectators and athletes are kindly encouraged to help clear the equipment following the prize giving.

It is the responsibility of team coaches and officials to keep athletes and spectators away from areas where there is a risk to health and safety. Only officials and athletes competing are allowed on or inside the track. Those waiting to compete should be kept well back from throwing areas and always behind the throwing line or circle.