

Resource material: Event rules

### **LONG JUMP**

- Athletes may only take permitted number of jumps.
- Touching the take-off board is permitted, touching any part of the ground beyond it however is classified as a break.
- The measurement is taken from the mark in the sand, closest to the board.
- The measurement is taken in a straight line back to the board and is read from the edge of the board, closest to the sand.
- The athlete with the longest jump is declared the winner. In the event that two athletes jump the same distance, their next best jump decides who gets the higher placing.

### **TRIPLE JUMP**

- Most rules as for the long jump, with a few extra.
- The athlete must do the event in order — hop, step, jump.
- The trail leg may not touch the ground between stages of the jump.
- Two hops or two steps is a foul jump.

### **SPRINT STARTS**

- Athletes must go into a crouch start for all competitive sprint events.
- Starting blocks may be used, but they must be totally inside the athletes lane.
- If an athlete false starts twice, he/she is disqualified.
- If an athlete crosses lanes and interferes with another runner, he/she will be disqualified.
- The first athlete to reach the line is declared the winner.

### **4 X 100 METRE RELAY**

- Runners 2, 3 and 4 have a 20 metre zone in which they must receive the baton.
- The zone is marked 10 metres either side of the 100m, 200m and 300m marks.
- The receiving athlete may begin their run outside the zone but can only take the baton inside the zone.
- Changeovers outside the zones will lead to disqualification.
- If an athlete interferes with another team, that persons team will be disqualified.
- If a baton is dropped, the runner that drops it must pick it up, the next runner may not do so.
- If a baton is dropped into another lane causing interference with another team, the team will be disqualified.
- The rules governing sprint starts also apply to the 4 x 100m relay.

### **HIGH JUMP**

- Competitors may start jumping when they wish.
- They may skip a height if they so wish, but three consecutive failures results in elimination.
- A jump is counted as a failure if the bar is knocked:
  - if he/she takes off from two feet
  - if the jumper touches the landing area or the ground beyond the plane of the uprights without first clearing the bar ( whether or not a jump is made).

### **JAVELIN**

- Generally, a competitor will have between three and six throws, depending on the competition.
- The thrower must hold the javelin at the grip and throw with one hand only.
- The javelin must land within the permitted area to be valid.
- A throw is a foul if a competitor touches with any part of his/her body the arc or scratch lines or the ground beyond them.
- The competitor must not leave the delivery area until the javelin has landed and must then leave from behind the arc and scratch lines.
- A throw is measured from the nearest mark made by the head of the javelin to the inner edge of the circumference of the arc.
- The weight of the javelin varies depending on the age involved.