

**Southwestern Track & Field Officials Association
Training Seminar**

Throws Session

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University of North Texas

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Overview

- I. Internet Resources
- II. Defining the Throws
- III. Safety Considerations
- IV. Guidelines
 - A. Prior to Meet
 - B. Day of Competition
 - C. During Competition
- V. Positions
- VI. Throws in Detail
 - A. Hammer
 - B. Discus
 - C. Javelin
 - D. Shot Put
- VII. Numbers of Officials
- VIII. Keep in mind....
- IX. Selected Equipment List

Internet Resources

- National officials web site: www.usatfofficials.com
Training Page – Monographs, Weights and Measures Handbook
The Throwing Officials' Manual 2006 Edition by George Kleeman
- Southwestern Track & Field Officials Association web site:
www.swtfoa.com – Rules and Member Services Pages
- USATF web site – www.usatf.org
- Interscholastic Track Officials Association of Texas –
Public High School T & F www.ITOAT.us or www.nfhs.org
- NCAA web site – www.ncaa.org → Sports & Championships →
Spring → Outdoor Track & Field (M) → Rules & Committees
→ Rules and Officiating Web Page → Updates →
Interpretations

Throws

- **Throws - hammer, weight, javelin, shot put, and discus**
- **Hammer, javelin and discus restricted to outdoors**
- **Weight and shot put contested indoors as well as outdoors**
- **All throws released from either a circle [“ring”]
or an arc (javelin)**
- **Sector constitutes legal landing area**

Safety

*“Because we are involved with throwing things,
we cause problems.”*

George Kleeman

The Throwing Officials' Manual

Safety Considerations

- **Keep your eyes on the circle or arc at all times especially during warm-up (shorter time interval between attempts)**
Critical to focus if event is indoors and confined to the infield especially when track events begin
- **Supervise warm-ups at all times**
- **Retrievers spread out !; avoid small groups; turn cell phones off!**

Safety Considerations Continued

- Don't let athletes retrieve; keep them out of sector and adjacent areas cordon off a minimum of 10 feet off sector line and throwing cage
- Better to stand to the side of impact rather than head-on
- 10 feet cushion from point of impact is suggested
- Be aware! Implements will skip (discus in particular)!
- “Stop any event where safety might be compromised either in the event you are conducting or in another event.”

Guidelines Prior to Meet

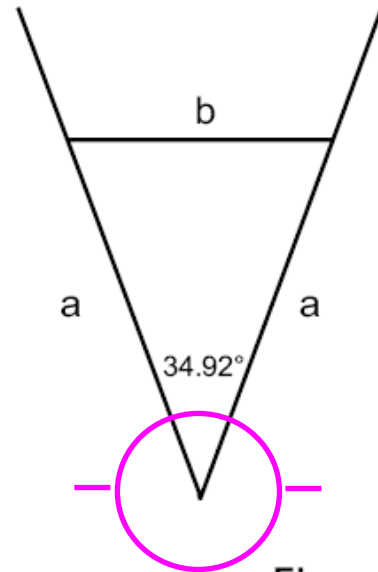
- Under which rules will the event be conducted?
USATF? NCAA? NFSHS (UIL)?
Read the rule book the night before
- How many on the officials crew? Will I have volunteers helping?
- How many to the final?
- Is there a qualifying mark?
- Metric or English units?
- Are there competitors close to throwing a record?
Will the information be listed on the flight sheets?
- For major competitions, meet with your crew.
Go over scenarios and play “what if...”.

Guidelines - Day of Competition

- Arrive early – a minimum of one hour prior to competition; check with Field Event Referee for any special rules or points of emphasis
- Make sure both the center and front / back halves of the ring are clearly defined; **add extensions to the arc in javelin;**
- Inspect the cage; check for any holes or loosely-anchored netting
- Check the sector. Is it 34.92° § for all events except javelin?
Five feet from center of circle – three feet across sector
Javelin – tape is pulled through at point measuring 8 meters from the arc
- Know the distance of the first mark in sector
- If provided with measuring tapes, make sure they are “zeroed.”

§Sectors for high school shot and discus in Texas were set at 34.92° for '06 season by the UIL. In 2007, National Federation will also adopt the same degree sector.

Establishing Sector for Hammer, Weight, Shot and Discus



a (meters)	b (meters)
5	3
10	6
15	9
20	12
25	15
50	30
75	45

Figure 9—Establishing the Sector

Amended from the NCAA
2007 Men's & Women's Cross Country & Track & Field Rules, p.30

Guidelines Day of Competition **Continued**

- **What is the mark of the day for legal implement?**
- **No warm-up with implements heavier or lighter than those approved; common problem in high school district meets**
- **Maximum of two warm-ups at a time; in javelin, close arc to retrieve after X attempts**
- **Are there any athletes that will need to be excused for another event**
 - **explain the rules and how you will enforce them**
- **Are there competitors close to throwing a record?**
Is the information listed on the flight sheets?
- **Go over rules for all ages at beginning of season; note any major changes; always go over rules for youth and high school competition; major championships – points of emphasis**

Guidelines During Competition

- Call the athletes in groups of three – “Up, On Deck, On Hold”
- Mark the point of impact from the side not while in the sector
- The speed of the event is determined predominately by three persons: marker, tape puller and flight coordinator! Younger, presumably more agile officials in these first two positions
- Officials in and around the cage during competition should work in the field as retrievers during warm-up; retrievers take a break!
- Flag coordination – **one** set of flags at circle or arc – thumbs up / thumbs down for other circle judges – one set of flags in the field
- “Silence is golden”

Positions

- Head Event Judge – 3rd circle judge; 2nd Reader and/or Recorder
- Tape reader – announces measurement – left circle so that numbers are facing him or her
- Recorder - on right of impact area; repeats announced measurement
- Tape Puller – Positioned to the right of sector – moves quickly as athlete exits circle; avoids standing in ring when conditions are wet / muddy
- Circle judges – one on right, left and back of the circle
At least one judge to check foot faults and one judge to check that implement has landed before athlete exits circle
- Sector Judges – stands to the side of sector line to call fouls

Positions Continued

- Flight Coordinator – informs athlete of throwing order; calls athletes up; announces “Pass” ; signals time remaining for warm-up
- Marker / Stabber – marks implement’s 1st point of impact and / or holds tape for initial measurement - important to be to the side of sector for javelin and discus – **assumes all attempts are fair until told of foul!**
- Retriever – carries implements out of impact area
- Timer – Positions clock in clear view for athlete; signals to Head Judge if athlete fails to initiate attempt within the allotted time
- Landing Judge (javelin)- stands to the side of sector; determines if javelin lands metal head (point) first – **does not act as marker!**

Number of Officials

- **Minimum** - the number required to run the event safely
- **Normal** – size expected in most meets
- **Major Event** – National Championships

Number of Officials

Hammer

HAMMER(WEIGHT)	MINIMUM	NORMAL	MAJOR EVENT
HEAD	1/2	1/2	1
DOORS	1/3	1/2	1/2
RECORDER /COORDINATOR	1/3	1/2	1/2
TAPE PULLER	1/2	1/2	1
CIRCLE/TAPE READER	1/3	1/2	1
FIELD TAPE	1/2	1/2	1
MARKER	1	1 1/2	2
RETRIEVER/SECTOR	1/2	1	2
FIELDLYNX		1/2	2
TOTAL	4	6	11

Javelin

shared duties

JAVELIN	MINIMUM	NORMAL	MAJOR EVENT
HEAD	1/2	1	1
RECORDER /COORDINATOR	1/2	1/2	1
TAPE PULLER	1/2	1/2	1
ARC/TAPE READER	1/2	1/2	1
FIELD TAPE	1/2	1/2	1
MARKER	1 1/2	1 1/2	2
POINT/FLAT	1/2	1	1
RETRIEVER/SECTOR	1/2	1	2
FIELDLYNX/BOARD		1/2	2
TOTAL	5	7	12

Discus

DISCUS	MINIMUM	NORMAL	MAJOR EVENT
HEAD	-	1/2	1
RECORDER /COORDINATOR	1/2	1/2	1
TAPE PULLER	1/2	1/2	1
CIRCLE/TAPE READER	1	1	1
FIELD TAPE	1/2	1	1
MARKER	1	1 1/2	2
RETRIEVER/SECTOR	1/2	1/2	2
FIELDLYNX		1/2	2
TOTAL	4	6	11

Shot Put

SHOT	MINIMUM	NORMAL	MAJOR EVENT
HEAD	1/4	1/2	1
RECORDER /COORDINATOR	1/4	1/2	1/2
TAPE PULLER	1/4	1/2	1
CIRCLE/TAPE READER	1/4	1/2	1/2
FIELD TAPE	1/3	1/2	1
MARKER	1/3	1/2	2
RETRIEVER/SECTOR	1/3	1	2
FIELDLYNX		-	2
TOTAL	2	4	10

Keep In Mind.....

- Eliminate problems before they occur by being practical, hands-on, **POSITIVE**
By thinking ahead you can anticipate problems
- Approach should be to ensure fair and safe competition not to disqualify athletes
- Make your calls quickly, decisively so there's no confusion.
Don't explain your call unless athlete asks you directly - keep the event moving
- Know the rules and if you have *any* doubts look it up in the rulebook
- If you're the head official, monitor the help. Often they are young, tend to group together and easily lose their focus
- Officials have never been and will never be the show; the athletes are!
The best crews know that silence is golden and tend to be **invisible**

My Selected Equipment List

Box cutters

Broom

Clipboard

Cones (pylons)

Freezer Bags

Garbage Bags

Gloves (tape puller; retrieving)

Highlighters

Hip Numbers

Key Rings (to repair measuring tapes)

Markers

Measuring Tapes

330' / 100 m Fiberglass and Steel

30 m

Official's Helpers

Pencils (sharpened, of course)

Rule Books

Record Forms (www.usatf.org)

Stopwatch

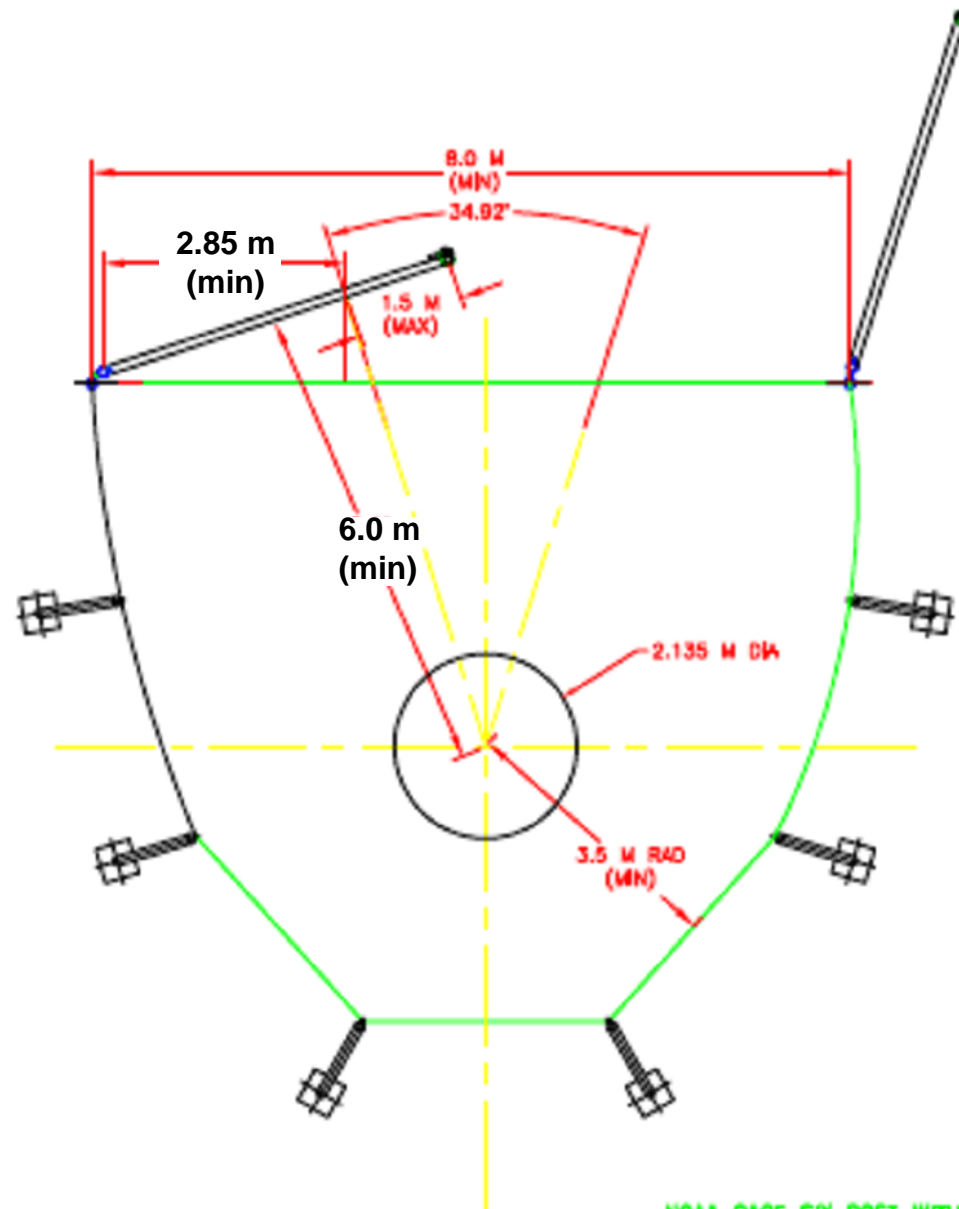
Sunscreen

Tapes

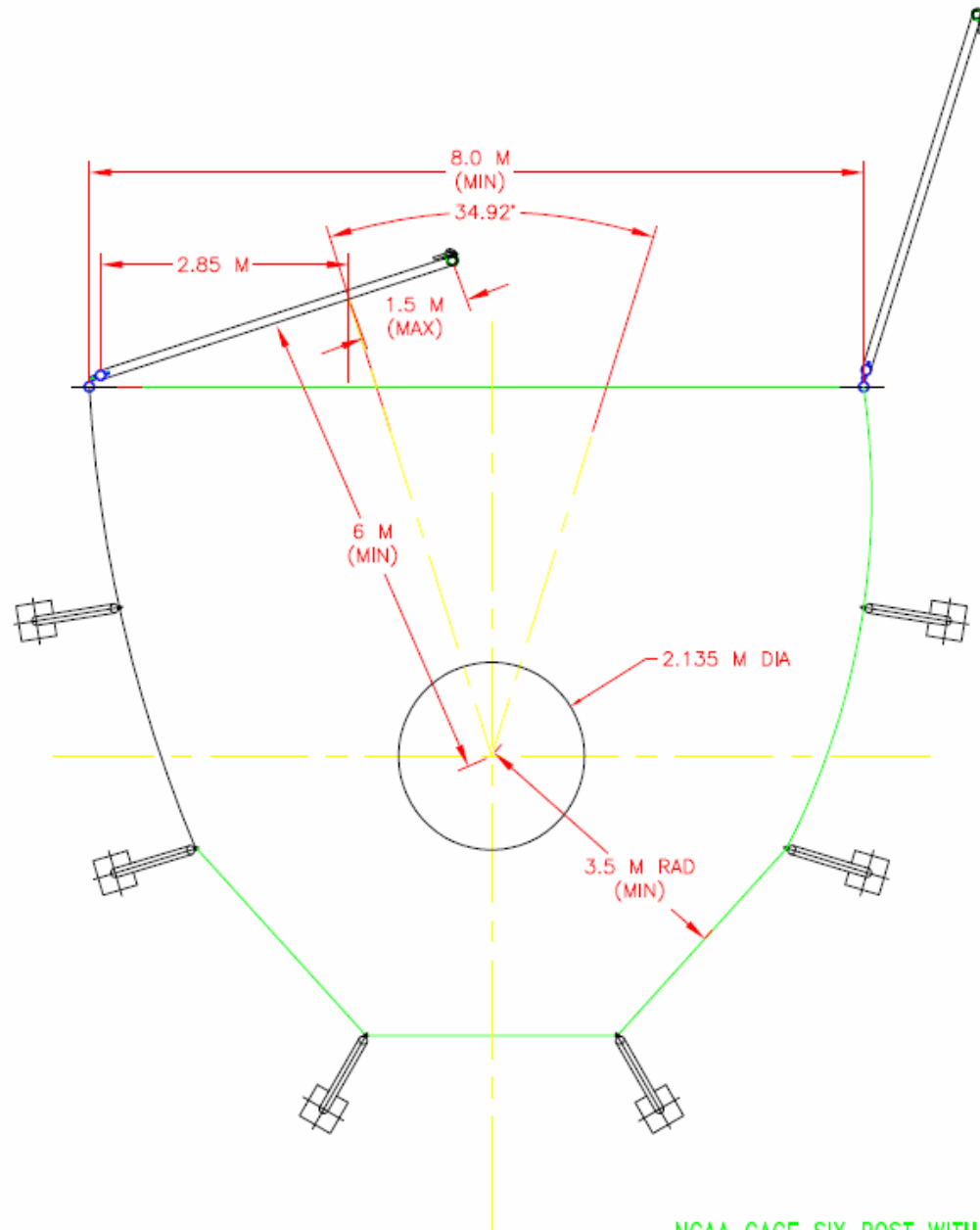
**Adhesive
Masking**

Thumbtacks

Towels



NCAA CAGE SIX POST WITH DOOR
HANNER CAGE SPECIFICATIONS



NCAA CAGE SIX POST WITH DOOR
 HAMMER CAGE SPECIFICATIONS