# R.E. GIBSON MEMORIAL TRACK AND FIELD



## FIELD EVENT OFFICIALS' MANUAL

High Jump, Long Jump (standing and running), Shot Put, Softball
Throw, Triple Jump

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# Standing Long Jump

- Take off is the end of the track.  Toe over the end of the track is a fault.

- Volunteer Jobs
    1. Marker- takes the pin or pencil and sticks it through the ring of the tape measure at the jumpers landing spot (closest mark to the runway).
    2. Measurer - stretches the tape measure and reads off the measure at the end of the track. (You should check the measure each time.)
    3. Fault line - watches for a toe over the edge fault (red flag).
    4. Sweeper (if you have another volunteer) - keep the runway clean.

- Put a check by the participants name to indicate that they have checked in.  If they have to go to another event, put a letter beside their name indicating which event they went to.  R for races, S for softball throw, etc.

- Allow a practice jump if you think you will have time.

- Line them up in order.

- You can call them by either their name or their number.

- If someone has to go to another event, have them do all three of their jumps before they go.

- When all participants have had three jumps, write down the best jump for each participant and have someone bring the results sheet to the office.

# Running Long Jump

- Take off is the white tape just before the end of the track.  Their foot can be on the line but toe over the front of the line is a fault.

- Volunteer Jobs
　　　1. Marker-  takes the pin or pencil and sticks it through the ring of the tape measure at the jumpers landing spot (closest mark to the runway).
　　　2. Measurer -  stretches the tape measure and reads off the measure at the front of the white line. (You should check the measure each time.)
　　　3. Fault line - watches for a toe over the line fault (red flag).
　　　4. Sweeper (if you have another volunteer) - keep the runway clean.

- Put a check by the participants name to indicate that they have checked in.  If they have to go to another event, put a letter beside their name indicating which event they went to.  R for races, S for softball throw, etc.

- Allow a practice jump if you think you will have time.

- Line them up in order.

- You can call them by either their name or their number.

-  If someone has to go to another event, have them do all three of their jumps before they go.

- When all participants have had three jumps, write down the best jump for each participant and have someone bring the results sheet to the office.

# Shot Put

- Volunteer jobs

      1. Marker- takes the pin or pencil and sticks it through the ring of the tape measure at the shot put's landing spot.

      2. Measurer - stretches the tape measure and reads off the measure at the inside of the white board. (You should check the measure each time.)

      3 & 4. - roll the puts back to the participant area.

      5. - watches for faults - improper technique or if the participant steps over the front board or if the participant doesn't exit out the back of the circle. (red flag)

- Put a check by the participants name to indicate that they have checked in. If they have to go to another event, put a letter beside their name indicating which event they went to. R for races, SLJ for standing long jump, etc.

- Allow a practice throw if you think you will have time.

- Line them up in order.

- You can call them by either their name or their number.

- If someone has to go to another event, have them do all three of their throws before they go.

- When all participants have had three throws, write down the best throw for each participant and have someone bring the results sheet to the office.

# Triple Jump

- Participants can choose their take off line but typically, the atoms start from the line that is four meters from the end of the runway and bantams start from the six meter line. Toe over the front of the line is a fault.

- Volunteer Jobs
    1. Marker - takes the pin or pencil and sticks it through the ring of the tape measure at the jumpers landing spot (closest mark to the runway).
    2. Measurer - stretches the tape measure and reads off the measure at the front of the white line. (You should check the measure each time.)
    3. Fault line - watches for a toe over the line fault (red flag).
    4. Sweeper (if you have another volunteer) - keep the runway clean.

- Put a check by the participants name to indicate that they have checked in. If they have to go to another event, put a letter beside their name indicating which event they went to. R for races, S for softball throw, etc.

- Allow a practice jump if you think you will have time.

- Line them up in order.

- You can call them by either their name or their number.

- If someone has to go to another event, have them do all three of their jumps before they go.

- When all participants have had three jumps, write down the best jump for each participant and have someone bring the results sheet to the office.

# High Jump

- Measure at the middle of the bar. The measure at the sides will be 1 - 2 cm high than the middle because the bar sags.

- one volunteer at each standard to put the bar back up when it falls and raise the bar when necessary

- Put a check by the participant's name to indicate that they have checked in.

- Allow one practice jump at the starting height.

- You can either call them by name or by number.

- If someone has to go to a running event, have them monitor when their heat gets close to racing and go to their race once the heat before them is at the start line.  If they have to go to a different field event, have them tell the organizer that they are in high jump and ask if they can do all their jumps or throws immediately.

- Jumpers can pass any jump.  If they miss three jumps in a row, they are eliminated.

- When all jumpers have missed three jumps in a row, write down the order and have someone bring the results sheet to the office.

# Softball Throw

- Volunteer jobs - Jobs
    1. Marker-  takes the pin or pencil and sticks it through the ring of the tape measure at the ball's landing spot.
    2. Measurer -  stretches the tape measure and reads off the measure at the front of the white line. (You should check the measure each time.)
    3 & 4. - roll the balls back to the participant area.
    5. - watches for faults - improper technique or if the participant steps over the front of the white line (red flag)

- Put a check by the participants name to indicate that they have checked in.  If they have to go to another event, put a letter beside their name indicating which event they went to.  R for races, SLJ for standing long jump, etc.

- Allow a practice throw if you think you will have time.  Running up to the line is optional.

- Line them up in order.

- You can call them by either their name or their number.

-  If someone has to go to another event, have them do all three of their throws before they go.

- When all participants have had three throws, write down the best throw for each participant and have someone bring the results sheet to the office.