# High Jump

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| **Method** | **Age Groups** | **Rules** |
| Scissors | U9-U10 | Athletes **must**;   * take off from one foot * clear the bar in a predominately vertical position and * first contact made on the landing area **must** be made by one or both feet |
| Flop | U11-U16 | Athletes **must**;   * take off from one foot * clear the bar and land in any way they choose |

**Attempts:**

Athletes will be allowed:

* 3 attempts at the height they enter the competition
* 2 attempts at all subsequent heights
* Any athlete attempting to break or equal a centre record will receive 3 attempts, including all subsequent heights

**An athlete is out of the competition once they have failed either 3 consecutive attempts at first height or 2 consecutive attempts on any subsequent height.**

Failures Include:

* Knocking the bar from the uprights
* Touching any part of the mat or upright when not jumping over the bar
* For U9-U10 not landing on feet, or not clearing the bar in a vertical position

**Starting Heights**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **AGE** | **U9** | **U10** | **U11** | **U12** | **U13** | **U14** | **U15** | **U16** |
| **GIRLS** | 0.65 | 0.70 | 0.85 | 0.95 | 1.00 | 1.05 | 1.10 | 1.15 |
| **BOYS** | 0.70 | 0.80 | 0.95 | 1.05 | 1.10 | 1.15 | 1.20 | 1.25 |

At the end of the round the bar should be raised in **5cm** increments. When there are 4 or less athletes remaining, the increments will be **2cms**.

**Officials Required**

* Two officials at the uprights: to return the crossbar to the supports
* One official to judge the jump and record the result

**Measuring the Crossbar Height:**

The height is checked with the measuring stick, taking the distance from the ground to the lowest point of the cross bar, usually in the middle.

# Long Jump

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| **Age Groups** | **Take-off** |
| U6-U8 | Large mat (1.00m x 1.22m) covered in wet sand |
| U9-U10 | Small mat (0.5m x 1.22m) covered in wet sand |
| U11-U16 | White painted take-off board (black section is no-jump) |

**\*\*\*Where mats are in use (U6-U10) it should be setback 0.50m from the front edge of the pit\*\*\***

**Successful attempts**

* Using mat – foot cannot cross the edge of the mat closest to the pit
* No mat – foot cannot go over the white section of the board (if foot touches or goes over black strip this is considered a no jump)

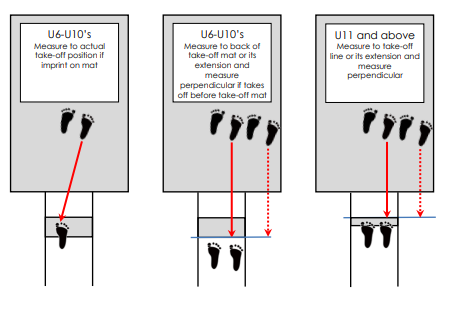
**Measuring an attempt:**

Where a mat is in use (U6-U10)

* The spiker will mark the closest break in the sand to the front of the pit
* The marshal will measure from the footprint on the mat closest the sand pit

Where a board is in use (U11-U16)

* The spiker will mark the closest break in the sand to the front of the pit
* The marshal will measure perpendicular from the spiker’s point to the edge of the board closest to the sand pit

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**Officials Required**

* Marshal: to rule on each jump and measure distance of each attempt
* Spiker: to mark with a spike the closest break in the sand to the front edge of the pit
* Raker: to rake the pit before each attempt
* Recorder: to record the result of each attempt

# Triple Jump

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| **Age Groups** | **Take-off** |
| U11-U16 | White painted take-off lines |

**Essendon Little Athletics have 8 take-off boards, 4, 5, 6, 7, 8, 9, 11 & 13 metres**

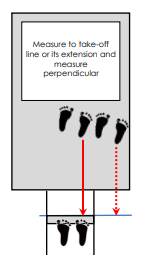
**Successful Attempt**

Where an athlete;

* Begins their hop on or before their nominated metre board
* Completes sequence of a Hop-Step-Jump, landing in the sand pit

**Measuring an attempt:**

* The spiker will mark the closest break in the sand to the front of the pit
* The marshal will measure perpendicular from the spiker’s point to the edge of the nominated line marking closest to the sand pit, to the nearest full centre metre



**Officials Required**

* Marshal: to rule on each jump and measure distance of each attempt
* Spiker: to mark with a spike the closest break in the sand to the front edge of the pit
* Raker: to rake the pit before each attempt
* Recorder: to record the result of each attempt

# Discus

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| **Age Groups** | **Weight** |
| U6-U7 | 350g |
| U8-U11 | 500g |
| U12-U13 | 750g |
| U14-U16 | 1kg |

**Successful Attempt**

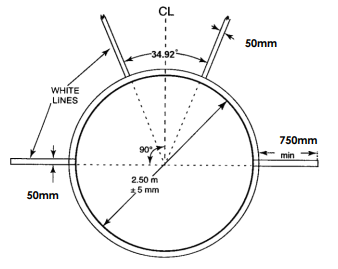
Where an athlete

* Begins and finishes their attempt from within the throwing circle
* Does not touch any part outside the circle during the attempt
* The throw lands within the designated landing sector
* Leaves the circle once via the rear half after the discus has landed

**\*\*\*Note there is no required technique for throwing of the discus\*\*\***

**Measuring an attempt:**

* The spiker will mark the point where the discus first lands
* The marshal will pull the tape to the middle of the circle and measure from the point the tape crosses the edge of the circle, to the nearest full centimetre



**Officials Required**

* Marshal: to rule on throw and measure distance of each attempt
* Spiker: to mark with a spike the point where the discus first lands
* Recorder: to record the result of each attempt

# Shot Put

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| **Age Groups** | **Weight** |
| U6 - U7 | 1kg |
| U8 | 1.5kg |
| U9 - U12 | 2kg |
| U13G - U16G | 3kg |
| U13B - U14B | 3kg |
| U15B - U16B | 4kg |

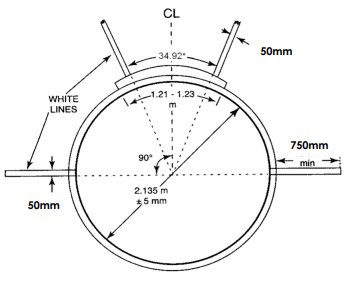
**Successful Attempt**

Where an athlete

* Begins and finishes their attempt from within the throwing circle
* Does not touch any part outside the circle during an attempt
* Must start with the shot put touching the neck and release in a pushing motion only
* The put lands within the designated landing sector
* Leaves the circle via the rear half after the shot put has landed

**Measuring an attempt:**

* The spiker will mark the point where the put first lands
* The marshal will pull the tape to the middle of the circle and measure from the point the tape crosses the edge of the circle, to the nearest full centimetre



**Officials Required**

* Marshal: to rule on attempt and measure distance of each attempt.
* Spiker: to mark with a spike the point where the discus first lands
* Recorder: To record the result of each attempt

# Javelin

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| **Age Groups** | **Weight** |
| U11B - U12B & U11G – U14G | 400g |
| U15G - U16G | 500g |
| U13B - U14B | 600g |
| U15B - U16B | 700g |

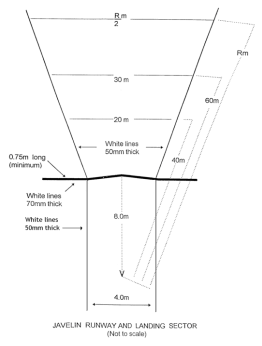
**Successful Attempt**

Where an athlete

* Begins and finishes their attempt from within the runway and doesn’t cross the white foul line
* The javelin lands within the designated landing sector
* The leading point tip of the javelin must make first contact with the ground
* Leaves the runway without cross the foul line

**Measuring an attempt:**

* The spiker will mark the point where the leading point of the javelin first lands
* The marshal will pull the tape to the middle of the runway and measure from the point the tape crosses the edge of the foul line, to the nearest full centimetre



**Officials Required**

* Marshal: to rule on attempt and measure distance of each attempt
* Spiker: to mark with a spike the point where the Javelin first lands
* Recorder: to record the result of each attempt