

## **How to Officiate the Javelin, Christena Harder**

Prepare before the event. Pack your bag, take items you need to run the event efficiently and safely.

### **Arrive early:**

Pick up contestant sheets; check how many go to finals, pick up long tape and marking stick.

### **Check the venue:**

Check the cage; look for holes that need repairs. Position the wings

Check the circle, if there are not lines defining front and back of the circle mark with tape or chalk. Mark center of circle with permanent marker, so tape puller will put tape directly over center of circle.

Make sure you can keep event safe, ie. Other throwing events may be too close or with overlapping sectors. Sweep circle and apron.

Rope off areas where you do not want spectators.

Zero the tape. Run tape out to sector, opposite side as athletes.

If there are any concerns with the venue contact coach.

**Teach your helpers.** They may have helped somewhere else before, but make clear how you want it run, emphasize safety.

Tape puller, most important person. Tape straight, same tightness, pull through marked center point, and tell them not to use the case. Instruct them to be at the back of the circle not stepping into circle, the circle is for the athletes and we don't want to track in mud, stones, etc. Make sure all tape is off the circle when they leave circle, so it is clear for the next thrower.

Field officials: Explain how to mark, explain that the discus can land flat (like a flying saucer) or on its side. It's the mark closest to circle. Show them how.

Explain what side athletes may retrieve, same side as athletes. Disci are carried to athletes, never thrown.

And explain what a foul is. They need to call the sector, because you never look up. You are watching feet and exit.

Helpers should NEVER turn back on athletes.

**Primary Rule: Always know what is happening in the circle, continually be aware!**

### **Check in:**

When checking in check if athletes' uniforms are ok, if they are in another event and how to pronounce their names. Write that phonetically above their name on sheet. Check weigh-in mark on discus.

**Warm up – 15 minutes. This is the time when accidents happen!**

**Discus throwers often take 2 disci into the ring when they warm up, so use last 5 minutes of warm-ups for throwers to only bring one discus into circle.**

Throw 5-8 discuses, keep kids to your side and then everyone picks up at once. Repeat.

**Then give instructions: Start on time!**

Line all throwers up in their order, ask them to look down the line and see who they follow. That does 2 things, they are watching and listening and you have the opportunity to check uniforms one more time.

### **Give instructions**

Ask to see their throwing hands.

We start on time. If anyone has to leave for another event, throw them first, every 3-4 throwers and excuse them. Write time they leave beside their name on the sheet. Remind them if they make finals it is their responsibility to get back in time.

### **Throw**

Make corrections as needed, so kids and helpers are doing the event correctly.

#### **Important mention:**

**Measure to lesser inch.**

**Never measure foul throws.**

**No throws after competition is completed.**

**Discus is all about safety. You are in charge and you and your helpers need to keep everything safe so the throwers, helpers and the spectators are all safe.**