

Track and Field Rules & Requests

On the Track:

- Track events always take priority, if you have a field event close to the time of a track race, please register with the field event first.
- Ensure you allow adequate time to warm up for races and to remain in earshot to register when called.
- All clubs promote good sportsmanship, please shake hands after each race with your fellow runners.
- Tears on the track highlights to officials that medical attention is required. Athletes put themselves under a lot of pressure, but please try to stay composed if no injury sustained.
- Races always run anti-clockwise on the track. To avoid collisions, always look out for other users practising starts or relays. If someone shouts 'TRACK' please move out of the way immediately, the runner will attempt to move around you, so don't stop suddenly!
- All track events are timed by qualified officials. Therefore, our club does not allow athletes to wear/use any timing watches/equipment at competitions.
- Ear/headphones are not permitted on the track or during training sessions.
- If you have any questions or concerns, please seek out your team manager.

Field Events:

- Field events open registrations early to allow athletes to prepare, practice and register. Ensure you arrive in good time to do this and register/prep. for field especially before going to a track event.
- Ensure you remain in earshot to register and during the event the hear when you are called up.
- Bring a marker/tape to show your starting point (if needed) and assist each other.
- When returning from a track event, you will enter the field at that point. i.e High jump will not lower the bar because you were racing, if long jump/throws are on round 2, you will have missed round 1.
- Remain in ear shot to the officials. There is a 30sec time limiter from when official call your name and the athlete commencing. They will enforce it if necessary. So keep talking to a minimum during an event, if you cannot hear your name being called you are at risk of being missed for that round.
- Make sure the runway and landing area is clear before commencing.
- No part of the athlete's foot should touch/cross the foul line, if it does, it will not be measured.
- Field events usually have three attempts and are measured from the foul line to closest mark.
- Jumpers must walk towards the end of the pit to exit, without creating a closer mark in the sand than the initial landing.
- Throwers must leave at the rear of the circle/not cross the foul line after the throw.
- A thrower horn will sound when the area is clear for your next throw to commence.
- NEVER venture into a throwing area or retrieve implements without prior consent of the official.
- Coaching any athletes is not permitted whilst officiating.
- If you have any questions or concerns, please seek out your team manager.



Chairman: Alan Fairs



www.waveneyvalley.org

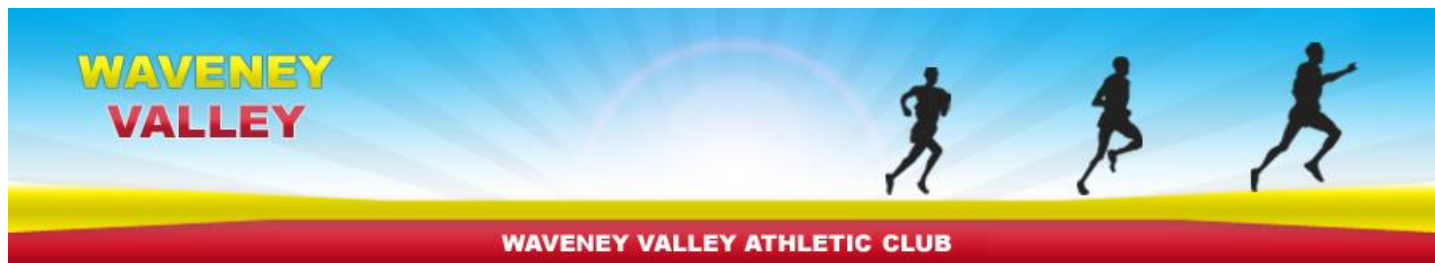


waveneyvalleyac@gmail.com



[@waveneyvalleyac](https://www.instagram.com/waveneyvalleyac)





General:

- Numbers/Letters must be pinned (all four corners) to the front and backs of the shirt positioned under the club name (back number/letters should be removed for high jump). The letters are double sided: single letters represent A string and double letters represent B string. Ensure the letters correspond with the string you are entered for as these may change for every event. In most competitions if B string out-performs A string, scoring officials will swap them over.
- Whilst the organisers try their best to keep to the timetable of events, delays do happen!
- Please be aware, athletes progress maybe recorded and monitored by the club, and all league results are uploaded to '[The Power of 10](#)' website, and high achieving athletes will be ranked.
- We are a competitive club. Therefore, for team selection we will put our strongest team forward to the scoring events to maximise on points. If non-scoring athletes out-perform scoring athletes, this will be reflected in future team selections.

As a Parent:

- Parents will need to help officiate, nothing too taxing! Coaches already give up a lot of time at training, but that's only a small part of it, they also invest much planning time. It's beneficial to keep coaches' on hand for our athletes during the meet. The more volunteers we have, the less everyone has to do!
- You do not need a qualification to help officiate, parent's wishing to undertake the official's course and attends competitions regularly could have the course fees covered by the club.
- Don't argue with an official. It's easy to assume you would never do that. But we love our kids, so things can get heated. Regardless - yelling won't solve anything.
- Unless you are a qualified coach, please leave the technical and tactical advice to the club coaches. The best role of a parent is to provide emotional support pre and post-race.
- Please bring packed food & drink. This might sound obvious, but buying food at the meet isn't always an option and it's a long day. Better safe than sorry.
- British weather is unpredictable, some parents prefer to pitch a small/pop up tent to shelter in and keep belongings secure/dry. The weather must be very extreme for a meet to be called off!
- Always supply sun cream, every year we have a sunburnt athlete - even on the cloudiest of days!
- Chase/throwing activities are not permitted before or during training, we cannot risk implements crossing the track and we do not want athletes to be too tired to train. Please do not allow your children to climb whilst waiting for their session to start.
- While support is appreciated, some young athletes want more support, whilst others prefer to do it alone. Please respect their decision.
- Remind your child that everyone makes progress at different rates, and they will not achieve personal bests every time, focus on their own performance and how they feel they can improve.
- We prefer athletes to wear spikes. They make a big difference.
- The most important thing to remember is that track and field at this level should be fun. If your child continues in the sport, there will be many years devoted to hard work and seriousness. The best advice you can give your child is to enjoy themselves – because athletics is a great sport!

