



Chief Judge's Briefing Guidelines to Athletes - THROWS

- Welcome Athletes
- Introduce yourself and the Referee
- Explain the Referee will be overseeing the event & ruling on any protests during the competition.
- Introduce the official responsible for athlete control and explain their role.
- The competition area for this event is defined by ***describe area*** and the area you can talk to your coaches. *If you need to cross the track, then only do so when given the all clear by an Official.*
- You will have 30 seconds when your name is called unless told otherwise. A yellow flag will be raised to indicate you have 15 seconds left to commence your trial.
Discus and Hammer - Ensure you are by the mouth of the cage with your implement before your name is called.
- **Shot Put, Discus & Hammer** You may have one temporary marker, this can be placed only on the ground immediately behind or adjacent to the circle only for the duration of your own trial and not impede the judges view.
- **Javelin** - You may have two markers placed alongside the runway for the duration of the competition. You may not use chalk.
- If another athlete is using the implement you wish to use, please advise the officials. This also includes during warm ups.
- Once competition has begun, you are not permitted to use for practice purposes any implements, circles/runway or ground in the sector.
- IAAF rules apply for this competition.

If you wish to pass a trial, please advise the Recorder and Athlete Control prior to your name being called.

Lastly ask if anyone competing in another event during this competition?

Warm up's will be held in competition order which is as follows _____

Are there any questions at this time?

Competition will be starting in ____ minutes.

Wish them Best of luck and begin warm up.

Note to Chief

Remember to check taping of the hands &/or fingers as per IAAF rules

Hammer – Check glove as per the IAAF rules