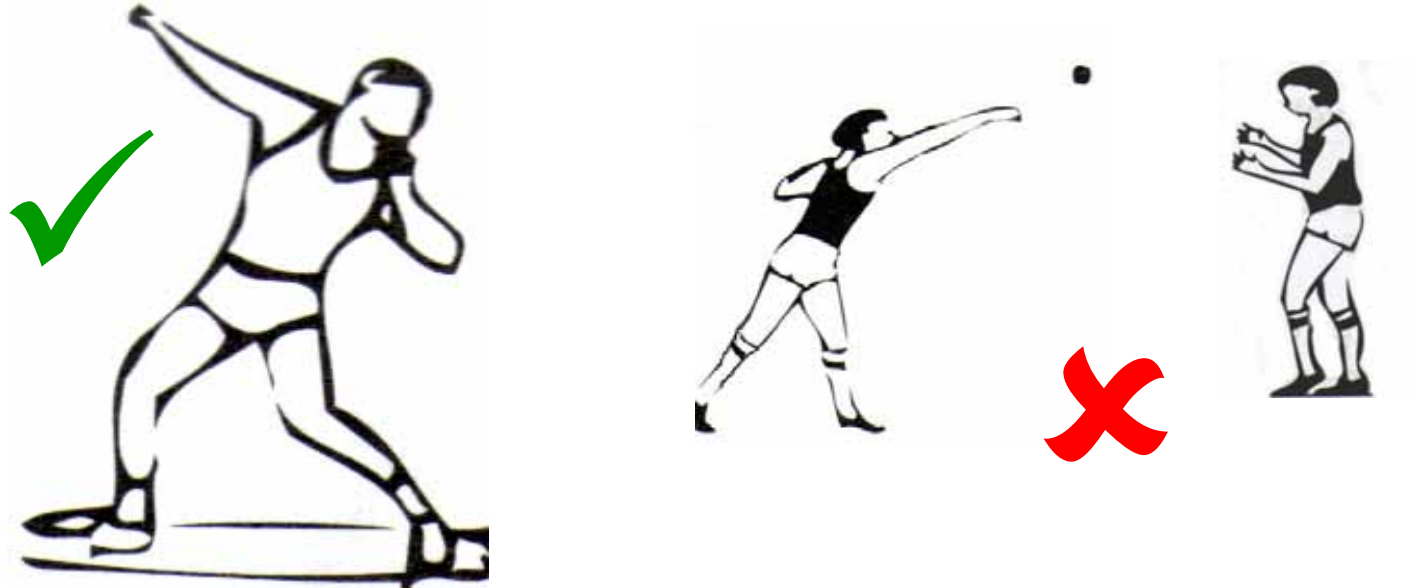
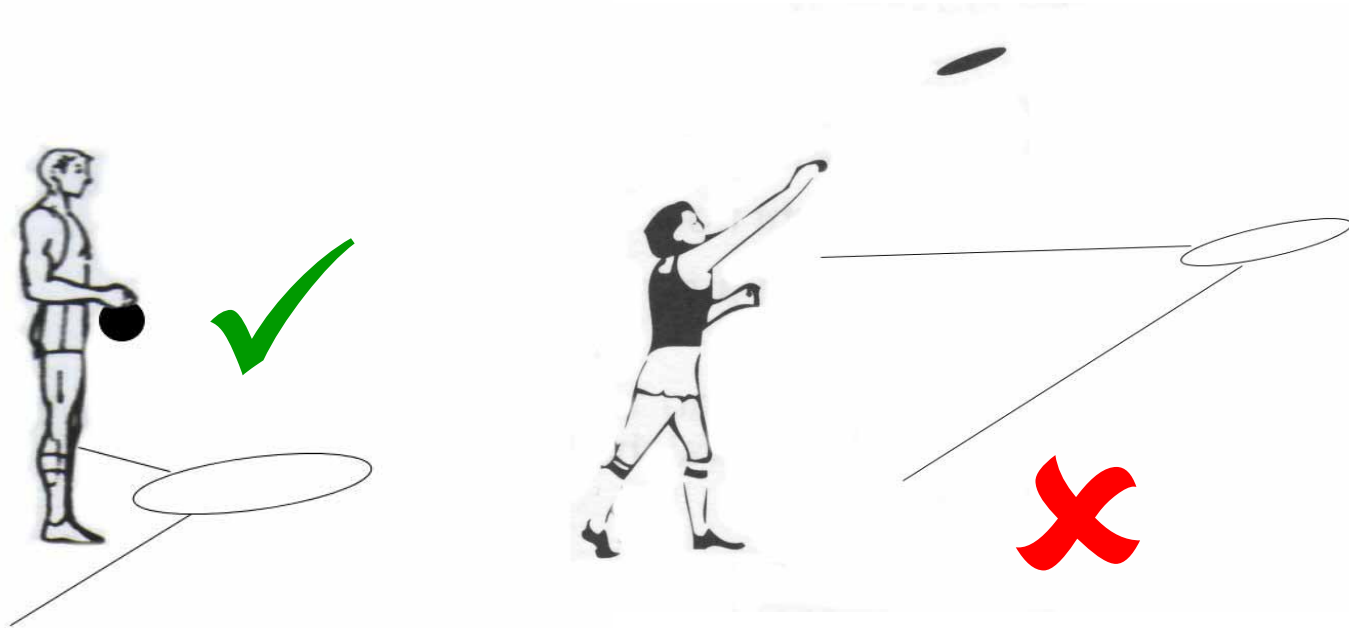


# Only throw when it's your go



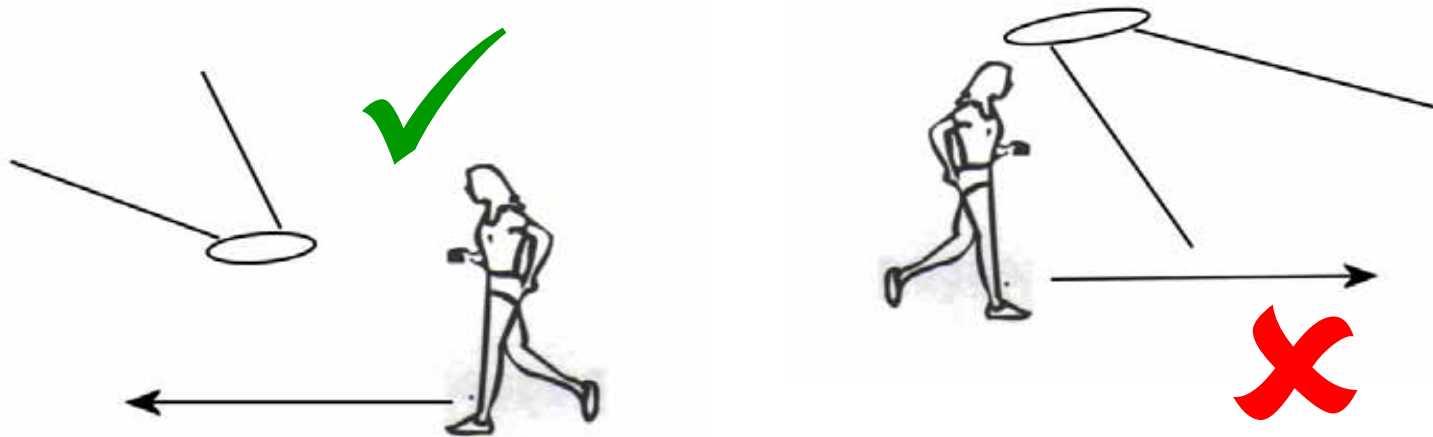
- The only person who should have equipment in their hand is the Athlete whose turn it is to compete.
- Listen to your Chaperone who will call your name when it is your turn.
- Your Chaperone will tell you when it is safe to throw

# Don't be slack, carry it back



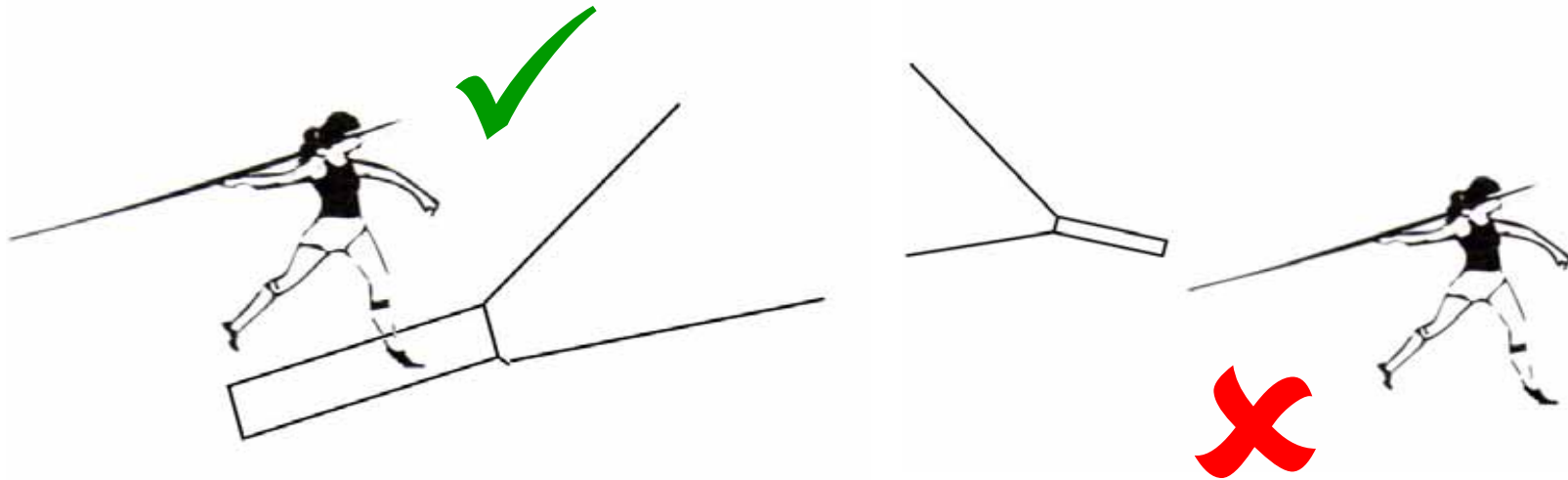
- The discus / shot / vortex / javelin **MUST** be carried back to the throwing area.
- Never return the implement by throwing it

# Stand or walk behind the sector



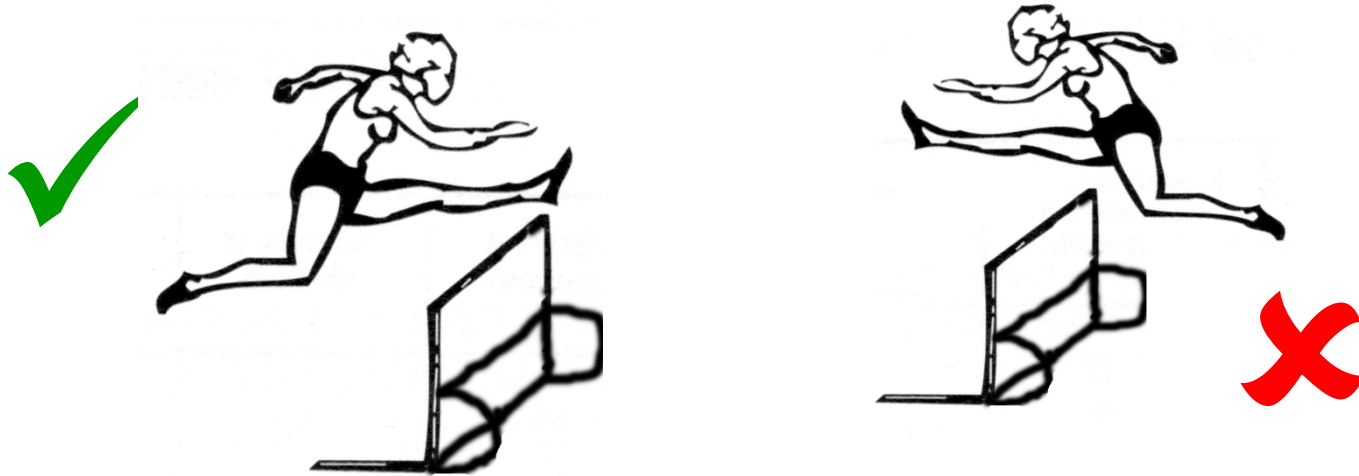
- NO Athlete should be in the throwing sector, EVER
- When you're waiting your turn, you should wait well clear and behind the throwing area
- When moving between events, always walk behind the throwing area

# Be a protector, throw only in the sector



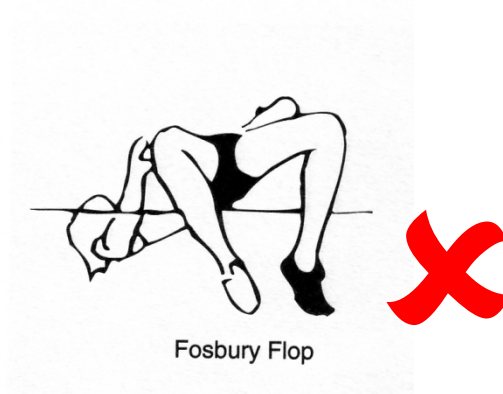
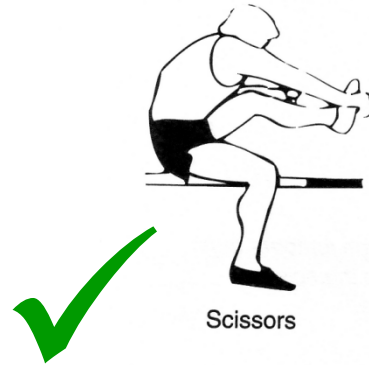
- Equipment should **ONLY** be thrown inside the designated area for competition
- There is to be **NO PRACTICING** while waiting your turn – **AT ALL**.
- Athletes can have practice throws, but only in the designated area and then only when the Chaperone or a Coach is supervising

# Hurdles only go one way



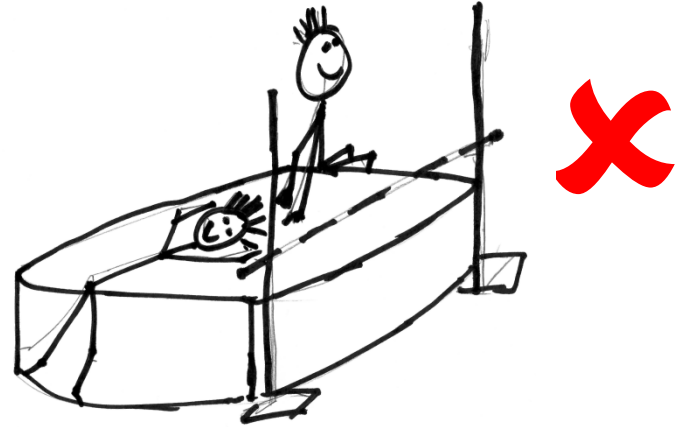
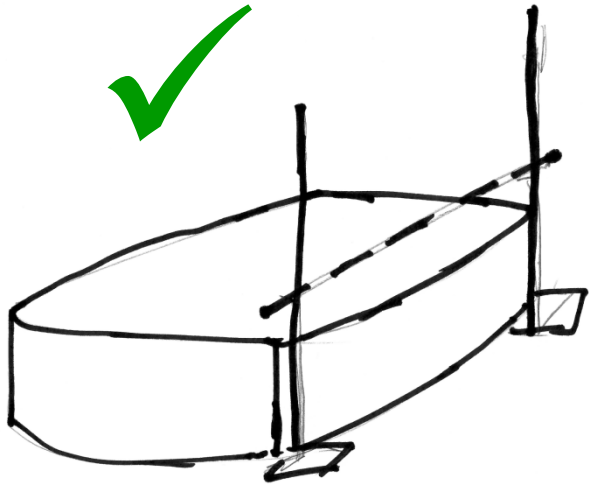
- Our hurdles are the collapsible type – they are designed to fall over safely if you hit them. They will fall over both ways.
- Other types of hurdles will only fall over one way and you can get hurt if you jump over them the wrong way.
- So, it's good practice to only jump over hurdles the right way
- In wet weather we will cancel hurdles as it's unsafe to jump when wet

# Eight to six do scissor kicks



- In the Under 6, 7 and 8 age groups it is **MANDATORY** for athletes to perform the Scissor style jump when doing the High Jump.
- Using the flop action athletes are more likely to knock off the bar and land on it on their back.
- Under 6 athletes should use the soft bar when jumping
- As for hurdles, high jump will be cancelled in wet weather

# Don't be a dag – get off the bag



- When other athletes are doing the High Jump, spectators and athletes waiting their turn **MUST** stay off the bag.