

# **Things your parents should have told you...**

Carolee and Brian Stephens

USATF Ohio Association Officials Clinic

Sunday, January 25, 2015

# Selecting Meets to Work

- Shop around for your meets BEFORE you commit.
- Once you Commit, DO NOT SWITCH

# On the Day of the Meet

- If there is a pre-event meeting for all officials BE THERE
- Always show up for your assignments in the proper uniform with your USATF Credentials
- Review the applicable rules BEFORE the meet and have the rules book with you at the meet
- Take an equipment bag with you (if allowed)
- Allow Apprentice officials to stretch their wings – share your knowledge and tips of the trade

# When you get to your venue, you should know...

- Where to go if there is a weather delay – keep athletes with you if stopped during competition
- How many to finals, unattached or non-citizen in finals – do they add to number in finals
- Warm-ups, general and between flight times
- Any special needs athletes
- Minimum for throw, jump, or height ??

# When you get to your venue, you should know...

- Where to pick up recording sheets or if referee brings them to you
- Turn-in sheets to referee to review them prior to turning them in
- Have recording sheets for flight coordinators and wind gauge operator
- REMEMBER...if total number of athletes in the event  $\leq$  to number to finals, athletes do not need a qualifying mark, just make honest effort
- Performance boards in metric or English
- Check the venue for safety and security
  - equipment, bars, wells, pits, standards, padding, circle, boards

# When you get to your venue, you should know...

- Throws
  - Where implements are checked in – times for check in
  - What is the mark of the day
  - How do implements get to the venues
  - How are implements signed out
- Jumps -
  - How many triple jump boards, distances for each
  - Starting heights for vertical jumps

# Athlete Check In

- ASK if they are in any other events
- SEE their bib numbers (if applicable) Have them go and get them if needed
- WHERE are their implements – have they been checked in
- Throws – left or right handed, check hands
- Triple jump – which board to use
- High Jump – height they are coming in, left or right approach
- PV – heights they are coming in, mark to set standards

# Warm Ups

- Considered part of the competition
- Legal uniforms and implements
- Warm up time NOT scheduled event start time
- Call out time remaining during warm-up
- Jumps –
  - WATCH and keep sand pits reasonably free of deep holes
  - OBSERVE vertical jump warm-ups to make sure everyone getting chance
- Throws -
  - NEVER allow any competitors to retrieve their implements in the sector
  - NEVER allow any competitor to warm up outside of sector
    - Exception...organized Javelin “picking” with officials



# Instructions to Athletes

- Procedure for calling up...up, on deck, on HOLD
- Fouls, timing and how flags will be used
- How to check out for another event and return
- Where/when they can communicate with their coaches
- If there are minimums for measurements
- How weather delays will be handled

# The Competition

- Properly use the flags...NO vocal calls
- We all know an official who quickly raises his flag and immediately lowers it, OR an official who not only raises the flag but also waves it around vigorously as if no one would see it otherwise *communicate without necessarily attracting attention.*
- DO NOT change anything along the runway or circle after event starts
- Performance Boards –
  - Turn the board all the way around, slowly after every measurement is posted
  - Blank out the board and turn it after a foul
  - vertical jumps – raising the bar = raise the height on the Performance board

# The Competition

## Measurement in general

- Where is the zero point, has the tape been repaired, what are the increments
  - DO NOT assume every sticker and tape handed to us by venue management is set up properly
- NEVER touch the tape you are reading, unless you have no one else to pull the tape
- The tape should slide up and down the sticker, or be adjusted to compensate for differences in depth of the landing area (this should also be done to compensate for the toe board height in the Shot Put)
  - *sloppy measurements introduce error and can change an athlete's place in an event*

# Where is the “zero”??



# The Competition

## Throws Measurements

- Stay out of the circle when measuring throw
- In the sector, without losing sight of the proper mark, quickly set the tape at the correct location
  - remember there will **always** be a gopher hole, rock, clump of weeds, or uneven ground. **Do what works best for you**
- Make sure the tape is as straight as you can get it, no curves, minimal twists
- At the circle, have another official double check the reading of the tape, one “announcer”, and two persons recording the readings

# The Competition

## Jumps Measurements

- **Horizontal Jumps**
  - Keep the tape parallel to the runway
  - If required, extend the take-off line of the board and measure beside the runway
- **Vertical Jumps**
  - Height is measured from the center of the bar
  - Bar should be level

# After the Event

- Finalize sheets, sign off on them and turn them in to the referee
- Announce the “unofficial results”
- Post the best mark on the performance board (remove when next event warm-ups begin)
- Check for items left behind by athletes
- Remove any runway or take-off area markers
- Pick-up debris

# When working with Youth and Parents...

- Announce what your event is and what age group
- Inform and involve the parents
- Control the athletes
- Reward the folks, thank them all (athletes/family) for participating
- A “Kodak Moment” for the finalists



# As an Official...

- Keep an experience list for your resume – date, venue, event, head official, your duties, coordinator of officials
- Always self-evaluate your calls after the meet, checking with the rules book and mechanics manuals
- Compliment officials and volunteers for a good job
- Working with an official or a meet manager, who is a “we’ve always done it this way” type is challenging
- At the first sighting of lightning or hearing thunder, be ready to suspend the event when notified by management
- After your final event of the day, check to see if you can help anywhere else or may leave the venue

**QUESTIONS or COMMENTS ???**