

# Athletics Knowledge Organiser

## Throwing Rules

Shot Putt – You must have the shot putt against your neck all the time until you throw it. You cannot step over the line during or after the throw or you be disqualified. You need to enter the shot area and leave the shot area from the back of the circle. When you throw the shot it must land inside the white lines

Javelin – The Javelin needs to land with its spike or flat. If it lands on its tail it will be a no throw. You are allowed a run up but you can't touch or go over the line or the throw will be disqualified. When you throw the javelin it must land inside the white lines.

Discus – You need to enter the circle to throw from behind the white line. You must stay in the circle for the full time that you are throwing. The throw must land inside the white lines. You must exit the circle from the back or your throw will be disqualified.

## Disciplines

### Track

Track events are all the runs in athletics. These are split into sprint and long distances. Sprints rely on the speed of the individual and the events for this are 100m, 200m, 300m and 4x100m relay. Long distance runners need to have good aerobic endurance and use oxygen quickly. The events for this are 800m and 1500m.

### Field

Field events are all the throws and jumps. The throws all use different techniques and are Javelin, Shot Putt and Discus. The jumps are designed to test how high or how long you can jump. For length they are Long Jump and Triple Jump and for height they are High Jump.

## Jumping Rules

Long jump and Triple Jump – You must take off behind the line on the take-off board or your jump will be disqualified. Where you land in the sand is where the jump will be measure too, if you step backwards or fall backwards the jump will be measure at the point closest to the jumping line.

High Jump – You must take off on one foot when jumping, a two footed jump will be a disqualification. You need to go over the bar on to the mat. When you land you cannot go out underneath the bar or you will be disqualified. You get three attempts to make any jump in a competition. If you fail three attempts you will be out of the tournament.