

Discus

Aim: To throw the discus (a flat circular object) as far as possible

Rules of Discus:

- 1) The discus must land inside sector lines which are marked
- 2) You cannot touch the ground outside the circle during the throw
- 3) You can enter the throwing circle from any direction but must exit from the rear

Discus

How to throw a discus:

The discus can be thrown in any way, even underarm. However, the best technique is to hold the discus and go through the throwing phases



1) "Forward"

Move the discus up in front of your eyes, top hand holding the discus with your bottom hand supporting

2) "Back"

Keeping the discus flat, swing the discus back in a wide arc

3) "Swing"

Stand tall as you swing and release the discus

High Jump

Aim: To jump as high as possible over the high jump bar

Two high jump techniques:

- 1) Scissors: for ages under 9 and 10 years old
- 2) Flop: for ages under 11 to 17 years old

Rules of High Jump:

- 1) Do not knock the bar off the supports
- 2) Take off on one foot
- 3) Do not touch the ground or mat with any part of the body without clearing the bar

When does the competition end?

When the athlete misses clearing a certain height after three attempts

High Jump

How to do high jump:

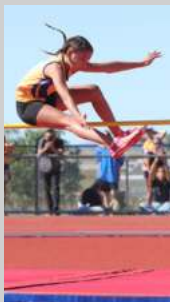
Scissors = 4 phases



1) "Prepare"- start at angle 30 degrees to the bar, taking 8-10 steps run in a straight line towards the high jump mat



2) "Take Off"- the closest leg goes first up and over the bar



3) "Scissor"- lifting the second leg up and over the bar in a scissors-type action



4) "Land"- land on your feet on the mat (not on your back)

Shot Put

Aim: To push in forward motion (put) the metal shot put as far as you can

Rules of Shot Put:

- 1) The shot put must land inside sector lines which are marked
- 2) Athlete hand must not drop, or pull the shot put away from the neck during putting action
- 3) Do not throw the shot like a ball
- 4) Do not touch the top of the stop board or outside of the circle (with any part of their body)
- 5) You can enter the throwing circle from any direction but must exit from the rear

Shot Put

How to push a shot put:



1) Place shot put: on the neck under the jaw (not on the cheek/ear)

2) Start position: face side on, feet shoulder-width apart, non-throwing arm pointing to where you want the shot put to land

3) Putting the shot: elbow up, thumb down, finish put with palm out

Long Jump

Aim: To jump as far as possible into the sandpit, from behind the take-off line

Rules of Long Jump:

- 1) Take off before your foot goes over the front edge of the take-off area
- 2) Do not walk back through the sand after landing, towards the take-off area

Long Jump

How to do long jump:



1) 'Take Off'
- run along
the track
toward the
sandpit and
take off on
one foot



2) 'Together'
- bring knees
and feet
together in
the air



3) 'Land'-
land with
your feet
close
together,
leaning
forward in
the sandpit

Javelin




Aim: To throw the fiberglass javelin as far as you can

Rules of Javelin:

- 1) The javelin must land inside sector lines which are marked
- 2) Do not touch or cross the marking at end of the runway during their throw
- 3) Javelin must land head (metal tip) first
- 4) Wait on the runway until the javelin lands

Javelin

How to hold a javelin:

- 1)  Claw/V Grip: gripped in the “V” between the index & middle finger
- 2)  1st finger grip: grip between the first finger and the thumb
- 3)  2nd finger grip: grip between second finger and the thumb

How to throw a javelin:

- | | | |
|---------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| 1) Start position: hold javelin horizontal above the shoulder | 2) Runup: turn body side on pulling javelin back to a straight arm, with legs doing cross-over action | 3) Throw: release javelin in flick motion, making sure javelin never touches the ground |
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Hurdles

Aim: To run a race trying to jump hurdles set up on the running track, as fast as possible

Rules of Hurdles:

- 1) Do not deliberately knock down hurdles by hand or foot, or interferes or impede another athlete's run**
- 2) You cannot go under or around a hurdle**
- 3) Trail leg must go over the hurdle, not around the side**

Hurdles

How to hurdle:

With one leg lift your knee straight up towards the hurdle; stretch your leg straight out over the hurdle; land with your foot in a straight line on the other side of the hurdle.

With the other leg, lift it up to your side with your heel close to your bottom and your toes pulled up, landing with your foot in a straight line on the other side of the hurdle.



Relays

Aim: Team to complete the race as fast as possible, while passing on a baton

Rules of Relays:

- 1) You cannot throw the baton**
- 2) Baton must be carried in the runners hand**
- 3) There is a change over zone where the baton is provided to the next runner**

Middle Distance- Cross Country

Middle Distance - Cross Country events: 800m, 1500m, and Cross Country (1-5km)

Technique:

1. Use relaxed running style: eyes straight, shoulders down, square and relaxed, with low swinging arms
2. Lower knee lift than when doing a sprinting race. You do not bring your knee to your chest as high as sprinting
3. Try not to swing arms across the body

Triple Jump

Aim: To complete the triple jump sequence to land as far as possible in the sandpit

Who does Triple Jump: Ages under 11 to 17 years old

Rules of Triple Jump:

- 1) Perform in the sequence of hop, step, jump
- 2) Finish the jump in the sand pit
- 3) Take off before the take-off board/area
- 4) Take off on one foot
- 5) Don't walk back through the sand after landing, towards the take-off area

Triple Jump

**Triple Jump Sequence =
'Hop, Step, Jump'**

Once the athlete's foot hits the take-off board/area, they need to hop off one leg, then step on the other foot, then jump into the pit landing on both feet.

Hop



Step



Jump



Walks

Aim: Racewalk as fast as you can following the rules

Rules of Race Walking:

1. **Knees:** once the knee is past the hip it must be straight. You cannot bend both knees at the same time
2. **Contact:** one foot must be on the ground at all times

Walks

Basic Technique of Race Walking

- Posture: head and body tall, shoulders parallel to the front
- Arms: swinging with shoulders relaxed and low
- Legs/feet: the basic action of walking is heel-to-toe action. The athlete lands on their heel and rolls forward onto their toe. From the time the heel hits the ground to the time the foot passes underneath the body, the leg must be straight



Multi-Class

Multi-Class = A group of athletes with disabilities

Little Athletics Multi-Class Events: 100m, 200m, 800m, Long Jump, Discus, Shot Put

- **Some athletes will need modifications with their events, some may not need any modifications at all**
- **The extent of modifications depends on the athlete's level of impairment**

Visit www.lanswresourcehub.com/multi-class for more information and resources

Multi-Class

Classification: A method of grouping athletes of a similar level of impairment or disability for the purpose of competition

Why have classifications?

To create a “fair” competition amongst athletes

Types of impairments and the governing bodies responsible for their classification:

1. Physical Impairment: Athletics Australia
2. Hearing Impairment: Deaf Sports Australia
3. Vision Impairment: Australian Paralympic Committee
4. Intellectual Impairment: Sport Inclusion Australia

Sprints & Starts

Sprinting events: Running 100m, 200m and 400m

Technique:

1. Body and head straight, with hips up and arms pumping
2. Left your knees up and heel up as high as you bring your knee to the front
3. Land on the front part of your foot

Two types of Starts:

1. Standing Start: athlete stands upright to start the race
2. Crouch Start: athlete crouches on the track to start the race

Sprints & Starts

How to do a Standing Start:

- "On your marks" feet shoulder-width apart. One foot on the line opposite arm up.
- "Set" bend hips and knees and hold. Look at the ground for the first 3 steps.
- "Go" drive arms and legs forward. Step through with the back foot first.

How to do a Crouch Start:

- "On your marks" hands behind the line, back knee on the ground.
- "Set" raise hips with knees and arms slightly bent.
- "Go" drive your arms and legs forward swinging your arms fast.

