



TRACK AND FIELD SUCCESS CUES AND RULES



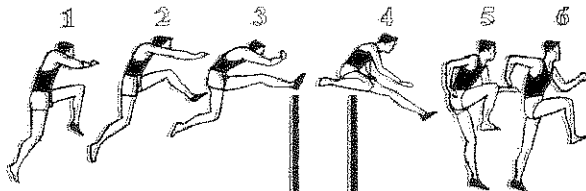
HURDLES

- **Seven's Heaven; Eight if You're Late** (7-8 steps to the first hurdle)
- **Knee to Nose** (drive lead leg upward ~1.3 m away from hurdle; lead *heel* over first, then straighten leg)
- **Reach for Success** (reach with opposite arm to extended lead leg; bend at torso while clearing the hurdle)
- **Don't Snail the Trail** (cock foot outward; snap trail leg down quickly; think of "*sprinting*" over hurdle)
- **3 or 5 to Stay Alive** (3 or 5 steps between hurdles = same lead leg)

Note: *no penalties are assessed for incidentally hitting or knocking hurdles*

Rules:

- Disqualified if:
 - Advance leg beside hurdle
 - Run around a hurdle
 - Intentionally push hurdles with hand or foot
 - Interfere with another hurdler



LONG JUMP

THE APPROACH

- **Need for Speed** (uh, run fast! Reach peak speed at board)
- **Same's not Lame** (same "take-off leg"; consistent starting point to prevent faulting at board. Ideally 10-12 strides)

THE TAKE-OFF

- **Drive for Distance** (swing free leg and arms up explosively—then "blocked"—at take-off board; optimum angle: 18-25°)

THE FLIGHT

- **Hang and Hitch** (transfer all momentum forward; attempt to sail in air and throw heels/legs forward)

THE LANDING

- **Heel Hook Hip Twist** (As the feet make contact with the sand, press the heels downwards and contract the hamstrings causing the hips to rise. As the hips rise twist them to one side and allow the forward momentum to slide the body past the landing position).



Rules:

- 2 Preliminary trials
- top 6 get 3 additional trials
- must take off behind line/edge of board
- no somersaults/cartwheels or inversions



TRIPLE JUMP

THE APPROACH

- **Need for Speed** (fast approach)
- **Same's not Lame** (same "take-off leg"; consistent starting point to prevent faulting at board. Ideally 10-12 strides)

THE HOP

- **Hop Hard; not High** (hop should be flat/horizontal; not vertical. Cycle "take-off" leg)



THE STEP

- **Pound the Ground** (step is an aggressive snap of drive leg for a quick transition to jump)
- **Upright and Tight** (body is upright; lead leg is flexed and vigorously swing to become the active leg at the end of the step)



THE JUMP

- **Drive for Distance** (swing free leg or "drive leg" and arms up hard at take-off board)
- **Hang and Hitch** (attempt to sail in air and throw heels/legs forward)



THE LANDING

- **Heel Hook Hip Twist** (heels down, hips up and twisted to the side; slide through the sand)

Note: appropriate distribution of the triple jump distance is as follows - Hop 35%, Step 30% and Jump 35%.

Rules:

- See Long Jump

HIGH JUMP

- **Hey, it's the J** (approach in j-pattern; 5 strides ideal)
- **Last are fast** (final 3 strides short & quick)
- **Out and Up** (take off on "outside" foot; inside knee drives upward)
- **Block and Drop** (arms shoulders; pop hips/arch back)
- **Chin to Chest, Shoulder are Best** (chin chest when hips pass bar; snap legs straight; land high on shoulders)

Rules:

- Must take off on one foot
- 3 misses = disqualification
- can not hold bar with hand or contact any object including the landing area without first clearing the bar
- athletes may elect to skip preliminary heights



DISCUS



Release sequence:

- **Chin, Knee, Toe** (aligned during set up phase; Fig. f)
- **Make a Bow** (rotate/"uncork" body; forming a bow shape with back before release; Fig. h)
- **Let it Go** (arm is fast and last; disc rolls off fingers)

Technique Tips:

- **Claw Grip; no Slip** (don't grasp; finger pads lip edge)
- **Use the Force Luke** (centrifugal force overcomes *Darth Gravity*; hand on top of discus at release)
- **Bend and Extend** (bend/load knees/legs; extend/lock elbows straight making a long lever)
- **Uncork for Torque** (rotational momentum)
- **40 Degrees to Please** (38-40 degree angle of release)

Rules:

- 3 preliminary throws; top 6 get 3 more
- Discus outside 35 degree sector = foul throw
- Must enter/exit through back half of 8 foot circle after disc has touched the ground.
- Can't step over toe board
- Accidental release is considered a trial



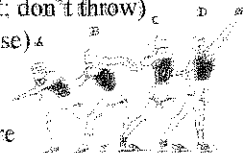
SHOT PUT



- **Dirty Neck; Clean Palm** (cradle shot in neck resting on fingers, *not* on palm)
- **Chin, Knee, Toe** (aligned during set up phase)
- **Shift to Lead** (weight transfer from back to front; drive explosively!)
- **Uncork for Torque** (rotational momentum)
- **Push, Don't Pull** ("put" the shot; don't throw)
- **45's Win the Prize** (45° of release)

Rules:

- 3 prelim. throws; top 6 get 3 more
- Discus outside 35° sector = foul throw
- Must enter/exit through back half of circle
- Can't step on or over toe board
- Accidental release is considered a trial
- Shot must be put from within 7 foot circle
- Shot must be "put", not "thrown". Shot must be on or in close proximity to the chin or neck



SHORT DISTANCE RACES

(SPRINTING; INCLUDES: 400, 200, 100 AND 4X100 M RACES)

- **Toes To Target** (toes should point to finish line; no "duck feet")
- **Knees to Nose** (high knee drive to increase speed)
- **Learn the Lean** (lean from ground; not at hips)
- **Pocket-Shoulder** (swing arms rapidly from shoulder to "back pocket" w/ 90° bend; *not* from side-to-side)
- **Pull the Track** (claw track w/ ball of foot)
- **Jelly Jaw** (avoid tension in face, fists, and shoulders)

Rules:

- 1 false start allowed per race; 2nd = disqualification
- fingers behind line; toes touching track if using a starting block
- must stay in assigned lane (1.22m) or be disqualified
- first torso to cross the finish line is winner
- Cadence: "on your mark", "set", gun!
- Athletes may not disturb one another through sound or otherwise after the "on your mark" command.

LONG DISTANCE RACES

(INCLUDES: 3000, 1500, AND 800 M RACES)

- **Toes To Target** (toes should point to finish line; no "duck feet")
- **Jelly Jaw** (avoid tension in face, fists, and shoulders)
- **Head and Spine Align** (keep head still and vision straight ahead; be "smooth and relaxed"; don't "bob" head)
- **Arm the Arms** (arms swing straight forward and back; bend elbows at 90 degrees)
- **Pull the Track** (think pulling your body forward and reduce bouncing upward movements)

Rules:

- 1 false start per heat allowed; 2nd false start results in a disqualification.
- no lanes; assigned start positions
- must be two full strides ahead before changing to inside lane; jostling/obstructing may result in DQ
- first torso to cross the finish line is winner
- Cadence: "on your mark", gun!

