



Oxford City AC Track & Field Rules



It is the responsibility of all athletes, coaches and officials to ensure that all training sessions and competitions are conducted in a safe manner

Track & General

- Track fees **MUST** be paid for before training
- Only spikes of a maximum 6mm in length may be worn on the track
- Lane 1 is **NOT** to be used for training
- Warm-up in the outside lanes. Leave the inside lanes clear for distance runners.
- If you hear a call of "TRACK", immediately move to the outside as it means you are in the way of oncoming athletes
- When crossing the track, always check in both directions
- Never walk in front of timekeepers and track judges during a match or competition.
- Do not hold discussions on the track.
- Never leave your equipment on the track
- Hurdles should only be used in the correct direction
- **DO NOT** cross the grass centre of the stadium, this area is for throws, always walk around the outside of the track

Jumps

- Only the coach, assistants and officials use the rake.
- Sandpits to be raked regularly during training.
- Never leave the rake lying on the ground - prop it against the fence.
- Check before you cross the run-up.
- Never leave anything on the run-up. - Place markers at the side
- Never attempt Fosbury style High jump, except onto a suitable landing area, under the direction of your coach.

Throws

- During throws coaching, discipline is very important. No training except with a coach
- When you are throwing YOU should always check the area is clear before you throw.
- Do not throw until you are instructed to
- When working in a group, all equipment must be thrown, before all are collected.
- Always walk whilst collecting and returning javelin. Carry it in a vertical position
- Place thumb over blunt end, lever javelin to vertical position. Remove from ground.
- NEVER throw back towards your throwing position.
- ONLY the appropriate weight equipment for the age group
- Always stand away from cage netting for hammer and discus

In Emergency

- Assembly point for evacuation of the track or building is the carpark
- There are no public telephones at the track, but most coaches will have a phone
- During training, a first aid kit is available at the tea bar and many coaches are trained
- During matches the first aid room is manned