



Officiating High School Track & Field





General Officiating Principles

Promote “Athlete Centered” Philosophy

- Be Fair
- Be Objective
- Be Impartial
- Exhibit Professionalism at All Times
- Practice Preventative Officiating

“No athlete should be allowed to gain an unfair advantage, nor suffer an unfair disadvantage.”



General Officiating Principles

An Effective Official...

- Knows the rules
 - Review the rule(s) for the event(s) you will be officiating
- Is aware of the surroundings
 - Keep the competition area SAFE!
- Is consistent
 - During the meet and throughout the season
- Is impartial
 - Don't show favoritism
 - "Officiate" Don't "Coach"
- Stays calm and composed
 - Never let them see you sweat
- Always wears the "official" NHTOA uniform (at NHIAA sanctioned meets)
 - Yellow NHTOA shirt (sweatshirt/jacket) and khaki pants



General Officiating Principles

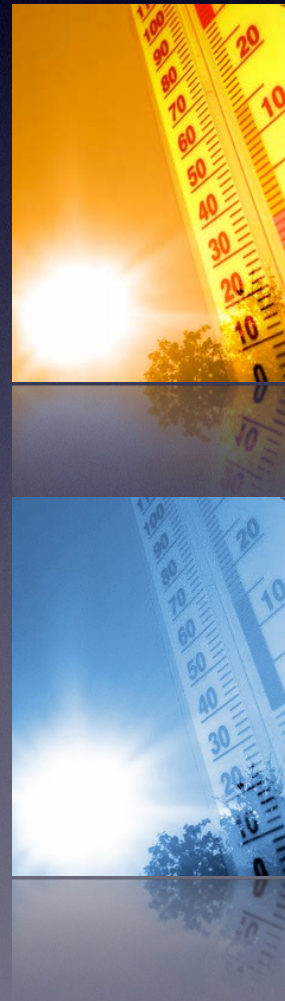
An Effective Official Is Prepared...

Hot Weather

- Sunscreen
- Hat
- Water/Cold Drink

Cold Weather

- Jacket
- Gloves
- Hat
- Water/Warm Drink





General Officiating Duties

Pre-Meet Preparation and During the Meet



Officiating A Track Meet

Pre-Meet

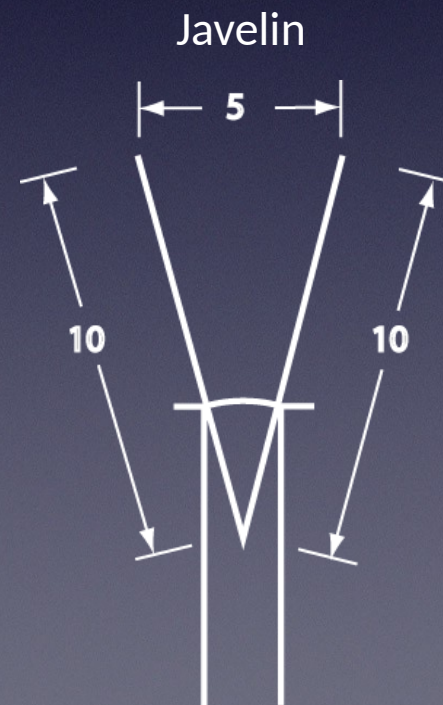
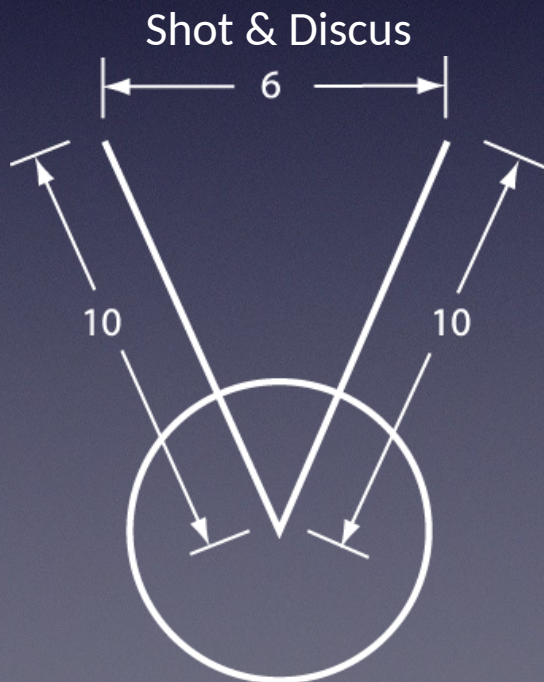
- Arrive Early – 45 minutes to 1 hour before meet time
 - Allow time to inspect the facility, check in athletes, and supervise warmups
- Know the Facility – do a walk-around; know the field event locations
- Inspect All Venues
 - Are they safe? Dry and free of debris?
 - Do they have proper equipment? – Are the pole vault and high jump standards and pits safe and set up properly? Is the discus cage free of holes and high enough?
 - Is the track properly marked? – Familiarize yourself with the track lanes, exchange zones, start and finish lines
 - Are the take-off boards for long and triple jump clearly defined/ marked and safe?



Officiating A Track Meet

Pre-Meet (continued)

- Are the throwing sectors marked properly?
 - 34.92° for shot put and discus
 - 28.96° for javelin





Officiating A Track Meet

Pre-Meet (continued)

- Meet with the coaches/meet director
- Confirm your meet assignment and who/how many helpers you will have
- Review any concerns or special circumstances
- Remind of uniform rule for relays (identical)



Officiating A Track Meet

During the Meet

SAFETY FIRST

- Start events on time
 - Continue without unnecessary delays
 - Keep the meet moving *whether you are the starter or a field event official
- Check and double-check the event results (field events)
- Close and secure the field event venue upon completion of the event
- Remain until the last event has concluded (running and field events)

*“If you can leave the meet unnoticed,
you have done your job.”*