

EDITORIAL

Officials and Volunteers are a vital part of our sport. Their support and delivery at events at all levels, from local league meetings to Major Championships is fundamental to the success of our sport. They contribute to the social and economic value of athletics by giving of their free time for the simple satisfaction of seeing others succeed and enjoy the social aspects of working as a team and the bond this can create.

Volunteers can be a mix of young aspirational people and experienced officials. One thing in common is that they all continue to develop their skills and gain experience and of course there are individuals who no longer compete that want to give back to their sport they so dearly love. At grass roots level, we find many volunteers or officials are parents of athletes wishing to support their children.

So, how do we continue to recruit and how do we keep them engaged in the sport? The simple answer is with offering opportunities whether that is to officiate at a high-level event or through starting out with quality development and training. It is important that we recognise volunteers for their contribution. Education allows for new skills to be learned or for existing skills to grow whilst opportunities provide them with a platform to showcase their skills and provides a sense of reward.

I hope you enjoy reading this newsletter which will become a regular communication to update you on all matters of officiating and volunteer news.

Cherry Alexander, Chair of the Events & Competition Commission

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RULE OF THE MONTH

Shoes and Rules : Road to Tokyo 2021



World Athletics has announced late July further revisions to its rules governing shoe technology, which are designed to give certainty to athletes preparing for the postponed Tokyo 2020 Olympic Games and to preserve the integrity of elite competition.

These amendments, approved by the World Athletics Council and introduced with immediate effect, are based on significant ongoing discussions with the Working Group on Athletic Shoes.

The purpose of these amendments is to maintain the current technology status quo until the Olympic Games in Tokyo across all events until the newly formed Working Group on Athletic Shoes, which includes representatives from shoe manufacturers and the World Federation of the Sporting Goods

Industry (WFSGI), have had the opportunity to set the parameters for achieving the right balance between innovation, competitive advantage, universality and availability.

The later postponement of the Olympic Games for a full year, due to the global pandemic, had given the governing body more time to consult with stakeholders and experts and develop amended rules that will guide the sport through until late 2021.

"We have a better understanding now of what technology is already in the market and where we need to draw the line to maintain the status quo until after the Tokyo Olympic Games," World Athletics CEO Ridgeon said.



RULES OF THE MONTH

Shoes and Rules : Road to Tokyo 2021

“In developing these rules we have been mindful of the principles of fair play and universality, maintaining the health and safety of athletes, reflecting the existing shoe market in these challenging economic times, and achieving a broad consensus with the shoe manufacturers who are major investors in our sport.

“These transitional rules give us more time to develop a set of working rules for the long term, which will be introduced after the Olympic Games next year, with the aim of achieving the right balance between innovation, competitive advantage and universality.”

What's new

The new Rule 5 came into force on 28 July 2020, when it was published.

The maximum sole height of athletics shoes (except road shoes) have been amended as set out in the table below:

Moreover, World Athletics established an 'Athletic Shoe Availability Scheme' for unsponsored elite athletes.

Event	Maxi thickness of the sole (As per rule 5.5, notes (i), (ii), (iii) and figures (a) & (b) to rule 5.5, and rule 5.13.3).	Further rule requirement
Field events (except triple jump)	20mm	Applies to all throwing events, and vertical and horizontal jumping events except the triple jump. For all field events, the sole at the centre of the athlete's forefoot must not be higher than the sole at centre of the athlete's heel.
Triple jump	25mm	The sole at the centre of the athlete's forefoot must not be higher than the sole at centre of the athlete's heel.
Track events (including hurdle events) up to but <u>not</u> including 800m	20mm	For relays the rule applies to the distance of the leg being run by each athlete.
Track events from 800m and above (including steeple-chase events)	25mm	For relays the rule applies to the distance of the leg being run by each athlete. For race walking events the maximum thickness of the sole is the same as that for road events.
Cross country	25mm	
Road events (running and race walking events)	40mm	
Events under rule 57 of the technical rules	Any thickness	

The ongoing scenario

As an ongoing obligation, athletes, their authorised representative or their shoe manufacturer must continue to submit shoe specifications and, if requested, new shoes for examination by WA independent expert. Precisely, they have to provide World Athletics with specifications of the new shoes they aim to wear in competition.

World Athletics will accept shoe specification and samples submitted by manufacturers for further examination.

Approved shoes shall be made available prior to an international competition by manufacturers for distribution to any uncontracted elite athlete via an Athletic Shoe Availability Scheme (for free and/or for purchase depending on whether they are qualified or an unqualified athlete who benefits from a place at World Athletics Series events or Olympic Games). The Working Group on Athletic Shoes will develop this scheme including timelines, elite athlete criteria, numbers of pairs of shoes required and method of distribution.

Working Group on Athletic shoes

The new **Working Group on Athletic Shoes** (WGAS) met for their first meeting on 22 July. It is tasked with scoping and overseeing studies around shoe technology, exploring definitions to provide clarity to athletes about the shoes they are able to compete in, creating a robust certification and control process and providing expert advice and recommendations to the World Athletics Competition Commission on the future direction of World Athletics' Rules and Regulations concerning elite athlete shoes for the long-term which may or may not be different to the current ones.

Shoes' regulations check (methods and clarifications)

The list

World Athletics has published the list of approved competition shoes, following the amendments to Rule 5 of the Technical Rules announced on 28 July 2020. The list can be found in the Technical Information page on the WA website: <https://www.worldathletics.org/about-iaaf/documents/technical-information>

The list has been compiled following introduction of the requirement on 31 January 2020 that any new shoe that an athlete proposes to wear in international competitions needed to be assessed by World Athletics. This is the core requirement under Rule 5 of the Technical Rules.

The list of approved shoes will be updated regularly to reflect any new information received. The list is not a complete list of every shoe that has ever been worn by an athlete. If a shoe is not on the list, it can be because a manufacturer has failed to submit the shoe, it has not been approved or is an old model / shoe.

An old model / shoe is required to comply with Rule 5.13 and, as with any other rule, an athlete must comply with it. Athletes may be asked to complete a declaration concerning their old model / shoe prior to an event and, after the athlete has competed, the old shoe may be taken in by the Referee for further investigation by World Athletics.

Referee's power

If there is in doubt about a shoe (particularly shoes that no other athlete has) then athletes, officials and meeting organisers should first refer to the approved list.

If the competition referee has a reasonable suspicion that a shoe worn by an athlete might not comply with the Rules, then at the conclusion of the competition the referee may request the shoe be handed over for further investigation by World Athletics.

The check

The table has been presented to align with the Shoe Sole Thickness Table and note that some athletes may choose to wear shoes manufactured for a specific event in other events.

For example, the Rule does not prevent a road running shoe from being worn on the track but a 30mm or 40mm road running shoe cannot be worn for track events because of the 25mm limit.

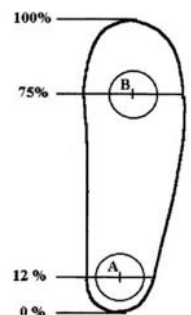
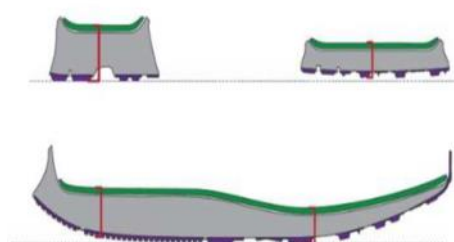
The biggest problem for officials is the quick measurement of the thickness in Call Room or everywhere it may be necessary.

Several artefacts were developed by officials around the world to solve this issue (contrary to what happens for throwing implements, it is not possible to ask the athlete to deliver their shoes to the TIC for regularity check).

The use of mechanical and/or electronic micrometers is under experiment in some countries provided that their mouth is wide enough to easily accommodate a sport shoe.

Sole thickness shall be measured when the shoe is not being worn and indicates the distance between the inside top side and the outside under side that contacts the ground.

Measurement must be made at centre of athlete's forefoot (at 75% of its internal length) and at centre of athlete's heel (at 12% of its internal length).



Above some examples of the regularity check.

TECHNOLOGY IN FOCUS

Cost Effective Video Recording

The evening of the interview, Sebastiaan Durand is still busy with cleaning up his gear and entangling the cables which were used during the Dutch National U20/U18 championships. 3 years ago, when Sebastiaan started to built-up his video system, he could not have thought that he would take care of various live streams for 7 Dutch national events including the images for the video referee. His live streams had more than 163.000 views!

But let's first start at the beginning.

Sebastiaan was an athlete himself in his younger years but started early with coaching and training. And ... he was also very interested in



organizing athletics events. He has followed successfully all possible courses for athletic officials. From general judging to referee, from competition management to race walking judge and from EDM to starter. Since 2015 Sebastiaan is part of the Dutch panel of National Technical Officials. Sebastiaan was also a volunteer at Amsterdam 2016, London 2017, Birmingham 2018, Berlin 2018, Glasgow 2019 and Doha 2019.

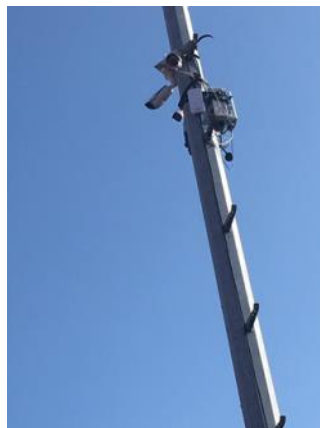
In 2017 Sebastiaan was present at a national event and he observed that in several situations, video images could have supported the decision making of the specific referee and the jury of appeal. However, systems like Hawkeye are not really affordable for Dutch national events. Sebastiaan, working as a software engineer for Solvinity, an IT services company, thought "I can organize this!" And at the end of the 2017 outdoor season he had already his first serious test event: The Dutch national relay championships.

In the years 2018 and 2019 Sebastiaan extended his video system. He started with 5-6 camera's, but now has a collection of more than 30 cameras. Indoors, he is working with a completely wired network. Outdoor he

is working with a partial wired and wireless network on 60 GHz. The images can be reviewed by the video referee and/or the jury of appeal using licensed security software which has also surprisingly the right functionality for reviewing track images! Over the last years Sebastiaan has improved the quality of the cameras.

On the question, what are the costs of his system, Sebastiaan answered "depending on the desired quality and set-up, between 7500 and 10000 euro". Sebastiaan invested in the network, the Dutch Athletics Federation in the cameras.

success gives inspiration for next season where Sebastiaan thinks about streaming live images of about 10 Dutch events. Sebastiaan is also thinking about developing his own Video Distance Measurement technology. He did already some testing but is in need of more optimal lenses. And last but not least during the upcoming indoor season Sebastiaan wants to test a new set-up for the upcoming rule change for the horizontal jumps, related to the take-off (November 1st, 2021).



Any dreams? Yes of course! Together with the Dutch Athletics Federation and a whole team of enthusiastic colleague volunteers, Sebastiaan set-up the live streams for national events. A rush job, as due to Corona, public was and is not allowed on the venues.

The live streams, combining Sebastiaan's unmanned cameras with several operated cameras, were supposed to enable family and friends to watch the events but attracted actually a lot more viewers. This

During the whole interview, you can feel that Sebastiaan continues to develop his video system to support our Sport for Life! Sebastiaan is open to discuss and willing to support interested federations!

Important tip: The height of the cameras really determines the quality and the usefulness of the video system. The higher the better. Indoor this is relatively more easy than outdoor. A height of at least 8m is advised.



OFFICIALS NEWS



Recognition of performances

As this is a transition period, all results currently in the World Athletics database will be processed, but any result of an individual athlete who has worn non-compliant shoes for the race will be marked "Uncertified" ("TR5.5").

In the case of National Championships and other domestic competitions, for results to be validated and recognised by World Athletics for statistics purposes, such competitions must be held under World Athletics Technical Rules and Competition Rules.

This means that Rule 5 of the Technical Rules must be applied in full for the competition results to be recognised by World Athletics as valid.

To preserve the integrity of national records and statistics, the responsibility lies with the Member Federation to

ensure that all athletes, officials and competition organisers are fully aware that Rule 5 of the Technical Rules will be applied in full.

Results achieved before 28 July, where an athlete has worn a shoe above the current track limits, are valid provided the results were achieved in shoes that complied with the sole thicknesses in the previous rule. For example, if an athlete wore 40mm non-spike shoe on the track or 30mm spike between 31 January 2020 and the notification and publication of change of rules on 28 July 2020, then the competition result is valid.

To assist Field Event athletes adjusting, the date for compliance is 1 December 2020 according to Rule 5.13 Note (ii).

Dealing with incidents

Question: In 100m Round 1 - Heat 3, the fully automatic timing system (FAT) fails. For the final, the hand timing is used. According to the rule 20.8. the hand time is declared as official for the progression.

In the second heat the athlete runs his personal best recorded correctly by the FAT.

As rule 20.8. is used the TD denies athletes request to record his FAT time as official for the purposes of the statistics. Is this correct?

Answer: Assuming this was an international competition, using a recognised timing and scoring company, the result clearly would show the official times (hand times for all

heats), but the company could easily add a footnote with actual times, or in most cases, can add a column showing actual times for heats where electronic times were taken, with a footnote explaining what those times refer to. This would give athletes the evidence of the time they achieved to present to their national federation for rankings or their own personal evidence. This could be done for one individual who requested it, or the whole heat.

Depending on the time pressures, the timing and scoring company may well only be able to do this at the end of a session, rather than "live" as they would probably receive the request later in the session.

TRIVIA QUIZ

1. The world-renowned athlete Jesse Owens was born James Cleveland Owens in 1913. What led to Owens taking up the name "Jesse"?
2. In 4 x 100 meters men's relay event, what nation was the first to go under 37 seconds?
3. Who was the first man in history to clock a 100 metre time of under 10 seconds?
4. During the 1952 Helsinki Olympic marathon, Emil Zatopek is said to have asked Jim Peters, who was running alongside him "Is this pace too fast?" He went on to win the gold medal. How many times had Zatopek previously run a competitive marathon?
5. Usain Bolt's rise to stardom in popular culture was at the 2008 Beijing Olympics. How many medals did he win at these games?
6. Usain Bolt has a rather unusual middle name. Have you any idea what it is?
7. Which country was the birthplace of Jan Zelezny?
8. How many times in 2006 did Asafa Powell run 9.77 in the 100m?
9. In what U.S. state was Steve Prefontaine born?
10. Who was the first male athlete to clear over 8 ft (2.44 m) in high jump?

BEST PRACTICE

Officiating in Finland in Summer 2020

■ Summer 2020 has been very special one also within athletics. Special arrangements has become the new normal as covid-19 has affected everyone's life globally. In April it looked as there could be very limited number of competitions in Finland but since the end of June things started to proceed almost like normally. There were limitations on the number of people in tribunes and separate flows for athletes, officials and spectators.

In July we started a national Grand Prix series with live TV coverage. Some competitions were moved from June to July and August. That caused quite a busy competition window in late July and especially in August. Athletics is an extremely popular TV sport in Finland. Number two after ice hockey and far ahead of football. It's not unique that 40-45% of people watching TV are looking at live coverage of one of our Grand Prix competitions. We had four one day GP competitions and finally Paavo Nurmi games on 11th August in Turku. That is part of World Athletics Continental Tour Gold series. Actually PNG also started globally international competitions with athletes from 25 countries. We also had our nationals in Turku just two days after PNG.

Paavo Nurmi Games needed to have extra sanitary measures that focused to keep enough social distancing in all phases. This started even before the travel to Finland when many athletes needed to have negative covid-19 test for arriving in the country. All logistics needed to be planned carefully. Not only athlete flows in competition but also the route to the stadium, warm-up, doping control etc. Call room personnel were equipped with



personal safety masks and clothes. The hotel had its own safety measures including extra cleaning and an individual breakfast area for athletes. Due to covid-19 situation tickets were sold only to 50% of stadium capacity (5520) to allow enough social distancing.

Another special case was the match between Finland and Sweden. This very traditional annual event was first time organized in Helsinki in 1925. This year the match was under consideration for a long time and a final decision to organize it in Tampere was made just 10 days before the match. The main reason for the late decision was the different situation of covid-19 in each country and Finland has very strict limits of covid-19 cases in country before free entrance was permitted. Practicalities for teams were extremely different from normal due to all the necessary measures related to covid-19. Also tourists from Sweden were not able to travel to Finland to watch the match.

- ◆ Team Sweden was flying from Stockholm both days – no accommodation in Tampere.

- ◆ Team Sweden had their own facilities in the stadium area
- ◆ Also both teams had their own warm up area, call room and mixed zone
- ◆ Starting blocks and hurdles were dedicated ones for each team
- ◆ Also lane order was done in groups – with one empty lane between teams
- ◆ All throwing implements were cleaned after each attempt

Normally in the match between Finland and Sweden we also have officials from the visiting country as an observer in each discipline including starting team. The role is similar that ITO's had before it was changed to be as referee. This year it was not possible to have this group of officials because of limited team size. Hopefully, this practice will continue because it is also exceptionally good experience for international competitions.

Officiating in Finland in Summer 2020

This year one special thing was the new rules around shoes. Both call rooms needed to have an identical measurement device and method of making the measurement. That caused extra work and it's also one risky item to think about before competition. Another one was the use of the false start system. As seen in the picture the false start system was not in use. The reason was that each team had their own set of blocks which meant that we could not use the blocks by lane order. There was the need to change the sets of blocks based on the lanes allocated to each team for each race. Because only one false start system could be in use that would cause so much work for changing wires and re-programming that it was decided not to use the system.

Both the PNG and the international match normally have a Technical Meeting the day before the competition. Due to the covid-19 situation in both events the technical meetings were held only with LOC key members and the TD. For the PNG information was available and/or

discussed with athletes and AR's beforehand and meeting was just to summarize feedback and fine tune decisions. Topics discussed: height progression, anti-doping, covid-19 situation, nomination of jury of appeal, HB information, heats, lane orders, pace planning etc. In the match materials were sent a few days before to team Sweden and based on feedback short meeting was organized with the head of the jury of appeal (from EST) who made final decisions if needed.

The main responsibility of organizing FIN-SWE match fell to the local club Tampereen Pyrintö. They have a lot of competent officials due to having staged many major competitions in recent years, including the U20 World Championships 2020 and U23 European Championship 2013. The majority of officials were locals and some additions were invited from the list of national officials (NTO's). In Finland the national federation lead training programs for both NTO's and competition directors. Both trainings are held over this weekend and also included a final examination.



Shoe measurement device built for Finland – Sweden match.

A pool from these groups is used for nominations for the national championship jury of appeal. The head of the jury of appeal also acts as the TD and is nominated from NTO's.

Facts & Figures about officiating in Finland

■ The current pool of NTOs is 30 members (6 women) and the active trained competition director's pool is 24 members (3 women).

Competition training is held normally every second year. The next will be organized in early October 2020.

NTO training is organized at 4-5 years intervals. It's also targeted for those who are interested to continue on to international officials' examinations.

Currently Finland has one WA ITO and two EA ITO's. We also have an international starter and an international photo-finish judge.

To keep all officiating groups updated for latest rules and practices we have an annual seminar for key national officials in March each year.

Normally this weekend training session attracts around 70 officials. This year's session was organized as a one-day virtual session.



Pasi Oksanen / FIN
ITO Level 3

VENUE MANAGEMENT

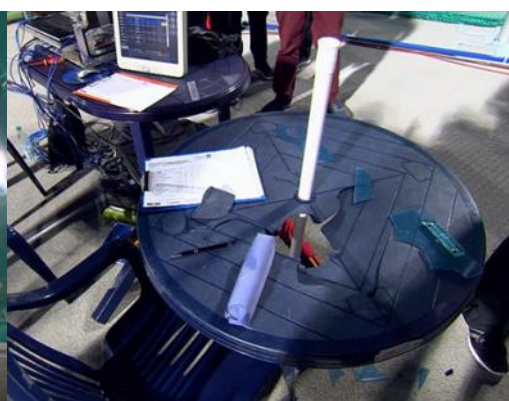
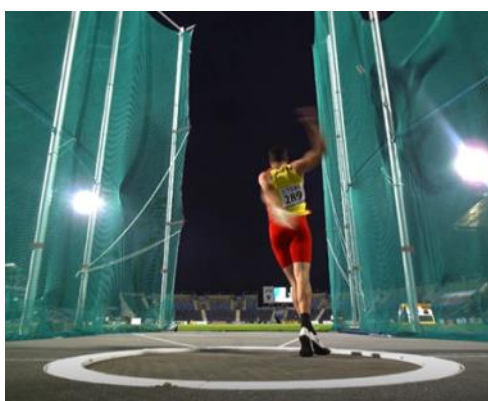
Throwing safety, from a cage

This article is about throwing safety when throwing from a cage, both hammer throw and discus throw.

Think like this when reading: If this can happen to me, it can happen to you. I will share a couple of incidents and experiences, which I will try to sum up after each with a "lessons learnt". The main conclusions will be at the end.

■ 22nd of July 2016, Bydgoszcz/POL, ITO in Hammer Throw, Men's Final, WU20CH. I was sitting at a table to the left of the cage together with two officials for the protocols, manual and data, looking at the athlete's feet, overlooking if the throws were okay or not. The athlete missed the throw and released the hammer a little bit too early, hitting the second upright from the front, to the right, 4-5 meters up. Here the hammer bounced / ricocheted to the left, so badly that it just passed over the left side of the net of the cage, falling down towards our tables. I was the unlucky one. The hammer went through the table just in the middle of the field card I was writing on, hitting my left foot, crushing 4 of my toes, but not the big toe. I was unlucky, but from day one extremely lucky it was not worse. From the impact of the hammer on the upright, until landing on the table it took about 2.5 seconds, so there wasn't much time to react. The hammer came down at a speed of about 50km/h. All together it resulted in a sick leave of 4.5 months before I could start working again after the accident.

Lessons learnt: The net was too near the uprights giving the hammer the possibility to bounce / ricochet at a very unpredicted path. From this day on I have put my word forward in the background to make the design of cages safer.



■ 22nd of July 2017, Grosseto/ITA, ITO in Hammer Throw, Women's Q, EU20CH. Yes, the very same day exactly one year after Bydgoszcz. Here we had almost the same situation. The athlete released the hammer a little bit too early, hitting the upright to the right, bounced / ricocheted to the left and this time landed in the cage panel 8,5 meters up and got stuck there. People said, "lucky we had the net" and the competition went on. But I said it was too close to something much worse, because the high jump with its officials were sitting quite close to the cage to the left.

Lessons learnt: The accident in Bydgoszcz was not that unique after all. This time the cage was mounted wrong, where the two uprights, number two from the front on each side, had changed place when being mounted. Again, work with the net far away from the uprights.



Throwing safety, from cage

■ 26th of June 2017, Nancy/FRA, TD in Meeting Stanislas 2017.

Hammer throw for women was in focus, with several good throwers, with season bests of about 72 metres. The hammer cage was of an old type, placed at the 1500m start. Only 4 meters deep, from the center of the circle to the mouth of the cage. The panels: Moving panels 9.20m, next panels 7.20m with the net sagging down to 6.80. Instead of having the barriers closer to the sector lines, we calculated that at 60 metres, we should have the barriers 30 meter outside the sector. To the left with 64 m to the pit for LJ/TJ, 74 m to the take-off board for TJ, we put the HT before anything else in the timetable, and nothing was supposed to go on, on the home-straight or having any people or equipment at the LJ/TJ area. And it happened that a hammer landed at about 62 m, just at the barrier, 2 m short of the LJ/TJ pit. VI was very happy we had the barrier there. Today Nancy have a new cage for hammer and discus.



Lessons learnt: Be proactive. If you find something way out of the normal and if you are not sure about a good solution, "phone a friend". I didn't have all Danger Zone Calculations done for this kind of old cage, so I phoned a friend. Together we consulted the "WA Danger zone

model" in order to find the actual DZ of this particular cage. Both the organizers and I were very happy afterwards. Everything turned out well, thinking of safety. We have many friends at home, eager to help. We are a big family of officials.



■ 2012, Helsinki/FIN, Chief-ITO in the ECH 2012. Discus. The cage was placed at the 200 m start and winds coming from the right, with LJ/TJ to the left, inside the back straight. We decided to use the moving panels into the sector by about 0.5 metre, to protect the LJ/TJ. The throws were noted where they landed and the moving panel didn't hinder the discus to land just inside and outside the sector line to the left at the normal distances. There were barriers a couple of metres outside the left side of the sector. Just the first competition in discus was done without using the moving panels, while the rest of competitions were using the moving panels.

Lessons learnt: There are no problems using the moving panels in discus. In this case they were used at a big championship.



■ 2018, Tampere/FIN, TD in the WU20CH 2018. Discus throw with or without using the moving panels into the sector, was the question. We had a discussion before the competition and the organizers and I wanted to use them, but we were turned down by the others involved in the decision. We had, to our help, drawn the danger zones on the arena map, both DT and HT, for right- and left-hand throwers. But no. The cage was at the 1500m start and the competition started without using the moving panels. In one throw, the discus went totally wrong and landed very far left, just in the middle of the Shot Put (which was placed at finish line corner) sector at about a 25m length where officials could have been standing. Luckily, there was no SP competition going on at the time. But after this incident, it was okay to use the moving panels into the sector, by about 0.5m. No competitor said anything about it and the rest of the competitions were carried out using the moving panels. Good to know is that the panels can be moved up to a 1 metre into the sector, without narrowing the landing sector.

Lesson learnt: We can use the moving panels, thinking of safety and not affecting the competition. Now it is also included in the WA Rule Book, from 1/11 2019.

Throwing safety, from a cage

■ 2017, Grosseto/ITA, ITO in Discus Throw, Women´s Q, EU20CH. As mentioned above, the net in the cage was very tight to the uprights. And here we had a problem for the women with their lighter discus, 1 kg. A couple of discus bounced back from upright number two, counted from the front. Some bounces were so heavy that the discus landed in the throwing circle a couple of times and the athletes had to jump away from it.

Lessons learnt: The net must be away from the uprights. One purpose of the net is to reduce the kinetic energy of the implement when hitting the net. If the net is mounted too close to the uprights then the net is not able to reduce the energy.



Mats Svensson / SWE

ITO Level 3

Working with big events since the 90'ies, starting with WCH in Gothenburg 1995, being ITO since 1999, WA ITO since 2005. Done about 50 missions in international competitions and also working in the background with issues like this, "Throwing Safety, from cage"

Main Conclusions

1. Make sure the net of the cage can´t reach the uprights when struck by an implement.
2. Use the moving panels in the Discus Throw. Think twice if you are thinking of not doing so.
3. Draw the DZ's on an arena map so you are well aware of the limitations

In the T&F Facilities Manual 2008 we can find, CHAPTER 6 COMPETITION EQUIPMENT SPECIFICATIONS", "6.3.2 SAFETY CAGES": "- The netting shall be hung clear of the support posts so that the posts are not struck by a thrown implement."

We have now talked about bouncing / ricocheted implements, as well as danger zones. So, what can we do and what has happened since the accidents and incidents.

Cages are being built either with the posts further away from the net or with new concepts. Also, the cages are now designed to use vertical wires (mounted in the net) to ensure the distance between net and poles even in windy conditions.

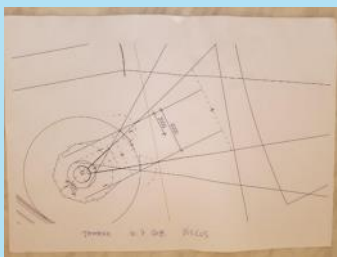
When using the moving panels in discus throw in a standard cage, you can have the panels 1.60 metres from the center line of the sector giving a DZ of about 42 degrees. This works fine with a small corridor outside the sector where the discus also could land. This is a big difference from today's 69 degrees, so there is plenty of margin to work

with when moving the panels into the sector.

If you run into a the cage that is not compliant with the measurements of a WA certified cage: consult the "WA Danger zone model" (or ask a friend who is familiar with that model) in order to find the actual danger zone of the cage.

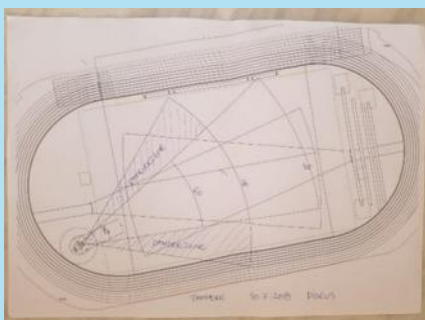
From the WA side, the cages have been certified and now there is a step to ensure the installation part of the cage, with a "WA Cage inspection form" to be filled in after a new cage is put up.

A few final words. This article is only one piece in our continuous work for safety in the throwing events. Try to be proactive not to run into problems with safety, because much of the work concerning safety in throwing from a cage can be done before the competition. Never tie the net next to the posts. And if you, despite all efforts, have an incident / accident, report to your governing body or the WA so we can continue to improve safety. Thank you for your time in this matter.



in the long throws. If the DZ's can reach other areas infield, like SP/LJ/TJ, possible

areas to bounce on, or directly out on the track.



OFFICIALS NEWS

ATHLETE'S VIEW ON OFFICIATING

Hannah England (GBR) – 2011 World Championship silver medalist.



"Technical officials - the unsung heroes! It's only when asked for an opinion on technical officials that you remember quite how much you take them for granted!"

The potent combination of nerves and anticipation can really narrow our vision, and I'm sure many of you have felt majorly underappreciated by athletes - please know that you aren't. I would love to see the role of officials promoted to fans and athletes - I think infield and call room interviews with officials, explaining their roles, would be

of interest to fans and help raise awareness of the role they play in successfully delivering events and add an extra dimension to the understanding of how our sport operates. Currently the limelight is only thrown on officials when something goes "wrong", fans and athletes are not reminded often enough of the skill and dedication required to create the environment for athletes to deliver their results."

Most memorable interaction with an official: *"When I won the NCAA outdoor title the race starter presented me with the shell from the starting bullet, this is one of my most treasured memorabilia from 2 decades of athletics!"*

Least memorable interaction with an official: *"Pretty much every interaction! I have been privileged to*

work with 100s of officials who executed their roles so perfectly that all I remember is my races and my results."

The do's and don'ts of officiating from an athlete's perspective :

"Clear communication and good organisation will prevent adding any stress to the athlete and allow them to focus on delivering their performance - do everything you can to calmly, clearly and consistently chaperone all the athletes through the competition environment."

It is helpful for all officials to give out the same information and not confuse athletes by contradicting each other; how many pins do you want in the leg numbers? How many minutes do we have in this call room? Is there a bathroom? Do we need to be competition ready? How long will we have at the start line?"

Answers to Trivia Quiz

1. Answer: A hearing mistake from a school-teacher—Aged just nine, the Owens family left their hometown of Oakville, Alabama to find more opportunities in the more urban and industrial north. His new teacher asked him what his name was, and Owens used his first two initials "J.C." as his name. When his teacher misheard Owens, thinking he had said "Jesse", due to his heavy southern accent, the name stuck forever.

2. Answer: Jamaica—Jamaica achieved a time of 36.84 seconds to win the gold medal at 2012 London Olympics. The 38 second barrier was set up by USA in 1983 Helsinki World Championships with a time of 37.86 seconds.

3. Answer: Jim Hines (USA) - Jim Hines (born 10 September 1946) won the gold medal at 1968 Mexico Olympics in 9.95 seconds and became the first man to break the 10 seconds barrier. He held that record for 15 years until Calvin Smith (born 8 January 1961) broke it in 9.93 seconds in 1983. Jamaican Usain Bolt (born 21 August 1986) was the first man to go under 9.6 seconds, achieving 9.58 seconds at the 2009 World Athletics Championship in Berlin.

4. Answer: He'd never run a competitive marathon—Emil felt uneasy about marathons, fearing what it might do to his

body (he famously said at the start of 1956 marathon at the Melbourne Olympics "Men, today we die a little"). In the warm-up to the Helsinki race he went forward to introduce himself to the British champion Jim Peters who was the then world record holder and pre-race favourite for the gold medal. Peters accepted the handshake but gave Zatopek the competitive cold shoulder verbally. Half-way through the race Zatopek pulled alongside Peters, who was leading the race, and asked him "Is this pace too fast"? In an effort to kid the inexperienced marathoner he replied "No, it isn't fast enough". Zatopek responded by increasing the pace and in little time at all had disappeared from view. Emil won convincingly, set a new Olympic record and was carried around the stadium on the shoulders of the gold medal winning Jamaican 4 x 400 metre relay squad. In an effort to catch Zatopek, Peters fell prey to cramp and ended up catching a ride to the stadium with a busload of journalists.

5. Answer: 3—Usain won 3 gold medals at the Olympics, all in world record times. They were the 100m, 200m, and the 4x100m. He subsequently lost the relay gold medal in January 2017 when one of his team-mates was found guilty of doping.
6. Answer: St. Leo—He was born Usain St. Leo Bolt on 21st August 1986, in the rural

town of Sherwood Content in Trelawny parish, Cornwall county, Jamaica. His parents Jennifer and Wellesley ran the local grocery store. He spent much of his free time as a child playing soccer and cricket with his brother Sadeeki.

7. Answer: Czechoslovakia (now the Czech Republic) - Zelezny was born in Mlada Boleslav, in 1966. His father (Jaroslav) who was also a prolific javelin thrower, taught Zelezny the proper techniques of javelin. Zelezny also enjoyed playing handball as a child.

8. Answer: twice—He ran it in Gateshead early in the season and then later in Zurich, where, once again he edged out Tyson Gay.

9. Answer: Oregon—Many people visit Eugene, Oregon to run the same trails that Pre once did. The next World Championships are due to be held there.

10. Answer: Javier Sotomayor (CUB) Sotomayor (born 13 October 1967), a top high-jumper from the late 1980s to 1990s achieved that height in 1989 at the Central American and Caribbean Championships held in San Juan. In 1993, he created another new mark at 2.45m (8 feet and one-half inch). Sotomayor won an Olympic gold medal at 1992 Barcelona.



OFFICIALS NEWS

NEWS IN BRIEF

EUROPEAN ATHLETICS NEWS

European Cross Country Championships

Due to too many uncertainties and existing sanitary restrictions in Ireland associated to the Covid-19 situation, the edition 2020 of the SPAR European Cross Country Championships had to be cancelled.

Events Calendar 2021

2020 events postponed in 2021

- ◆ European Throwing Cup, 13-14 March, Leiria/POR
- ◆ European 10,000m Cup, 5 June, London/GBR
- ◆ European Mountain Running Championships, 3 July, Cinfaes/POR
- ◆ European Athletics U18 Championships, 26-29 August, Rieti/ITA

Other Events in 2021

- ◆ European Athletics Indoor Championships, 4-7 March, Torun/POL
- ◆ European Race Walking Team Championships, 16 May, Podebrady/CZE
- ◆ European Athletics Team Championships (all leagues), 19-20 June
- ◆ European Athletics U23 Championships, 8-11 July, Bergen/NOR
- ◆ European Athletics U20 Championships, 15-18 July, Tallinn/EST
- ◆ SPAR European Cross Country Championships, 2 December

Officials' Appointments and Education

2021 events' appointments will be submitted to the Executive Board's approval in November, before being circulated to the respective officials by the end of the year 2020.

Online Education Programme

The next online session initially planned on 22 October 2020 and dedicated to ITO's tasks and duties, has been postponed to 24 November 2020. The new date for "Video Referee" e-session will be communicated soon.

The European Starters and Photo-Finish Judges' evaluations will respectively take place online on 7 and 14 November 2020.

The date of the VDM Course and Evaluation is still to be finalised and will be communicated to the candidates at the earliest convenience.

ONSIDE Project

European Athletics is involved as one of the partners of the ONSIDE project funded with support of the European Commission and which aim is to define the generic skills and competences common across different sports and needed by sport officials, and then to develop innovative fit-for-purpose e-learning courses for sport officials with modules to engage, inform and up skill them.

The partners have first created occupational standards for sports officiating defining the skills and competences needed by sports officials. These standards do not focus on sports-specific skills which are under the responsibility of sport federations but concentrate on generic cross-sport skills expected for sports officials such as decision making, fair play, integrity and communication.

The following step was to develop e-learning courses aligned with the expectations from the sector.



The project coming close to the end, any of you interested is invited to attend the final online conference which will take place on Friday 20 November 2020 (10:00—13:00) and which will present the outputs including a new set of standards defining the generic competences, skills and knowledge expected of sport officials, covering all sports; new e-learning courses; and a training handbook to support the development of sport officials.

Link to register:

Web site: www.onside-sport.eu
E mail: onside-sport@eose.org

Useful Links

- [FieldLynx Field Event Software](#)
- [WA Technical Delegates Guidelines](#)
- [WA Starters' Guidelines \(English\)](#)
- [WA Photo-finish Guidelines \(English\)](#)
- [WA Video Referee Guidelines \(English\)](#)
- [WA Track Events Rounds, Heats & Progression Tables](#)
- [Rules applicable to Disqualifications](#)

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Please do not hesitate to send us (sandrine.glacier@european-athletics.org) **any questions / topics you would like to be discussed in the next issues of the Newsletter.**