

**TRACK: 100M, 200M, 400M, 800M,
1.500M, 5.000M, 10.000M**

Long distance

Generally used to describe races of at least 5.000m and 10.000m.

Middle distance

Generally used to describe races between 800m and 3,000m.

Staggered start

Used in lane-assigned sprints over 100m or mid-distance races, runners start at staggered positions based on their lane. Outside lanes begin further ahead, adjusted for race length and track size.

Starting blocks

Two blocks mounted on either side of an adjustable frame that provides a runner with a rigid surface against which to brace the feet at the start of a race.

Split

A time measured at certain intervals of a race, used to judge the pace of a runner or group of runners.

Sprint

A full-speed run over a short distance. In Events, the 100m, 200m and 400m events are considered sprints; the finishing kick of a distance race can be described as a sprint.

Tail wind

Wind traveling in the same direction as a runner or jumper.



**TRACK: 100MH/110MH, 400MH, 3000M SC,
4X100M, 4X400M, 4X400M MIXED**

False start

To leave the starting blocks early, as measured by an electronic starting block or as ruled by the official starter.

High hurdles

Another term for the men's 110m hurdles and women's 100m hurdles events.

Intermediate hurdles

Another term for the men's and women's 400m hurdles events.

Push-off phase

In the push-off phase, the start is made about two metres from the hurdle with the upper body upright and leaning slightly forward. The lead leg will explode upwards and move to a horizontal position while the ball of the foot is used to push off. The push-off leg is extended and swings back to hip height as the upper body leans forward and the arm is actively driven forward.

Starting blocks

Two blocks mounted on either side of an adjustable frame that provides a runner with a rigid surface against which to brace the feet at the start of a race.

Wind-aided

A term applied to times or distances in the 100m, 200m, high hurdles and horizontal jumps, that are achieved with the help of a tail wind stronger than 2 meters per second (4.5 mph); wind-aided results are discounted for record purposes.



FIELD: HIGH JUMP

Bar

The horizontal bar that the jumper must cross without breaking it. It is usually made of plastic or fibreglass and rests on height-adjustable stands.

Bar support

The device on which the pole rests. It is designed so that the bar falls easily when touched.

CSP (Centre of Gravity)

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The imaginary point where the body's weight is concentrated. In the high jump, the centre of gravity is moved to be as close as possible to the bar.

Fosbury flop

The most commonly used technique today, in which the vaulter jumps backwards over the bar. Named after Dick Fosbury who popularise

Height increase

The gradual increase in pole height during the competition. The jumpers decide whether they want to attempt the respective height.

Run-up

The run-up is the controlled sprint that prepares the jumper for take-off. It is usually performed in an arc to create the necessary rotation and speed

Scissor vault

An older high jump technique in which the jumper scissors one leg over the bar, keeping the body perpendicular to the bar. This technique is rarely used nowadays.

Take-off

The moment when the athlete leaves the ground to clear the bar. The vault is performed with one leg, depending on strength and technique.

Wind-aided

A term applied to times or distances in the 100m, 200m, high hurdles and horizontal jumps, that are achieved with the help of a tail wind stronger than 2 meters per second (4.5 mph); wind-aided results are discounted for record purposes.



FIELD: LONG JUMP

Crossing the bar

An error in which the vaulter steps over the take-off bar. This invalidates the attempt.

Distance measurement

The distance is measured from the nearest footprint in the sand to the take-off edge of the board, perpendicular to the axis of the vault.

Hang Jump Technique

A jumping technique in which the jumper actively 'hangs' his legs in the air and optimises the distance by moving his legs.

Invalid attempt

A jump that is invalid due to an error such as an over-stride or a landing that is not in accordance with the rules.

Jump Distance

The measured distance from the front end of the take-off bar to the nearest sand mark left by the jumper.

Landing

The moment when the jumper lands in the sandpit area. The feet are usually the first part of the body to touch the sand.

Qualifying distance

A defined minimum distance that a jumper must achieve in a competition phase in order to qualify for the next round.

Run-up

The sprint that gets the jumper up to speed and ready for take-off.

Step-over

An invalid attempt in which the vaulter steps over the front edge of the take-off bar with his foot.

Take-off

The moment when the jumper pushes off with one leg from the take-off bar in order to jump the distance.

Take-off board

The spot before the foul line from which long jumpers and triple jumpers take off. Jumpers may step on, but not beyond, the board.

Take-off zone

The area in front of the take-off bar where the jumper can accelerate and prepare for take-off.



FIELD: TRIPLE JUMP

Approach zone

The area in front of the take-off bar where the jumper accelerates and prepares for the first jump.

Hop

The first jump in the triple jump, in which the jumper lands with the take-off leg.

Hop distance

The distance the jumper covers in the first jump. It should be about one third of the total distance.

Jump

The third and final jump in which the jumper jumps into the sand pit and lands.

Jump distance

The measured distance from the take-off bar to the nearest mark that the jumper leaves in the sand.

Landing

The moment when the jumper hits the sand in the pit. A clean landing can prevent the distance from being shortened by falling back.

Rhythm

The sequence and harmony of the three jumps (hop, step, jump), which is decisive for an optimal distance.

Run-up

The sprint that brings the jumper up to speed and prepares him for the first jump.

Step

The second jump in which the jumper lands with the other leg after the hop.

Take-off bar

The marked area from which the first jump (hop) is made. The jump must be inside the bar.

Triple jump rule

The most important rule: The jumper must adhere to the prescribed foot sequence (hop, step, jump). Deviations lead to an invalid attempt.



FIELD: POLE VAULT

Altitude gain

The gradual increase in the height of the pole during an event. The vaulter decides which height to attempt.

Ascent Zone

The phase in which the athlete climbs vertically using the pole.

Bar height

The height at which the bar is positioned. The athlete chooses the height at which he/she starts the competition.

Bar support

The supports on which the crossbar rests. They must stabilise the bar, but not prevent it from falling on contact.

Bend angle

The degree to which the pole bends during the vault. An optimum bending angle is essential to maximise energy transfer.

Clearing the bar

An invalid attempt in which the vaulter touches the bar and causes it to fall.

Drop Zone

The area on the mat where the vaulter falls after the jump. A safe landing is essential.

Flight phase

The phase after leaving the pole in which the athlete crosses the bar.

Grip zone

The area on the pole that the athlete holds. The height of the grip affects control and the height reached.

Insertion phase

The phase in which the pole is inserted into the insertion box in order to convert the kinetic energy of the run-up into potential energy.



FIELD: POLE VAULT

Invalid attempt

A vault in which the bar falls, the pole lands outside the vaulting box or the athlete violates the start rules.

Jump bar

The horizontal bar that must be crossed by the athlete. It is flexible and light so that it falls on contact.

Pole change

The decision to switch to a different pole during an event in order to adapt to changing conditions or heights

Pole mark

The marks left by the bar in the vaulting box. They can be used to analyse the vault.

Qualifying height

The minimum height that an athlete must reach in a competition phase in order to progress to the next round.

Straightening phase

The phase in which the pole bends and accelerates the athlete upwards as the body straightens.

Take-off

The moment when the jumper pushes off the ground with the jumping leg and guides the pole into the insertion box.

Triple jump

The Triple Jump is an athletic event for men and women that consists of three consecutive jumps (Hop, Step, Jump) performed in a prescribed order.

Valid attempt

A vault in which the athlete successfully clears the bar without causing it to fall.

Wind Conditions

External factors that can affect the take-off and stability of the vault. Wind can be a major challenge in outdoor competition.



FIELD: SHOT PUT

Ball position

The position of the ball on the side of the neck, directly on the fingers. Essential for a clean shot.

Glide Phase

The movement in the impact ring during which the athlete gains momentum. Important techniques are the O'Brien technique (backward glide) and the spinning kick technique.

Invalid Shot

An infringement of the rules, e.g. stepping over the bumper or throwing instead of kicking.

Landing zone

The marked area where the ball must land (34.92° sector angle).

Power transmission

The effective conversion of physical strength into the kinetic energy of the ball.

Shot bar

The bar at the front edge of the ring, which must not be crossed.

Shot Distance

The measured distance from the inside of the crossbar to the first point of contact of the ball.

Shot phase

The explosive movement in which the ball is kicked. It determines the distance.

Shot ring

The circular area from which the shot is taken. This is where the athlete must move during the shot.

Valid shot

A shot taken in accordance with the rules, without overshooting and with the ball landing in the sector.



FIELD: DISCUS THROW

Discus

The throwing implement, a flat disc weighing 2 kg (men) or 1 kg (women), which glides aerodynamically through the a

Landing area

The conical area (34.92°) in which the discus must land.

Landing Area Rule

The discus must land within the marked sector or the attempt is invalid.

Landing mark

The point at which the discus lands in the sector, which determines the measured distance.

Launch angle

The angle at which the discus leaves the ring. It should be neither too steep nor too shallow

Overstepping

An error in which the athlete leaves the discus ring or touches the edge of the ring before the discus lands. This invalidates the

Throw Distance

The distance from the inside of the ring to the landing mark of the discus in the sector.

Throwing ring

The circular area (2.5 metres in diameter) from which the disc must be thrown.

Throwing technique

The technique in which the athlete performs a turn in the ring to gain momentum for the throw.

Swing Phase

The preparation in which the athlete gains momentum for the turn and the throw.

Qualifying distance

The minimum distance an athlete must achieve to qualify for the next round.



FIELD: JAVELIN THROW

Drop line

The line at the end of the run-up track that the athlete must not cross when throwing.

Impact Throw

The explosive movement in which the javelin is propelled forward with maximum force.

Flight phase

The length of time the javelin is in the air. Stability is influenced by the rotation of the javelin.

Javelin

The javelin with metal tip, grip area and aerodynamic design. The weight is 800g (men) and 600g (women).

Landing area

The conical area (28.96°) in which the javelin must land in order for the throw to be valid.

Landing mark

The point where the javelin first touches the ground and determines the measured distance.

Landing sector rule

The javelin must land within the marked sector, otherwise the attempt is invalid.

Release technique

The motion with which the javelin is thrown. It must be thrown with the arm pointing forward and not sideways or underneath

Run-up track

The marked track on which the athlete gains momentum. It is 30-36.5 metres long and ends at the drop line.

Throwing angle

The optimum angle (approximately 30-36 degrees) at which the javelin is released to achieve an ideal trajectory.

Throwing distance

The measured distance from the launch line to the landing mark of the javelin in the sector.

Overstepping

A mistake in which the athlete crosses the launch line or releases the javelin incorrectly. This invalidates the throw.



FIELD: HAMMER THROW

Hammer

A throwing implement with a metal ball, wire and handle.

Invalid Throw

A throw in which the hammer lands outside the sector or the athlete steps over the ring.

Landing area

The conical area (34.92°) in which the hammer must land.

Launch Angle

The optimum angle (approximately 42-45 degrees) at which the hammer is released.

Release

The moment when the hammer is released to achieve maximum distance.

Rotation phase

The rotational movement in the disc that accelerates the hammer.

Safety cage

The safety device around the throwing ring that protects against misdirected throws.

Throwing ring

The circular area (2.135 m in diameter) from which the hammer is thrown.



COMBINED: DECATHLON (MEN) AND HEPTATHLON (WOMEN)

Decathlon

A ten-event competition in which athletes demonstrate their versatility in running, jumping and throwing.

Decathlon rules

There are specific rules for each event. Any mistakes (e.g. overstepping or incorrect technique) will result in points being deducted or the attempt being invalidated.

Intermediate times and intermediate results

During the competition, athletes' times and performances will be recorded after each event in order to keep track of their ranking and progress.

Overall classification

The decathlon is won by the athlete with the highest total score from the ten events.

Points System

Each event is scored on a point system, where the performance achieved is converted into points. The overall result is the sum of the points from all events.

The disciplines of the decathlon

Decathlon (men)

The ten events are:

100 m run
long jump
shot put
high jump
400m run
110m hurdles
Discus Throw
Pole Vault
Javelin
1500m Run

The disciplines of the decathlon

heptathlon (women)

The seven events are:

100m hurdles
high jump
shot put
200m run
long jump
Javelin
800m run



ROAD (MEN AND WOMEN): HALF-MARATHON, 20KM RACE WALK, TEAM RANKING

Aid stations

Stations along the course where athletes are provided with water and energy drinks.

Course record

The fastest time ever run on a particular course.

Pacemaker

A specially organised runner who controls the pace during a race in order to finish at a particular time (e.g. to set a record).

Race time

The total time taken by an athlete to complete a given course.

20KM RACE WALK

Correcting the gait

Strict rules are in place to ensure correct running technique. An athlete may be disqualified if they 'walk', i.e. have both feet in the air at the same time.

Technique

When walking, the athlete must ensure that the front foot is fully straightened when striking the ground and that the rear leg is fully extended when passing.

Road race

A competition held on roads and public paths without the need for special lanes or course boundaries as in a stadium.

Split times

Times taken at specific checkpoints along the course to measure running speed.

Start and finish

The point at which a race begins and ends. In road races, the course is usually set in advance.

Walk

An event in which the athlete walks at a steady, fast pace, but must have one foot on the ground at all times (as opposed to running).



ROAD (MEN AND WOMEN): HALF-MARATHON, 20KM RACE WALK, TEAM RANKING

TEAM WALKING

Best times

The performances of individual team members that count towards the team score. In some formats, the best times of several runners or walkers are added together to determine the team classification

Team size

The number of athletes that count as a team (e.g. 3-6 runners or walkers per team). Some events require a certain number of team members.

Team relay

A team event in which runners or walkers compete in a relay. The team's total time is determined by the times of the individual athletes.

Team valuation

A classification in which the performances of several athletes in a team (e.g. in a half marathon or road race) are added together to determine the overall classification.

Team score

The combined performance of the team members that is taken into account in the competition. The fastest overall team wins.

