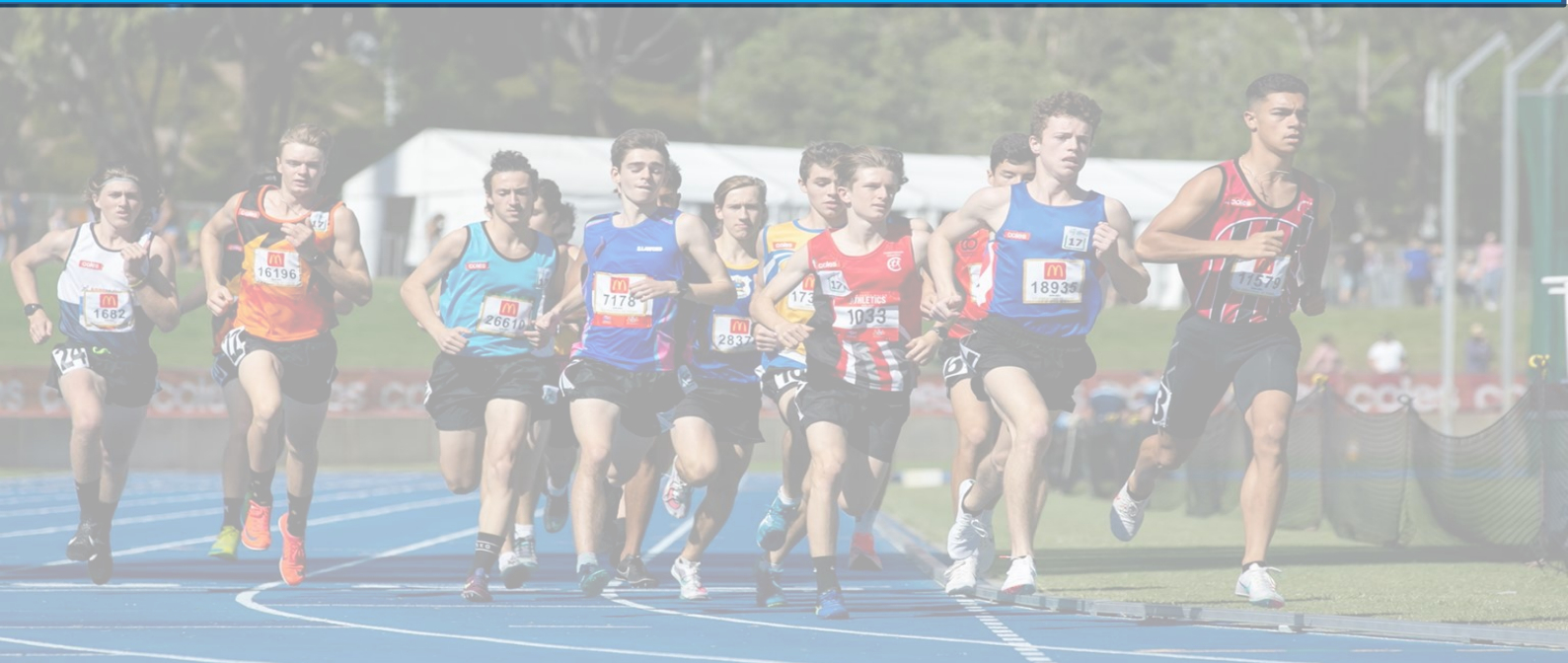




# Little Athletics NSW Rules of Competition



These Rules are a collection of the Little Athletics NSW, Little Athletics Australia (LAA) Standard Events and Specifications and the LAA Standard Rules for Competition.

Unless otherwise specified in this regulation, the World Athletics (WA) Technical Rules (TR), Competition Rules (CR) and Medical Rules (MR) will be used and applied as found in the WA official handbooks.



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## PREFACE

These Rules set down the requirements for competition for all carnivals conducted on behalf of Little Athletics NSW and are to be used as a guide to centre competition.

### **Little Athletics Standard Rules**

Little Athletics competitions in Australia are conducted in accordance with the WA Technical Rules (TR), Competition Rules (CR) and Medical Rules (MR) currently in force with modifications provided for in these Rules.

Where it has been decided that the WA Rules are not indicative or correct for athletes in the standard age groups covered by Little Athletics Australia (LAA), the WA Rule or part thereof has been rewritten to reflect the nature and abilities of athletes in the various age groups.

Where a whole WA Rule or part of an WA Rule is modified, the modification will be listed.

That the following rules must be applied for all Competitions conducted within Little Athletics by Affiliated Associations and are applicable to the Standard Events of Australian Little Athletics. Except as otherwise provided in these rules, all competition will be conducted in accordance with the World Athletics (WA) rules of competition. The exceptions to the WA Rules stated in these rules have been modified to be age appropriate for children and young people from the age of Under 7 to Under 17.

Affiliated Associations must seek written approval from the LAA Management Team or BOD to modify the standard rules at affiliated competitions.

These rules apply to National and Association competitions.

There are several rules relating to Affiliated Associations Championships and their processes which are not covered by WA and these have been incorporated in this document. Each LAA Association will be expected to adopt the LAA Standard Rules for Competition and may make Association- based additions to satisfy their local requirements.

For Athletes and Officials participating in competitions covered under these rules, you will need to understand BOTH the WA Rules booklets and this document.

At any time where there is doubt about the application or interpretation of these rules, the benefit of that doubt shall be in favour of the athlete.

From time-to-time World Athletics, Athletics Australia, Little Athletics Australia, and other bodies may release new versions of the Rules or Technical documents. The LAA National Technical Committee will first assess these changes and make recommendations to the LAA Management Team and then will update these rules to reflect any changes if required.

Individual Association Grievance procedures will deal with any dispute related to competitions under these rules where processes have been exhausted through these rules.

### **WA Competition Rule Book**

Online copies of the current WA Rule Book can be downloaded from the following website:



<http://www.worldathletics.org>

Click on the menu option at the top right of the page (three stacked lines), click on LIBRARY. At the top of the page click on Constitution and Book of Rules. The main tab to use will be Book C - Competition.

WPA Competition and Classification Rule Books Online copies of the current WPA Rule Books can be downloaded by clicking following links:

[World Para Athletics Rules and Regulations 2020 - 2021](#)

<https://www.paralympic.org/athletics/rules>



# SECTION A

## COMPETITION RULES &

### EVENTS

## SPECIFICATIONS

# **1. LAA STANDARD EVENTS & EQUIPMENT SPECIFICATIONS**

## **1.1 Standard Events**

- a) Little Athletics Australia shall determine a list of standard events for the Under 9 to Under 15 age groups. Such events and their specifications shall be listed on the LAA website and must be offered by all Affiliated Associations in their Association Championship(s).
- b) Little Athletics Australia shall determine a list of recommended Standard Events and Specifications for the Under 6 to Under 8 age groups and a list of events that must not be offered for those age groups at any level of competition. Such events and their specifications are listed on the LAA website on the Rule of Competition.
- c) Little Athletics Australia shall determine a list of recommended Standard Events and Specifications for the Under 16 and Under 17 age groups. Such events and their specifications shall be listed on the LAA website.
- d) Little Athletics Australia shall determine a maximum allowable distance to be offered for each age group for the conduct of Out of Stadia Cross Country races and Out of Stadia Road Race Walking at all levels of competitions. Such events and their specifications shall be listed on the LAA website.
- e) The maximum (individual leg) distance for track and height/weight specification for field within a relay event, must not exceed that age group's individual maximum specification as listed in the Standard Event Table and/or the Recommended Standard Events Table(s)
- f) Associations may, at their discretion, conduct additional events at State Championships or at any other level so long as they do not contradict what is listed in the Standard Events on the LAA website.
- g) Events deemed inappropriate for inclusion at all levels of competition by all affiliated Associations:
  - All events over 8km
  - Pole Vault
  - Hammer Throw
  - Steeplechase
  - All events, Track or Field, which are listed as not allowed at any level of competition in Table 1 on the LAA website

## **1.2 Guidelines for Trialling an Event**

- a) Ensure that all equipment and specifications are in strict accordance with that as advised by the LAA.
- b) The trialist must only be the age and gender as specified suitable for the event. It is not permissible to "experiment" outside these specifications.
- c) The trial must be conducted under normal conditions.
- d) At all times, the appropriate safety considerations must be adopted.
- e) The trial shall be conducted with the greatest number of athletes in each age/gender group(s) possible.
- f) The trial shall be for a maximum of two years.
- g) The following points are to be reported:

- i. age, gender, and number of athletes involved in each trial.
- ii. safety considerations.
- iii. event acceptance by athletes.
- iv. ability of athletes to learn and perform the event, level of skill attained.
- v. compare those skill levels to other events if possible.
- vi. determine whether modifications etc. are required by consulting participating athletes/officials; and
- vii. final evaluation should give an overall judgement on the event as to its viability:
  - as an additional event.
  - to replace an existing event.
  - not to be adopted for a particular gender/age group; or
  - not to be adopted for any gender/age group.

**Note:** *Australian Best Performance cannot be claimed when an event is classified as a Trial Event or Modified Trial Event. If the event or modification is adopted as standard by LAA, retrospective claims can be submitted for ratification.*

## 2. EVENT AND EQUIPMENT SPECIFICATIONS

### 2.1 Event Specifications

Table 1 – all events listed in this table are aligned with LAA Rules and as described in Rule 1.1 above

The U6 to U7 are recommended standard events that may be offered. Events in these age groups must not exceed the distances and/or specifications listed.

The U8 to U17 are standard events that may be offered at a Centre level but must be offered at a Zone, Region & State Championships. Events in these age groups must not exceed the distances and/or specifications listed.

|                   | CENTRE ONLY     | CENTRE & ZONE ONLY | CENTRE, ZONE & REGION | CENTRE, ZONE, REGION & STATE |               |               |               |                    |                    |                    |                    |
|-------------------|-----------------|--------------------|-----------------------|------------------------------|---------------|---------------|---------------|--------------------|--------------------|--------------------|--------------------|
| TRACK             | U6              | U7                 | U8                    | U9                           | U10           | U11           | U12           | U13                | U14                | U15                | U17                |
| 50 metres         | ✓               | ✓                  |                       |                              |               |               |               |                    |                    |                    |                    |
| 70 metres         | ✓               | ✓                  | ✓                     | ✓                            | ✓             |               |               |                    |                    |                    |                    |
| 100 metres        | ✓               | ✓                  | ✓                     | ✓                            | ✓             | ✓             | ✓             | ✓                  | ✓                  | ✓                  | ✓                  |
| 200 metres        | ✓<br>Pack Start | ✓                  | ✓                     | ✓                            | ✓             | ✓             | ✓             | ✓                  | ✓                  | ✓                  | ✓                  |
| 400 metres        |                 |                    | ✓<br>Pack Start       | ✓                            | ✓             | ✓             | ✓             | ✓                  | ✓                  | ✓                  | ✓                  |
| Pack Start        | 300m            | 500m               | 700m                  |                              |               |               |               |                    |                    |                    |                    |
| 800 metres        |                 |                    |                       | ✓                            | ✓             | ✓             | ✓             | ✓                  | ✓                  | ✓                  | ✓                  |
| 1500m             |                 |                    |                       |                              |               | ✓             | ✓             | ✓                  | ✓                  | ✓                  | ✓                  |
| 3000m             |                 |                    |                       |                              |               |               |               | ✓                  | ✓                  | ✓                  | ✓                  |
| Walk              |                 |                    |                       | 700m                         | 1100m         | 1100m         | 1500m         | 1500m              | 1500m              | 1500m              | 1500m              |
| Hurdles           |                 |                    | 60m                   | 60m                          | 60m           | 80m           | 80m           | 80m                | 80 G               | 90 G               | 100 G              |
|                   |                 |                    |                       |                              |               |               |               |                    | 90 B               | 100 B              | 110 B              |
| 200m Hurdles      |                 |                    |                       |                              |               |               |               | ✓                  | ✓                  |                    |                    |
| 300m Hurdles      |                 |                    |                       |                              |               |               |               |                    |                    | ✓                  | ✓                  |
| Relay Jnr         |                 |                    |                       |                              |               |               |               |                    |                    |                    |                    |
| 4 x 100m          |                 |                    |                       | ✓                            | ✓             | ✓             | ✓             |                    |                    |                    |                    |
| Relay Snr         |                 |                    |                       |                              |               |               |               |                    |                    |                    |                    |
| 4 x 100m          |                 |                    |                       |                              |               |               |               | ✓                  | ✓                  | ✓                  | ✓                  |
| FIELD             | U6              | U7                 | U8                    | U9                           | U10           | U11           | U12           | U13                | U14                | U15                | U17                |
| Scissor High Jump |                 |                    |                       | ✓                            | ✓             |               |               |                    |                    |                    |                    |
| High Jump         |                 |                    |                       |                              |               | ✓             | ✓             | ✓                  | ✓                  | ✓                  | ✓                  |
| Long Jump         | ✓               | ✓                  | ✓                     | ✓                            | ✓             | ✓             | ✓             | ✓                  | ✓                  | ✓                  | ✓                  |
| Triple Jump       | No              | No                 | No                    | No                           | No            | ✓             | ✓             | ✓                  | ✓                  | ✓                  | ✓                  |
| Discus            | 350gm           | 350gm              | 500gm                 | 500gm                        | 500gm         | 500gm         | 750gm         | 750gm              | 1kg                | 1kg                | 1.5kg B<br>1kg G   |
| Shot Put          | 500gm<br>Pink   | 1kg<br>Blue        | 1.5kg<br>Yellow       | 2kg<br>Orange                | 2kg<br>Orange | 2kg<br>Orange | 2kg<br>Orange | 3kg<br>White       | 3kg<br>White       | 4kg B<br>Red       | 5kg B<br>Green     |
|                   |                 |                    |                       |                              |               |               |               |                    |                    | 3kg G              | 3kg G              |
|                   |                 |                    |                       |                              |               |               |               |                    |                    | White              | White              |
| Javelin           |                 |                    |                       |                              |               | 400gm         | 400gm         | 600gm B<br>400gm G | 600gm B<br>400gm G | 700gm B<br>500gm G | 700gm B<br>500gm G |
| Total # Events    | 8 events        | 8 events           | 9 events              | 11 events                    | 11 events     | 13 events     | 13 events     | 15 events          | 15 events          | 15 events          | 15 events          |
| MULTI-CLASS       |                 |                    |                       | REGION & STATE               |               |               |               |                    |                    |                    |                    |
| TRACK             |                 |                    |                       | U9-U10                       | U11-U12       | U13-U14       | U15-17        |                    |                    |                    |                    |
| 100m              |                 |                    |                       | ✓                            | ✓             | ✓             | ✓             |                    |                    |                    |                    |
| 200m              |                 |                    |                       | ✓                            | ✓             | ✓             | ✓             |                    |                    |                    |                    |
| 800m              |                 |                    |                       | ✓                            | ✓             | ✓             | ✓             |                    |                    |                    |                    |
| FIELD             |                 |                    |                       | U9-U10                       | U11-U12       | U13-U14       | U15-17        |                    |                    |                    |                    |
| Long Jump         |                 |                    |                       | ✓                            | ✓             | ✓             | ✓             |                    |                    |                    |                    |
| Shot Put          |                 |                    |                       | ✓                            | ✓             | ✓             | ✓             |                    |                    |                    |                    |
| Discus            |                 |                    |                       | ✓                            | ✓             | ✓             | ✓             |                    |                    |                    |                    |

## 2.2 Hurdle Specifications

Table 2

| Age group               | Distance         | Run in             | Separation        | Run out            | Flights  | Height        |
|-------------------------|------------------|--------------------|-------------------|--------------------|----------|---------------|
| Under 8 Boy             | 60 metre         | 12 metre           | 7 metre           | 13 metre           | 6        | 45 cm.        |
| Under 8 Girl            | 60 metre         | 12 metre           | 7 metre           | 13 metre           | 6        | 45 cm.        |
| Under 9 Boy             | 60 metre         | 12 metre           | 7 metre           | 13 metre           | 6        | 45 cm.        |
| Under 9 Girl            | 60 metre         | 12 metre           | 7 metre           | 13 metre           | 6        | 45 cm.        |
| Under 10 Boy            | 60 metre         | 12 metre           | 7 metre           | 13 metre           | 6        | 60 cm.        |
| Under 10 Girl           | 60 metre         | 12 metre           | 7 metre           | 13 metre           | 6        | 60 cm.        |
| Under 11 Boy            | 80 metre         | 12 metre           | 7 metre           | 12 metre           | 9        | 60 cm.        |
| Under 11 Girl           | 80 metre         | 12 metre           | 7 metre           | 12 metre           | 9        | 60 cm.        |
| Under 12 Boy            | 80 metre         | 12 metre           | 7 metre           | 12 metre           | 9        | 68 cm.        |
| Under 12 Girl           | 80 metre         | 12 metre           | 7 metre           | 12 metre           | 9        | 68 cm.        |
| Under 13 Boy            | 80 metre         | 12 metre           | 7 metre           | 12 metre           | 9        | 76 cm.        |
| Under 13 Girl           | 80 metre         | 12 metre           | 7 metre           | 12 metre           | 9        | 76 cm.        |
| Under 14 Girl           | 80 metre         | 12 metre           | 7 metre           | 12 metre           | 9        | 76 cm.        |
| Under 14 Boy            | 90 metre         | 13 metre           | 8 metre           | 13 metre           | 9        | 76 cm.        |
| Under 15 Girl           | 90 metre         | 13 metre           | 8 metre           | 13 metre           | 9        | 76 cm.        |
| Under 15 Boy            | 100 metre        | 13 metre           | 8.5 metre         | 10.5 metre         | 10       | 76 cm.        |
| Under 17 Girl           | 100 metre        | 13 metre           | 8.5 metre         | 10.5 metre         | 10       | 76 cm.        |
| Under 17 Boy            | 110 metre        | 13.72 metre        | 9.14 metre        | 14.02 metre        | 10       | 76 cm.        |
| <b>Under 17 Boy (C)</b> | <b>100 metre</b> | <b>13.72 metre</b> | <b>9.14 metre</b> | <b>13.16 metre</b> | <b>9</b> | <b>76 cm.</b> |
| Under 13 Boy            | 200 metre        | 20 metre           | 35 metre          | 40 metre           | 5        | 68 cm.        |
| Under 13 Girl           | 200 metre        | 20 metre           | 35 metre          | 40 metre           | 5        | 68 cm.        |
| Under 14 Boy            | 200 metre        | 20 metre           | 35 metre          | 40 metre           | 5        | 76 cm.        |
| Under 14 Girl           | 200 metre        | 20 metre           | 35 metre          | 40 metre           | 5        | 76 cm.        |
| Under 15 Boy            | 300 metre        | 50 metre           | 35 metre          | 40 metre           | 7        | 76 cm.        |
| Under 15 Girl           | 300 metre        | 50 metre           | 35 metre          | 40 metre           | 7        | 76 cm.        |
| Under 17 Boy            | 300 metre        | 50 metre           | 35 metre          | 40 metre           | 7        | 76 cm.        |
| Under 17 Girl           | 300 metre        | 50 metre           | 35 metre          | 40 metre           | 7        | 76 cm.        |

(C) Alternate hurdle specifications for centre use only where 110 metre tracks are not possible.

## 2.3 Field Specifications

Table 3

|          |              | Weight                      |          | Diameter |         |           |
|----------|--------------|-----------------------------|----------|----------|---------|-----------|
|          |              | Minimum                     | Maximum  | Minimum  | Maximum |           |
| Shot put | 500gm        | No specs as not competition |          |          |         | Pink      |
|          | 1 Kilogram   | 1 Kg                        | 1.025 Kg | 76mm     | 86mm    | Blue      |
|          | 1.5 Kilogram | 1.5 Kg                      | 1.525 Kg | 76mm     | 86mm    | Yellow    |
|          | 2 Kilogram   | 2 Kg                        | 2.025 Kg | 76mm     | 90mm    | Orange    |
|          | 3 Kilogram   | 3 Kg                        | 3.025 Kg | 85mm     | 110mm   | White     |
|          | 4 Kilogram   | 4 Kg                        | 4.025 Kg | 95mm     | 110mm   | Red       |
|          | 5 Kilogram   | 5 Kg                        | 5.025 Kg | 100mm    | 120mm   | Green     |
|          |              |                             |          |          |         |           |
|          |              |                             |          |          |         |           |
|          |              |                             |          |          |         |           |
| Discus   | 350 gm       | 350 gm                      | 375gm    | 119mm    | 121mm   | Compound  |
|          | 500 gm       | 500 gm                      | 525 gm   | 134mm    | 138mm   | Compound  |
|          | 750 gm       | 750 gm                      | 775 gm   | 154mm    | 156mm   | Synthetic |
|          | 1 Kilogram   | 1 Kg                        | 1.025 Kg | 180mm    | 182mm   | Synthetic |
|          |              |                             |          |          |         |           |

1.5 Kilogram

|           |             | <b>Weight</b>   |                |
|-----------|-------------|-----------------|----------------|
|           |             | <i>Minimum</i>  | <i>Maximum</i> |
| Javelin   | 400 gm      | 400 gm          | 425 gm         |
|           | 500gm       | 500gm           | 525gm          |
|           | 600 gm      | 600 gm          | 625 gm         |
|           | 700 gm      | 700 gm          | 725 gm         |
|           |             | <b>Diameter</b> |                |
| Batons    | 38m +/-1.2m |                 |                |
|           | 32m +/-1.2m |                 |                |
|           |             | <b>Diameter</b> |                |
|           |             | <i>Minimum</i>  | <i>Maximum</i> |
| High Jump | Bar         | 29mm            | 31mm           |

|           |             | <b>Length</b>  |                |                         |
|-----------|-------------|----------------|----------------|-------------------------|
|           |             | <i>Minimum</i> | <i>Maximum</i> |                         |
| Javelin   | 1.85 M      | 1.85 M         | 1.95 M         |                         |
|           | 2.00 M      | 2.00 M         | 2.10 M         |                         |
|           | 2.20 M      | 2.20 M         | 2.30 M         |                         |
|           | 2.30 M      | 2.30 M         | 2.40 M         |                         |
|           |             | <b>Length</b>  |                | <b>Weight</b>           |
| Batons    | 280mm (min) | 300mm (max)    |                | 50gm                    |
|           | 280mm (min) | 300mm (max)    |                | 50gm                    |
|           |             | <b>Length</b>  |                |                         |
| High Jump | Bar         | 4m (=/-20mm)   |                | 2 D shaped end sections |

## 3 MEDICAL RULES

### 3.1 Medical/Safety Services at Competitions

- a) A Medical Officer, with appropriate first aid or medical qualifications, should be appointed at each athlete competition.
- b) A Referee may call the attending Medical Officer to examine any athlete in obvious stress or pain, due to illness or injury.
- c) If on the advice of the Medical Officer:
  - i. Further treatment is required; and/or
  - ii. The athlete should not compete further.
  - iii. The athlete should at that point be withdrawn from the event and, if required, further events. All results up to that point remain.
- d) On advice from the Medical Officer to the appropriate Referee, an athlete may be removed from an event if they appear to be suffering from heat stress, an asthma attack or any other medical condition which poses a serious risk of injury.
- e) Asthmatics should use their inhalers prior to the event if necessary and shall be allowed to take their inhalers to the event site. Asthma inhalers may be carried by an athlete during the event but must not be held in the hand.
- f) If the inhaler is used after the event has commenced, the athlete is required to withdraw immediately and may not return to the event.

If following the application of Rules 2.1 d) & e) the athlete returns to competition and suffers a further asthma attack, they shall be immediately removed from that and all other events and seek medical treatment.

Use of inhalers is permitted while waiting at field events, but not during a trial.

**Note:** - Should an attack of asthma develop during the event, the athlete should:

- i. Withdraw from the event immediately and may not return to the event.
  - ii. Use their medication.
  - iii. Contact their family doctor as soon as possible and advise that an attack had developed and see advice.
  - iv. Should an attack develop after the race, the athlete should follow the steps 2 & 3 above.
  - v. Any assistance given to the athlete by the Medical Officer is for medical reasons only and therefore not regarded as assistance to the athlete.
- g) When an athlete has been advised not to compete due to an injury or illness as per above sections the athlete may compete at their own risk on completion and submission of a Parent/Guardian Medical Advice Waiver form.



## 4 COMPETITION & TECHNICAL RULES

### 4.1 Officials

#### 4.1.1 Referees

- a) Separate Field Event Referees shall be appointed for jumps and throws.
- b) It shall be the responsibility of a Referee to:
  - i. Ensure that the field officials prepare and set up their respective areas and have them ready for inspection by the Referee a minimum of 15 minutes prior to the commencement of the first event of the day.
  - ii. Supervise the set up and verification of the check measurement prior to and at the conclusion of each event when an EDM is used.
  - iii. Ensure that the rules are observed and explained to the athletes.
  - iv. Decide any technical points that arise during the competition, including those not covered by the rules.
  - v. Ensure the Chief Judges correctly supervise the measurement of performances.
  - vi. Upon completion of each event check and sign the final result sheet and immediately hand to the Recording Area.
  - vii. Deal with any disputed points.
  - viii. Verify that records have been correctly measured and verify High Jump record attempts are measured prior to trials being taken.
- c) The appropriate Referee shall rule on any protest or objection regarding the conduct of the competition.
- d) They shall have authority to warn, or exclude from the competition, any athlete guilty of improper conduct.
- e) If in the opinion of the Referee circumstances arise at any carnival so that justice demands that any event should be contested again, the Referee shall have the power to declare the event void and such event shall be held again, either on the same day or on some future occasion.
- f) If for any reason an athlete is hampered in a trial in a field event, the Referee shall have the power to award that athlete a substitute trial.
- g) Referees and judges may change their mind if their decision was incorrect.

**Note:**

- It is desirable that Referees visit the ground prior to the meet.
- They should check the landing areas, runways, take-off areas, circles, and boards, making sure that everything is in order throughout the competition.
- During the carnival they should move around checking measurements, observing the way officials are carrying out their duties, speeding up things where officials and/or athletes are unnecessarily slow.
- They must be familiar with the current rules of competition.

#### 4.1.2 Field Judges

##### 4.1.2.1 Appointment of Judges

- a) The Chief Judge for each field event shall: -
  - i. Allocate the duties among the officials for their respective events.
  - ii. Inspect the area they are responsible for.
  - iii. Check for any hazards that may cause injury to the athletes.
  - iv. Ensure that all facilities comply with the Rules of Competition.

## 4.1.3 Track Referee

### 4.1.3.1 Appointment

- a) A separate Referee(s) shall be appointed for the track.
- b) A Referee appointed to oversee the start is designated the Start Referee.

### 4.1.3.2 Responsibilities

- a) It shall be the responsibility of the Track Referee to:
  - i. See that the rules are observed and explained to the athletes.
  - ii. Decide any technical points which arise during the meeting, and for which provision has not been made in the rules.
  - iii. Order re-runs of track events (involving only those athletes whose positions are in dispute).
  - iv. Check the final results.
  - v. Deal with any disputes/protests.
  - vi. Verify records.
- b) They should be satisfied as to the markings on the track (stagers, take-over zones etc). It is not part of the Track Referee's duty to check these personally (this will be done by the Carnival Manager), but they should ensure that it has been done.
- c) To confer with the Chief Walk Judge and indicate any athletes who are to be disqualified for track infringements before walk results are finalised.
- d) They shall have jurisdiction to decide placing's in a race only when the Judges of the disputed place or places are unable to arrive at a decision.
- e) Referees and judges may change their mind if their decision was incorrect.
- f) The Start Referee should exercise all the powers of referee in relation to the start.

#### **Note**

- *They should be in a position to watch the whole race in case of obstruction, infringement, or interference on the part of any athlete.*
- *They should ensure that photographers or other unauthorised persons do not hamper the work of the Place Judges and Timekeepers at the finish. If possible, the area should be roped off.*
- *They must be familiar with the current RoC.*

## 4.1.4 Umpire

### 4.1.4.1 Duties

- a) They are assistants to the Track Referee without the power to make any final decisions.
- b) The Track Referee/Chief Umpire positions them so that they can watch the competition clearly to observe a foul or violation of the rules by any athlete or other person, other than walking rules.
- c) They should not speak to athletes.

#### **4.1.4.2 Responsibilities**

- a) The Umpires will be responsible for detecting breaches of track rules, e.g.
  - i. Deliberate impedance or interference.
  - ii. Athletes who leave their lane, the track, or the course.
  - iii. Athletes who merge prior to the break-out line.
  - iv. Athletes who cut corners.
- b) Should they observe any violation of the rules, they must immediately signal (with a yellow indicator) and make a report to the Track Referee/Chief Umpire. This includes the supervision of take-over points in relay races.
- c) If they observe that a runner has run in a different lane from their own, the umpire should immediately indicate to the chief umpire the infringement and complete the appropriate form.
- d) In relay races they will indicate to the Referee/Chief Umpire that the baton changes were correct.

#### **4.1.5 Place Judges**

##### **4.1.5.1 Placement**

**If place judges are used, then the following applies:**

- a) The Place Judges determine the official placing's when hand timing or gate timing is used. They may be used when a Photo Finish System is in use, but only as a back-up for system failure.
- b) Finishing posts should be painted white, be a minimum of 1.5m high and should be placed 20cm from the inside and outside edge of the track at the finish line.
- c) A Chief Judge will be appointed and will be responsible for allocating Place Judges for all placing's.
- d) Sufficient judges shall be appointed for the number of athletes entered.

##### **4.1.5.2 Duties**

**Place Judges shall:**

- a) Decide the order in which the athletes finish
- b) Write down the lane number of the athlete they are placing. These numbers must be written down without the Judge taking their eyes off the finishers.
- c) Act independently from one another i.e., not discuss placing.
- d) The athletes shall be placed in the order in which any part of the torso (as distinguished from the head, neck, arms, legs, hands, or feet) reaches the vertical plane of the nearer edge of the finishing line.
- e) The Chief Judge will ensure that all athletes have been placed prior to advising the athletes of their placing.
- f) The Chief Judge will notify the Chief Timekeeper or Gate Timing Operator when all Judges are ready for the next event.
- g) The judges may reconsider any original decision made by them if it was made in error, provided the new decision is still applicable. Alternatively, or if a decision has subsequently been made by a Referee of the Jury of Appeal, they refer all available information to the Referee.

##### **4.1.5.3 The Chief Judge**

- a) The Chief Judge will ensure that all athletes have been placed prior to advising the athletes of their placing.
- b) In any case where they cannot arrive at a decision the Chief Judge shall refer the matter to the Track Referee for decision.
- c) Where the chief track judge has concerns with athlete placing, he can refer to the photo finish judge for assistance in correct placing of athletes.
- d) The Chief Judge will notify the Chief Timekeeper when all Judges are ready for the next event.

#### **4.1.5.4 Photo Finish Judge**

- a) A photo finish judge is to be appointed at carnivals where photo finish is used for finish line places.

### **4.1.6 Starter(s)**

- a) The Starter has entire control of the athletes on their marks and is the sole judge of any event connected with the start. Decisions made by the Starter can only be overruled by a Start Referee.

#### **3.1.6.1 The Recaller**

- a) One or more Recallers shall be assigned to assist the Starter.
- b) Recallers shall be placed so that they can see each athlete assigned to them.
- c) When the Starter has ordered the athletes to their marks the Recaller must see that no athlete has placed fingers, hands or feet on the starting line or the ground in front of it. If any difficulty arises, they must signal the Starter immediately by displaying a red card or flag.
- d) If the Recaller is of the opinion that the start was not a fair one, they shall recall the athletes with a shot.
- e) If there is a recalled start the Recaller shall advise the Starter of the reason for the recall. The Starter shall decide the action taken.
- f) Only the starter may apply any warning or disqualification.

#### **3.1.6.2 The Starter's Assistant**

##### **The Starter's Assistants shall:**

- a) Check that the athletes are competing in the correct heat or race.
- b) Check that the athletes are wearing their centre uniform, numbers, shoes, and that shirts are tucked in where applicable and that all numbers are visible.
- c) Place each athlete in their correct lane/start order, as listed in the program, in line approximately 3m behind the starting line.
- d) An athlete shall not be allowed to compete in a heat other than the one in which their name appears, except by consent of the referee.
- e) Signal the Starter that all is ready.
- f) Assemble the athletes again when a fresh start is ordered.
- g) Be responsible for the readiness of batons for the first runners in relay races.

#### **3.1.6.3 Positioning**

When selecting a position for starting, 3 main points must be kept in mind:

- a) Stand well away from the athletes.
- b) See all the athletes in the narrowest possible angle of vision.
- c) Be visible to the timekeepers.

\*A loudhailer or portable amplifier is an advantage in starting 200m and 400m races.

### 3.1.7 Official Guidelines

#### 3.1.7.1 Officials' guidelines for High Jump

A minimum of 4 officials is required.

- a) Official 1 (normally the Chief Judge) will:
  - i. Rule on the validity of the trial and indicate a fair jump with a white flag and a failure jump with a red flag.
  - ii. Measure the bar as it is raised and announce the new height to the athletes.
- b) Officials 2 and 3 will:
  - iii. Stand well away from the uprights during trials to avoid distracting the athletes, but in line with the plane of the uprights.
  - iv. Replace the bar as required.
- c) Official 4 will:
  - v. Call up the athletes and record the results. In marking the sheet, a jump is recorded thus:
    1. A clear jump shall be indicated as an 'O'.
    2. A failure shall be indicated as an 'X'.
    3. A jump not taken (pass) shall be indicated as a '-'
  - vi. All attempts must be recorded.
  - vii. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.
- d) There is a mistaken belief that provided the jumper scrambles off the landing area before the bar falls, it does not count as a failure. This is quite wrong, and there is no rule to this effect.
- e) Officials must watch very carefully, particularly when there is a wind blowing, and must make up their mind whether the crossbar fell as a result of the jumper knocking it, or whether the wind was the true cause of it falling. Prior to an athlete making an attempt, the crossbar may be steadied by an official up to the last possible moment.

#### 3.1.7.2 Officials' guidelines for Horizontal Jumps

- a) A minimum of 5 officials is required.
- b) Official 1 (normally the Chief Judge) will:
  - i. Act as the take-off judge, who alone will decide the validity of the jumps.
  - ii. Indicate a fair jump with a white flag and a failure jump with a red flag. Before declaring a "failure" for a foot fault, the take-off Official must be satisfied that actual contact with the ground beyond the take-off line has been made.
  - iii. Advise the athlete the reason for a failure.
- c) Official 2 will:
  - iv. Operate in the vicinity of the take-off and will hold the tape and read off the measurements.
  - v. Level the take-off area in the U6 to U10 age groups or repair the plasticine or other material used to indicate a foot failure in the U11 to U17 age groups.
- d) Official 3 will:

- ii. Operate on the landing area and with a spike, holding the zero end of the tape, mark the break in the sand from which the measurement is made.
- e) Official 4 will:
  - i. Rake and level the pit after each trial to ensure a smooth and even surface and landing area.
  - ii. A further assistant may be required to assist with the raking with the older age groups.
- f) Official 5 will:
  - iii. Record the result on the Result Sheet and call up athletes.
  - iv. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.

### **3.1.7.3 Officials' guidelines for Shot Put**

- a) 5 Officials are required (6 if EDM used).
- b) Official 1 – (normally the Chief Judge) will:
  - i. Watch the position of the shot throughout the trial (from about 2m from the circle and to the front) on the **side of the “putting” arm** and will read off the measurement of the throw.
  - ii. Indicate a fair put with a white flag and a failure put with a red flag.
  - iii. Advise the athlete of the reason for any failure.
- c) Official 2 will:
  - i. Stand on the opposite side of the circle and watch for infringements by the foot and also pulls the tape through the centre of the circle.
- d) Sector Officials 3 and 4 will:
  - i. Mark the fall of the shot with a spike holding the zero end of the tape or EDM prism.
  - ii. Return the shot to the athletes. (The shot must always be carried and never thrown).
- e) Official 5 will:
  - i. Record the result on the Result Sheet and call up athletes.
  - ii. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.

#### **Note**

- *The most likely infringement will be at the front of the circle where the force of the leg drive may cause the athlete to touch the top of the circle or stop board, or even go over it.*
  - *Another infringement may occur at the rim, just to the left of the stop board (for a right-handed putter) caused by the right foot being driven hard against the stop board and the left foot pushed forward, and out of the circle to preserve balance.*
  - *Officials should watch for the athlete who, following a poor throw touches the top of the stop board to invalidate the throw.*
- f) EDM operator (where used) should:
    - i. In conjunction with the chief judge, set up the EDM (including check marks)
    - ii. Measure each valid trial using the EDM
    - iii. Call out each valid measurement to the recorder ensuring that the measurement repeated by the recorder is the same.
    - iv. Advise chief judge when the EDM is ready for the next trial.
    - v. Validate check mark at the beginning and end of each event.

### **3.1.7.4 Officials' guidelines for Discus**

- a) 6 officials are required (7 if EDM used).
- b) Official 1 (normally the Chief Judge) will:
  - i. Stand **outside the Discus cage** to the front of the circle and will watch for infringements, which are most likely to occur at the front.
  - ii. Indicate a fair throw with a white flag and a failure throw with a red flag and will read off the measurements.
  - iii. Advise the athlete the reason for a failure.
- c) Official 2 will:
  - i. Stand **outside the Discus cage** and to the rear of the circle.
  - ii. Watch for infringements at the rear as the thrower turns and will also pull the tape through the Centre of the circle.
- d) Official 3 will:
  - i. Record the result on the Result Sheet and call up athletes.
  - ii. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.
- e) Officials 4 & 5 will:
  - i. Operate in the field watching the sector lines and assist in determining the point of landing.
  - ii. Return the discus to the athletes. (The discus must always be carried and never thrown).
- f) Official 6 will:
  - i. Mark the fall of the discus with a spike either holding the zero end of the tape or EDM prism.

#### **Note**

*Since the landing of a discus is somewhat unpredictable the officials must observe the actual landing carefully. A discus may land in various ways:*

- *On its front edge, which presents no difficulty.*
  - *Absolutely flat, when it may be difficult to determine the actual point of contact, particularly on hard ground.*
  - *Tilting over as it lands, with the spin imparted by the thrower causing it to cut up the turf. This may appear to be the mark, but a closer examination of the ground in the immediate vicinity will almost certainly show a curved indentation some 5-10cm behind the cut-up turf. This is the first mark made by the implement on landing, and it is from here that the measurement is taken.*
- g) EDM operator (where used) should:
    - i. In conjunction with the chief judge, set up the EDM (including check marks)
    - ii. Measure each valid trial using the EDM
    - iii. Call out each valid measurement to the recorder ensuring that the measurement repeated by the recorder is the same.
    - iv. Advise chief judge when the EDM is ready for the next trial.
    - v. Validate check mark at the beginning and end of each event

### **3.1.7.5 Officials' guidelines for Javelin**

- a) 6 Officials are required (7 if EDM used)
- b) Official 1 (normally the Chief Judge) will:
  - i. Watch for infringements along the runway and at the front of the arc.

- ii. Determine whether the javelin is held and thrown in accordance with the rules and ensure the javelin has landed before the athlete leaves the runway.
  - iii. Indicate a fair throw with a white flag and a failure throw with a red flag and read the measurements.
  - iv. Advise the athlete of the reason for a failure.
- c) Official 2 will:
- i. Stand approximately 8-10m behind the arc alongside the runway.
  - ii. Pull the tape through the centre of the circle of which the throwing arc is part.
  - iii. Assist Official A in determining that the Javelin is thrown in the correct manner.
- d) Official 3 will:
- i. Record the result on the Result Sheet and call up athletes.
  - ii. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.
- e) Officials 4 and 5 will:
- i. Operate in the field watching the sector lines and assist in determining the point of landing.
  - ii. Return the javelin to the athletes. (The javelin must always be carried back to the runway and never thrown).
- f) Official 6 will:
- i. Mark the spot where the point of the javelin first touched the ground.
  - ii. Move from the side without taking their eyes off the mark.
  - iii. Indicate a failure by: -
    - Pointing outside the sector line when the javelin first landed outside the sector OR
    - Waving a hand from side to side to indicate that first point of contact was not made by the metal head the javelin.
  - iv. Mark the point of landing nearest to the runway with a spike holding either the zero end of the tape or EDM prism.
- Note**
- *These officials should, where possible, position themselves in line with the point of landing. The actual point of landing may be difficult to find, so it is essential that these Officials watch very carefully.*
  - *Officials must maintain strict control over all throwing, including 'casual' throwing during warm-up and between competition throws. Athletes also have a safety responsibility.*
- g) EDM operator (where used) should:
- i. In conjunction with the chief judge, set up the EDM (including check marks)
  - ii. Measure each valid trial using the EDM
  - iii. Call out each valid measurement to the recorder ensuring that the measurement repeated by the recorder is the same.
  - iv. Advise chief judge when the EDM is ready for the next trial.
  - v. Validate check mark at the beginning and end of each event.



## **5 GENERAL COMPETITION RULES**

### **5.1 The Athletics Facility/Area**

- a) Where possible, the venue should comply with the specifications laid out within the WA Track & Field Facilities Manual.
- b) Athletes and officials only are permitted on the Competition area. Athletes must leave the area immediately after the completion of their event.

### **5.2 Eligibility, Age and Gender Categories**

#### **5.2.1 Eligibility**

- a) All athletes must be registered members of Little Athletics NSW or those from invited Associations.
- b) Athletes must compete in their own age group (with the exception of Zone/Region/State Relay events, and State Relays (see Competition)

#### **5.2.2 Age Categories**

- a) Little Athletics may be conducted in the age groups below.
- b) Age groups shall be based on being under the specific age (except for Tiny Tots) on 31 December in the calendar year in which the Little Athletics summer season commences.
  - Tiny Tots (children who have turned 3 years of age and who will be less than 5 years of age on 31 December in the calendar year in which the Little Athletics summer season commences) to participate in approved activities for the development of gross motor skills,”
  - Under 6 – means five years of age as at midnight on 31 December that year.
  - Under 7 – means six years of age as at midnight on 31 December that year.
  - Under 8 – means seven years of age as at midnight on 31 December that year.
  - Under 9 – means eight years of age as at midnight on 31 December that year.
  - Under 10 – means nine years of age as at midnight on 31 December that year.
  - Under 11 – means ten years of age as at midnight on 31 December that year.
  - Under 12 - means eleven years of age as at midnight on 31 December that year.
  - Under 13 – means twelve years of age as at midnight on 31 December that year.
  - Under 14 - means thirteen years of age as at midnight on 31 December that year.
  - Under 15 - means fourteen years of age as at midnight on 31 December that year.
  - Under 17 – means sixteen years of age as at midnight on 31 December that year.

#### **5.2.3 Gender Categories**

- a) Male and Female categories will be offered in all age groups.

### **5.3 Event Clashes**

#### **5.3.1 Clash Manager (when appointed)**

- a) At no time shall an athlete leave an event on their own to compete in another event that is clashing. The athlete will be met by an Event Clash Manager who will take the athlete from one event to the other.

- b) If an athlete departs an event without an Event Clash Manager, the athlete will be unable to continue in the event, that they have departed upon return.

### **5.3.2 Clash of Events**

- a) Except for High Jump, where a clash of events occurs, the Chief Judge may allow the athlete to compete out of round and out of order in all rounds. It is not permitted for an athlete to have two or more consecutive trials, nor can an athlete demand to have a trial that has been missed.

***Note: The first three rounds of trials must be completed, and a final eight determined prior to any other subsequent rounds of trials being commenced.***

- b) For High Jump, where a clash of events occurs, the Chief Judge may allow the athlete to compete out of order. The athlete re-joins the competition at the current height of the bar.
- c) Athletes having been taken from a field event to a track event by the Clash Manager must return to the field event immediately following their release from the track event.

## **5.4 Order of Events**

- a) The carnival manager shall have the right to alter the order of events.

## **5.5 Calls**

- a) Each event will receive 2 calls, except for any timed carnivals.
- b) Calls will not be made of individual athlete in any event.

## **5.6 Call Room**

- a) An athlete competing at LANSW championships carnivals must report to the designated Call Room(s) prior to joining their event. The only exemptions to this are: -
  - i. An athlete competing in clashing event who is taken to their event by an official.
  - ii. When the carnival management makes an announcement to the contrary. i.e., when an announcement is made instructing athletes to report directly to the first field event.
  - iii. If heats in any track event are condensed to a lesser number of heats or to a straight out final, no athlete may join the event once the decision has been announced.
  - iv. If an athlete does not report to the Call Room (with exception of the first field events of the day), they will not be permitted to compete in the event.

## **5.7 Athlete Order**

- a) Athletes will compete in the order of lane selection for all track events.
- b) The lane draw for finals will be posted prior to the event.
- c) In field events, athletes shall compete in the order so drawn.

## 5.8 Clothing, Shoes and Athlete Bibs

### 5.8.1 Footwear

- a) Appropriate footwear is compulsory for all athletes in all events.
- b) No athlete may wear football boots or cleats in any event.
- c) Athletes in the U6 - U10 age group may not wear spike shoes.
- d) Athletes in the U11 - U12 age group may wear spike shoes in events run entirely in lanes only. Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.
- e) Athletes in the U13 - U17 age groups may wear spike shoes in all track events (includes laned or un-laned events) except walks. Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.
- f) All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
- g) Spike shoes cannot be worn outside the defined "Field of Play" unless all spikes are suitably covered.

### 5.8.2 Dimension of Spikes

- a) Spike length (subject to any further constraint from ground policies):
  - i. Synthetic - Track - 7mm maximum  
Long Jump / Triple Jump / High Jump / Javelin - 9mm maximum
  - ii. Grass - Track / Long Jump / Triple Jump / High Jump / Javelin - 12mm maximum

### 5.8.3 Hats

- a) Athletes are able to wear hats unless they so desire to remove them during track and field events.
  - i. Should the hat be taken off or fall off during Javelin, Long Jump, Triple Jump, Shot Put or Discus, no penalty will be incurred.
  - ii. Should the hat fall off during High Jump and cause the bar to fall, then this is a foul (all children should be informed of this prior to the commencement of the event).
  - iii. Should the hat fall off during a track event and impedes another athlete the offending athlete may be disqualified.

### 5.8.4 Uniform

- a) Little Athletics NSW must approve ALL centre uniforms.
- b) All athletes must compete in their registered centre uniform. In the case of individually registered athletes, centre uniform shall be classified as the generic uniform, as determined by Little Athletics NSW.
- c) If the uniform top has a logo, it must be no more than 5cm in height, have lettering no more than 4cm in height and not exceed a total of 30cm sq (i.e., 5cm x 6cm, 3cm x 10cm etc.), unless the logo is a centre logo or centre sponsor logo approved by LANSW.
- d) No part of the clothing shall extend beyond the top of the knee for any walk event.
- e) Competition singlets/shirts must not cover any compulsory number (e.g., registration number) or patches (e.g., age patch). An athlete will be asked to tuck in the singlet/shirt if it covers a compulsory number or patch and an athlete may be fouled or disqualified if they fail to comply with this request.
- f) Athletes may wear a plain shirt under their competition uniform (e.g., no graphics or pictures/logos). It is preferred that the shirt be white or a neutral colour, so it does not clash with

the uniform design.

- g) All registration numbers must show the red border. No modifications can be made e.g., folded, and stitched under. If an athlete turns up to call room with a modified number, they will be required to return the number to its original design. If this is not possible, the athlete/parent will be required to pay for a replacement number prior to being allowed through the call room.

## 5.9 Assistance to Athletes

- a) The possession or use by athletes of music devices, mobile phones or similar devices in the competition area shall not be permitted. This includes any device that can be used to communicate with any other person. If an athlete is caught with such a device whilst on the track/field the device will be removed by an official and returned to the athlete at the conclusion of the event.
- b) For the purpose of this rule the following shall not be considered as unfair aid or assistance to an athlete and are therefore allowed:
  - i. Verbal or other communication, without the use of a technical device, to or from an individual who is not in the competition area (e.g., a coach).
  - ii. A hands-on medical examination during the progress of an event by the Medical Officer(s) designated by the Organising Committee if it does not delay the conduct of the competition or an athlete's trial in the designated order.
- c) Coaching by officials at an event is not permitted. It shall not be considered coaching for an official to provide factual feedback to an athlete after a trial in a field event e.g., where the athlete's foot landed in relation to the take-off area in the long jump.
- d) For the purpose of this rule, pacing in races by persons not participating in the race, by runners or walkers lapped or about to be lapped or by any kind of technical device shall be considered as assistance and therefore not allowed.
- e) The following action shall be taken where an athlete is considered as having received assistance: -
  - i. Any athlete giving or receiving assistance from within the competition area during an event shall be cautioned by the Referee and warned that for any repetition, he will be disqualified from that event.
  - ii. Any athlete contravening this rule during a field event must be cautioned by the Referee and warned that, for any repetition, they will be barred from further participation in that event. Any performance accomplished up to that time shall stand.

## 5.10 Disqualification

- a) The appropriate Referee (or Association equivalent) will speak to an athlete who displays unacceptable or unsporting behaviour. Any repetition of that behaviour, at that event or a subsequent event in the current season, will result in the athlete being disqualified. While speaking to the athlete, the Referee will hold up a yellow flag indicating that the athlete is being warned.
- b) If the offence is of a serious nature immediate disqualification may occur.
- c) The Meeting Manager shall notify the athlete's centre team manager. If the team manager is not present at the carnival a letter will be sent to the centre.
- d) Little Athletics NSW is to be notified by the Zone/Region Coordinator, if an athlete has been given a yellow flag. The information will be passed on to the Manager of the next Association carnival.

## 5.11 Team Manager

- a) Centres must nominate the name/s of the centre Team Manager/s to the Information Official of the Championships at least 30mins prior to the start of the carnival, with the exception of the State Cross Country and State Road Walk Championships. This is to be done on the Little Athletics NSW supplied form.

***Note:** if only 1 family is attending from a centre, then one of the parents/guardians/carers will automatically be listed as Team Manager for that Championships. In all other circumstances, if no Team Manager is named, it will result in the centres not being able to lodge any protests. If a centre is allocated officiating duties the Team Manager will be responsible for organising those officials at the event.*

## 5.12 Safety Officer

- a) A Safety Officer must be appointed by the organising committee for all Championships/Carnivals and must adhere to all LANSW safety guidelines.

## 5.13 Wind Gauge

- a) As per World Athletics requirements, a wind gauge may be used for U13-U17 age groups, for their own qualifications, for track events up to 200m, Long Jump and Triple Jump.

## 5.14 Measurements

- a) The Judges shall judge, measure, and record each valid trial of the athletes.
- b) All measurements shall be made immediately after each valid trial.
- c) Where possible, all measurements must be made using Electronic Distance Measuring (EDM). When EDM is not available, a fibreglass or steel tape measure graduated in centimetres, or a graduated bar for high jump, should be used.
- d) In measuring all field events, except the High Jump, the zero end of the tape or EDM prism should be placed at the nearest edge of the mark where the implement first lands or where the athlete makes a mark in the pit closest to the take-off.
- e) Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre.
- f) In High Jump all measurements shall be made, in whole centimetres, perpendicular from the ground with a steel or fibreglass measuring bar to the lowest part of the upper (top) side of the bar.

## 5.15 Protests and Appeals

- a) Protests can only be lodged by the centre's nominated Team Manager.
- b) Protests must be lodged with the Carnival Information Official and no more than half an hour after the results have been posted. An amount of \$50 must accompany a protest.
- c) The \$50 accompanying the protest will be retained by the Carnival Information Official if the protest is deemed frivolous or if the centre has been advised by the Carnival Information Official that it is not a valid protest, and the centre still chooses to submit it.
- d) Photographic and/or video evidence from outside the arena will never be used by a Referee to

decide on a protest (for track or field).

- e) To arrive at a fair decision, the Jury of Appeal only, may consult all available evidence including video evidence, however video will not be considered for any breaches of technical rules for Racewalking.
- f) The appropriate Referee may decide on the protest or may refer the matter to the Jury of Appeal.
- g) There shall be a right appeal to the Jury, which must be lodged within 15mins after the notification of the decision. The Appeal must be in writing and lodged in accordance with the above.
- h) Where a protest involves disputed finish line placing, Team Managers of athletes involved may view the finish line video/photo finish solely for the purpose of ensuring that athletes are correctly identified.
- i) When a protest is lodged, the name of the protesting centre and the reason for the protest is to be announced.
- j) Two types of reasons only shall be announced – either on a technicality or on the judges' decision.
- k) Protests concerning the status of an athlete to compete in a carnival must be made prior to the commencement of such carnival, to the Jury of Appeal. If no jury has been appointed, then to the Referee. If that matter cannot be settled satisfactorily prior to the carnival, the athlete shall be allowed to compete "under protest".

#### **On-Field Protests (Field Events only)**

- a) If an athlete in the U13-U17 age groups makes an immediate oral protest against having an attempt judged as a failure, the Referee and/or Chief of the event may, at his discretion, order that the attempt be measured and the result recorded, in order to preserve the rights of all concerned. At the end of the round the Referee will adjudicate on the protest.

## **5.16 Jury of Appeal**

The Jury of Appeal will consist of a minimum of 3 people. A panel of 5-7 must be named prior to the commencement of the carnival and communicated within the carnival documentation. A minimum of 3 people will be selected from that group to act as jury as required. The makeup of both the initial panel and the Jury of Appeal will be determined by the following: -

- i. Zone Championships – Zone Coordinator (or their appointee)
- ii. Region Championships – Region Coordinator (or their appointee)
- iii. All State Championships and/or Carnivals – The LANSW Competition Manager (or their appointee)

Those directly involved in the Appeal are ineligible to sit on the Jury of Appeal.

## **5.17 Coaches Areas (Field)**

- a) A designated 'coaches' areas' will be provided for field events at LANSW State Championships (State Relays, State Combined Event and Track & Field).
- b) At Zone and Region level, coaches' areas may be provided at the discretion of the competition management. If they do provide this area, it must be noted that it is ONLY for athletes in the U12 to U17 age groups. It should also be noted that if NO coach's area is provided at Zone and Region level, then NO athlete (regardless of age) may leave the event area to approach the fence to speak with their coach/parent.

**Note:** *The coach's area is only for athletes in the U12-U17 age groups. If the coach's area is provided, each field event will have a coaches area located in the spectator area close to the event, which will be marked by witches hats (or similar). These older athletes will be permitted to approach that area to talk to their coach after seeking permission from the event official. It should be noted that it will be the responsibility of the individual athlete (not the event officials) to ensure that the athlete crosses the track safely and does not miss a trial because they have left the immediate competition area to talk to their coach.*

## **6 LANSW STATE RECORDS AND AUSTRALIAN BEST PERFORMANCES**

### **6.1 LANSW State Records**

#### **6.1.2 Age Groups**

A permanent record shall be kept of LANSW State Records in the U7 to U17 age groups for boys and girls. The current State Records can be found on the [www.lansw.com.au](http://www.lansw.com.au) website, under Competitions.

The formula used for standardising the handheld time is as follows:

For distances under 400m: Handheld time + 0.24 seconds

For distances of 400m or 4x100m relay: Handheld time + 0.14 seconds

For distances greater than 400m: No change

A standardised time is indicated with **[S]**.

#### **6.1.3 Qualifying Events**

The events at which an LANSW State Record will be recognised shall be:

- a) Regional Track & Field Championship. (Individual and Relay).
- b) All equipment being used must comply with the LANSW Rules of Competition.
- c) State Track & Field Championship. (Individual and Relay).
- d) State Combined Events Carnival (Individual).
- e) State Relay Championship (Individual and Relay).

#### **6.1.4 Requirements for Acceptance**

The following conditions must be met for acceptance of the record: -

- a) Must be registered LANSW athletes.
- b) The ground on which the performance takes place must have been surveyed and the current certificate of survey must be lodged with LANSW prior to the event.
- c) All equipment must comply with World Athletic Rules, LANSW Rules. The necessary Results Sheets must have been signed by the Chief Judge and Referee in charge of the event and must be retained by the Carnival Manager.

#### **6.1.5 Field**

- a) If more than one athlete records the same distance/height in a field event, which attains the state record, then all athletes shall be awarded a State Record (irrespective of final placings), at the conclusion of the event.

#### **6.1.6 Track**

- a) If more than one athlete records the same time in the same race, then only the athlete awarded first place shall be awarded a State Record. In the case of a tie for first place both athletes shall be



awarded the State Record.

- b) The Carnival Manager shall forward a State Record Application Form to the LANSW office within **7 days** of the performance.
- c) For manual records a copy of the ground survey certificate, original result and timekeeper's sheets must be attached.
- d) For electronic records, a copy of the ground survey certificate and a photo finish printout (including photo) must be attached. (Carnival Manager should retain copies.)

## 6.2 Australian Best Performances

- a) A permanent record shall be kept of Australian Best Performances (ABP) for registered athletes in the Under 9, 10, 11, 12, 13, 14 and 15 years age groups for boys and girls. For this purpose, age groups shall be based on being under the specific age on 31 December in the calendar year in which the Little Athletics summer commences.
- b) For track events one (1) set of Australian Best Performances will be maintained being the quickest time obtained using either:
  - a) Electronic time (obtained using a fully automatic Photo Finish System and/or Timing Gates);  
or
  - b) A standardised hand time (obtained using stopwatches and/or manually operated Timing Machines and/or Timing Gates).

**Note:** A standardised hand time is calculated by applying the following formula to the rounded-up hand time:

- For distances under 400m - hand held time + 0.24 seconds
  - For distances of 400m or 4 x 100m relay - hand held time + 0.14 seconds
  - For distances greater than 400m - no change
  - A standardised time will be indicated with {S} or similar.
- c) ABP's will be recognised, for each age group, only for those events which LAA has determined to be standard events for that age group.

### 6.2.1 Requirements for Acceptance

- a) The performance shall take place at a competition conducted and controlled by an affiliated Association's BOM/BOD, or at the ALAC.
- b) The ground on which the performance takes place must have been surveyed and the conducting Association (who should hold a copy of the Certificate of Survey) must be satisfied that no athlete has gained an advantage as a result of the ground layout.
- c) The watches (stopwatches and or manually operated timing machines) used to time the performance must be checked by a competent watchmaker, within thirty (30) days of the start and conclusion of the State/Territory Track & Field season and found not to be at variance by more than 0.05 seconds over twenty (20) minutes. This certification shall apply for all championships conducted or hosted by the Association during that season, including the Australian Little Athletics Championships.
- d) The Timing Gates System shall be a commercially produced system and must have been checked/calibrated/certified within 12 months prior to the competition date and a certificate supplied.
- e) Where the Timing Gates System is started and/or finished manually, the time shall be recorded to

the 1/10th of a second. Unless a time is an exact 1/10th of a second, it shall be recorded to the next longer 1/10th of a second and the standardised hand timing procedure will apply.

- f) Where the Timing Gates System is started and finished fully automatically, the time shall be recorded as the time reads from the system with no adjustment as per the rule for electronic time with no rounding or standardised adjustment.
- g) All throwing implements must have been check-weighed and certified not underweight.
- h) Where possible, all measurements must be made using Electronic Distance Measuring (EDM). A steel tape is no longer required to measure an Australian Best Performance when EDM is used, calibrated and the usual checks are done to confirm accuracy both prior to and after the completion (the operators would normally do this). When EDM is not available, a calibrated and verified steel tape measure graduated in centimetres, or a graduated bar for high jump, should be used.
- i) All equipment (including automated Photo Finish Systems) must comply with LAA Rules and specifications or, where no such LAA Rules and specifications exist in regard to that event, with WA Rules and specifications.
- j) The necessary Results Sheets must have been signed by the Chief Referee in charge of the event and must be retained by the Association.
- k) For Track Relay Events, all members of the team must be of the same gender only. e.g., all boys or all girls
- l) Claims for an ABP shall be submitted using the LAA approved Claim Form. A copy of all supporting documentation shall be attached to the Claim Form. All claims should be forwarded to the LAA Administration and Events Manager within twenty-eight (28) days of the completion of the carnival/competition at which the performance was recorded.
- m) The affiliated Association responsible for the completion and submission of the Claim Form is determined as follows:
  - i. for ABP's set at an ALAC, LAA shall complete and submit the Claim Form; or
  - ii. for other ABP's, the affiliated Association which controls the conduct of the event shall complete and submit the Claim Form.
- n) The Athletics Operations Manager is responsible for:
  - a) ensuring that the ABP Claim Form has been correctly completed,
  - b) ensuring that the relevant equipment was checked and so certified,
  - c) presenting all claims to the next meeting of the LAA Management Team for acceptance and ratification (end May, end August, End November, end February)
  - d) providing ABP Certificates (via the LAA office) to successful athletes.

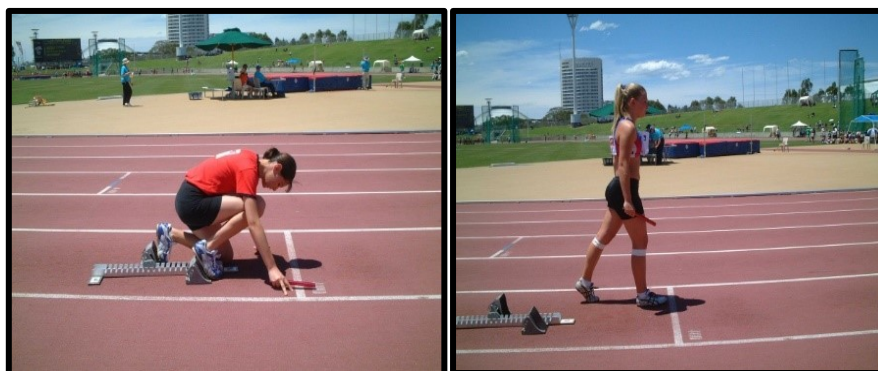
## 7 TRACK EVENTS

### 7.1 Starting Blocks

- a) May be used at the discretion of the athlete in events run entirely in lanes. No athlete is compelled to use a crouch start at Little Athletics NSW Championships/Carnivals (subject to ground regulations).
- b) Starting blocks may be used by athletes in the U11 and above age groups for all races up to and including the 400 metres (including the first leg of all relays).
- c) Personal starting blocks are not permitted where starting blocks are provided either by the venue or the Organising Committee for the Competition.
- d) This rule will not apply where it contravenes any rule(s) made by the Venue Manager on the use of starting blocks. Any advice issued by the Venue Manager must be in writing on an official letterhead.
- e) At SOPAC, athletes who wear spikes in events run entirely in lanes must use the supplied starting blocks.

### 7.2 Starting Techniques

- a) Athletes may use a standing start for all track events. Where a standing start is used, an athlete who, immediately after the command “set”, moves their foot to take up their final starting position shall be deemed to have complied with the rules of starting.
- b) In races run entirely in lanes the following starting methods may be used:
  - i. In a crouch start, the athlete’s feet must touch the starting blocks (if in use) and both hands must touch the ground. At the call of ‘On your marks’ the athlete must have at least one knee placed on the ground. At the call of ‘Set’ the athlete must raise the knee off the ground.
  - ii. In a standing start, no part of the hand or knee shall touch the ground.
- c) In races not run entirely in lanes only a standing start may be used.



- d) In any event where there are more athletes than can be placed in the front row, there shall be a second or more rows as needed. Athletes shall be placed according to the draw.
- e) All races shall be started by the report or flash of a gun, but not before all athletes are quite still “On their Marks”.
- f) After approximately 2 seconds the athlete’s concentration fades, and if it has not been possible to affect the start the athlete should be told to “Stand Up”. This order should be used whenever something has gone wrong, i.e., an athlete has indicated they are not set (by raising their hand), or when either the athlete’s or the Starter’s concentration has been broken. The order will also be

used when breaks occur, especially in staggered starts when some athletes may be unaware of what has happened.

## 7.3 Lanes

- a) A separate lane shall be provided for each athlete in all races up to and including 400m (except for the U8 400m which will use a Pack Start. See Event Specifications – Table 1).
  - a. The U8 400m may be conducted as one or two timed finals (two races).
- b) The 800m shall be conducted in lanes as far as the breakline, with up to two athletes occupying each lane.

**NB.** *The breakline shall be an arched line, 5cm wide, across the track, marked at each end by a distinctive marker positioned outside the track. To assist athletes, identify the breakline, small cones or prisms, 5cm x 5cm and no more than 15cm high, preferably of a different colour as to the breakline and lane line, shall be placed on the lane line immediately before the intersection of the lane line and breakline.*

- c) Where possible, pack starts will be started so that the inside athlete shall be in direct line with the extension of the straight i.e., not on a curve (except U8 400m).
- d) The 3000m may be conducted as a split start. When there are more than 12 athletes in a race, they may be divided into two groups with one group of approximately 65% on the regular arched start line and the other group on a separate arched start line marked across the outer half of the track. The other group should run as far as the end of the first bend on the outer half of the track.
- e) The separate arched start line shall be positioned in such a way that all the athletes shall run the same distance. The track shall be marked at the entrance to the finish straight for group starts in the 3000m to indicate where athletes starting in the outer group may join the athletes using the regular start.

**NB.** *The breakline shall be an arched line, 5cm wide, across the track, marked at each end by a distinctive marker positioned outside the track. To assist athletes, identify the breakline, small cones or prisms, 5cm x 5cm and no more than 15cm high, preferably of a different colour as to the breakline and lane line, shall be placed on the lane line immediately before the intersection of the lane line and breakline.*

## 7.4 The Start

- a) Before the start signal is given, the Starter shall ascertain that the timing system and judges are ready.
- b) In races run entirely in lanes the Starter shall make the following commands: 'On your marks', 'Set', and the firing of the gun.
- c) Once the command 'On your marks' has been given, late athletes are not permitted to join the event.
- d) In events run entirely in lanes, on the command of 'On your marks' all athletes shall approach the starting line. When all athletes are steady the Starter issues the command 'Set', upon which the athletes shall assume the position from which they will commence the race. When all athletes are again steady the Starter shall fire the gun to commence the race.
- e) In races not run entirely in lanes the Starter shall make the following commands: 'On your marks', and the firing of the gun.
- f) In events not run entirely in lanes, on the command 'On your marks' all athletes shall approach the starting line and assume the position from which they will commence the race. When all athletes

are steady the Starter shall fire the gun to commence the race.

- g) No athlete may place any part of their body on the ground on or over the starting line when they are 'on their-marks'. Where a crouch start is used by the first runner of a relay race the baton may touch the ground in front of the start line, providing the preceding rules are met.
- h) If for any reason the Starter has to speak to any athlete after the athletes are 'on their marks', the Starter shall order the athletes to stand up and the Starter's Assistant shall place them on the assembly line again.

## 7.5 False Starts

- a) If either the Starter or their Assistant(s) are of the opinion that the start was not a fair one, they shall recall the athletes by firing a gun. If the unfair start is not due to any athlete, no warning shall be given.
- b) If the Starter is of the opinion that an athlete left their mark with hand or foot after the words 'Set' (in events run entirely in their lane) or 'On your marks' (in events not run entirely in their lane) and before the gun is fired, it shall be considered a false start.
- c) An athlete, who after the command 'On your marks' disturbs other athletes in the race through sound or otherwise, may be considered to have committed a false start.
- d) If an athlete fails to comply with the 'set' command after a reasonable time this may constitute a false start.
- e) When the Starter has not fired, after having said, "Set" and an athlete breaks, the Starter must warn the athlete(s).
- f) For U6 to U12 athletes, any athlete making a false start must be warned. If an athlete is responsible for 2 false starts, or 3 in the case of Combined Events, that athlete shall be disqualified.
- g) For U13 to U17 athletes, only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified. This applies to all track events including Combined Events track events.
- h) In practice, when one or more athletes make a false start, others are inclined to follow and strictly speaking any athlete who does so has also made a false start. The Starter should warn only such athletes who in their opinion were responsible for the false start.

## 7.6 The Race

### 7.6.1 Obstruction

- a) Any athlete who jostles or obstructs another athlete, so as to impede their progress, shall be liable to disqualification from that event.
- b) The Referee shall have the authority to order the race to be re- held excluding any disqualified athlete or, in the case of heats, to permit any athlete/s seriously affected by jostling or obstruction (other than the disqualified athlete) to compete in the final of the event. Normally, such an athlete should have completed the event with bona-fide effort. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if they consider it just and reasonable to do so.

### 7.6.2 Lane Infringement

- a) In all races run in lanes, each athlete shall keep within their allocated lane from start to finish. This

shall also apply to any portion of a race run in lanes. If the Referee is satisfied that an athlete has violated this rule, they:

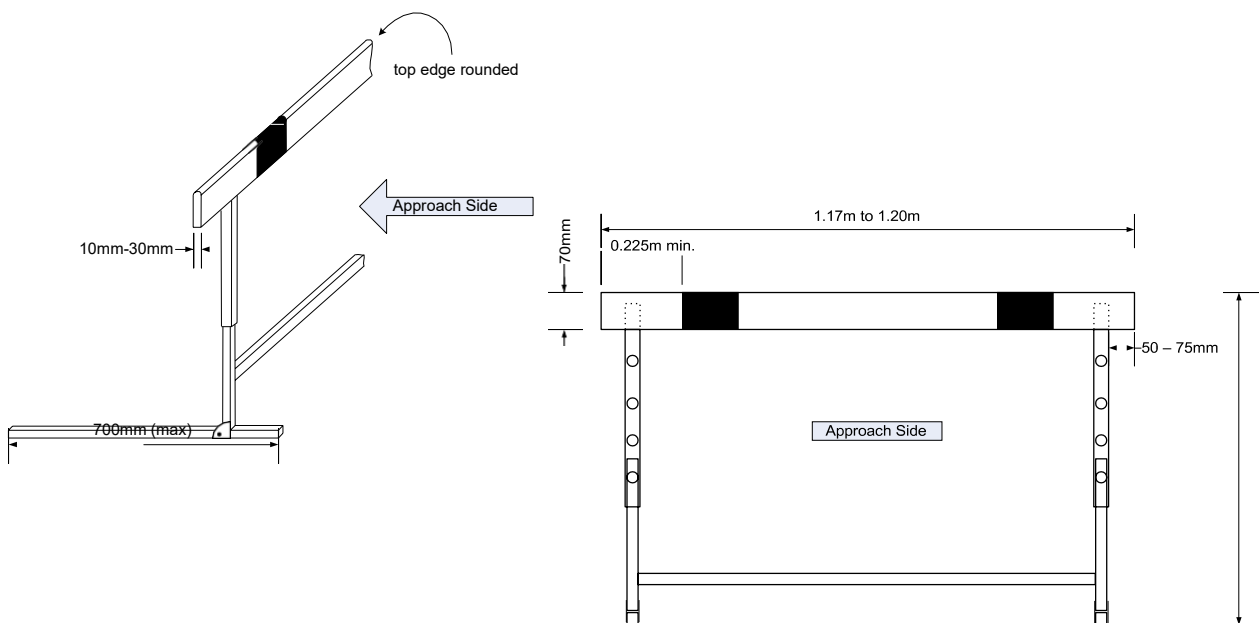
- i. In the U9-U11 age group: May be disqualified if a material advantage was gained over other athletes.
  - ii. In the U12-U17 age groups: Shall be disqualified.
  - iii. An athlete shall not be disqualified if they:
    - 1) Are pushed or forced by another person to run outside their lane or on or inside the kerb, or
    - 2) Run outside their lane in the straight or outside the outline line of their lane on a bend, with no material advantage thereby being gained and no other athlete being obstructed.
- b) The following events shall be conducted entirely in lanes: 70m, 100m, 200m, 400m, 4x100m relay and all hurdles' races.
- c) The 800m shall be run in lanes as far as the near edge of the break-line marked after the first bend where athletes may leave their respective lanes. Up to two athletes may start the race in each lane.
- d) The 1500m, 1100m and 700m Race Walks and the 1500m shall not be run in lanes. In these pack events, if the athlete runs/walks on the inside of the kerb (leaving the track) the athlete will be disqualified.
- e) An athlete, after voluntarily leaving the track, shall not be allowed to continue in the race.

### 7.6.3 Check Marks

- a) Except for the 4x100m relay, athletes may not place check marks on or alongside the track for their assistance.

## 7.7 Hurdle Races

- a) All hurdles shall comply with the specifications set out within Australian Little Athletics' Standard Events
- b) Hurdles **must** be of the collapsible type. (Collapsible type means when a hurdle is knocked down it lays flat on the track without any part of the hurdle protruding).

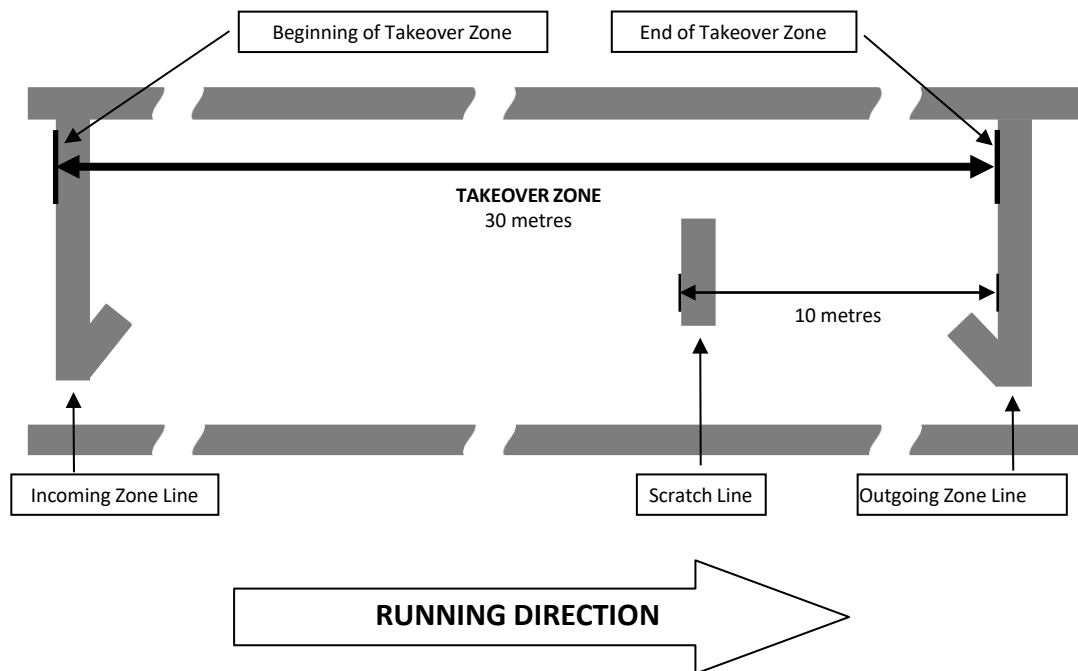


### 7.7.1 Hurdle Distances and Flights

- a) The hurdle shall be placed so that the edge of the bar nearest the approaching hurdler coincides with the track marking nearest the athlete.
- b) All races shall be run in lanes and each athlete shall keep to their own lane throughout.
- c) An athlete who: -
  - i. trails their foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance.
  - ii. In the opinion of the Referee deliberately knocks down any hurdle, shall be disqualified.
- d) Except as provided in the preceding clause, the knocking down of hurdles shall not result in disqualification.
- e) If a hurdler directly or indirectly knocks down, alters, moves, or changes the original position of a hurdle in another lane, they will be disqualified. But the athlete will not be disqualified if there is no effect or obstruction upon any other athlete (athletes) in the race.
- f) In straight hurdle races, the umpires must lay down the 3<sup>rd</sup> flight of hurdles for the athletes to have a practice run through. Starters to administer.

## 7.8 Relay Races

- a) The standard distances will be: 4x100m, 4x200m, 100m-300m-200m-400m Medley (Swedish Relay).
- b) Lines 50mm wide will be drawn across the track to mark the distances of the legs and to denote the scratch line.
- c) In the 4x100m and the 4x200m and for the first and second changes of the Medley Relay, each takeover zone will be 30m long, of which the scratch line is 20m from the start of the zone. For the third change in the Medley Relay the takeover zone will be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their take over zone.



**Note: Unless a track has been specifically marked for 30m takeover zones, the existing line marked on the track to denote the acceleration line shall be used as the incoming zone line.**

- d) When all or the first portion of a relay race is being run in lanes, an athlete may place one checkmark on the track within their own lane supplied or approved by the Organising Body. No other check mark may be used. The Judges shall direct the relevant athlete to adapt or remove any marks not complying with this rule. If they do not the Judges shall remove them.
- e) The relay baton will be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which must be 280mm to 300mm. The outside diameter must be 32mm ± 2mm or 38mm ± 2mm and it must not weigh less than 50g. It should be coloured to be easily visible during the race.
- f) A baton will be used for all Relay Races held in the Stadium and will be carried by hand throughout the race. Batons do not have to be numbered but should be of a different colour in neighbouring lanes where possible.
- g) Athletes are not permitted to wear gloves or to place material or substances on their hands in order to obtain a better grip of the baton.
- h) If dropped, the baton must be recovered by the athlete who dropped it. The athlete may leave their lane to retrieve it provided that, by doing so, the athlete does not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after retrieving it, must return at least to the point where it was last in their hand, before continuing in the race. Provided these procedures are adopted where applicable and no other athlete is impeded, dropping the baton shall not result in disqualification.
- i) **If an athlete does not follow this rule, the athlete's team will be disqualified.**
- j) The baton must be passed within the takeover zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete. In relation to the takeover zone, it is only the position of the baton which is decisive. Passing of the baton outside the takeover zone will result in disqualification.
- k) Until the moment when the baton is in the hand of only the receiving athlete, lane infringement rules shall be applicable only to the incoming athlete. Thereafter, it shall be applicable only to the receiving athlete. Additionally, athletes, before receiving and/or after handing over the baton, should keep in their lanes or maintain position until the course is clear to avoid obstruction to other athletes. If however an athlete impedes a member of another team, including by running out of position or lane at the finish of their leg, obstruction rules will be applied.
- l) If during the race an athlete takes or picks up the baton of another team, the athlete's team will be disqualified. The other team should not be penalised unless an advantage is obtained.
- m) Each member of a relay team may run one leg only.
- n) Refer to the relevant Competition Regulations for any Relay team compositions.
- o) The 4x100m race will be run entirely in lanes.
- p) The 4x200m race may be run in any of the following ways.
  - i. entirely in lanes
  - ii. in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline (an arched line marked after the first bend across all lanes other than one), where athletes may leave their respective lanes (three bends in lanes). Athletes are to be placed onto the track in lane order for the 3<sup>rd</sup> and 4<sup>th</sup> takeover.
- q) The Medley Relay race begins at the 200 metres start area, using the 200m start line staggers with the first leg run in lanes as well as that part of the second leg up to the breakline in the front straight, where athletes may leave their respective lanes. Athletes are to be placed onto the track in lane



order for the 4<sup>th</sup> takeover.

- r) If an athlete does not follow Rules 6.8 (m), 6.8 (n) or 6.8 (o) the team shall be disqualified.
- s) For all takeovers, athletes are not permitted to begin running outside their takeover zones and will start within this zone. If an athlete does not follow this rule, the athlete's team will be disqualified.
- t) In the 4x200m, the athletes running the final leg and, in the Medley Relay the athletes running the third and fourth legs will, under the direction of a designated official, place themselves in their waiting position in the order of the start list (inside to out). Once the incoming athletes have passed the breakline, the waiting athletes must maintain their order, and must not exchange positions at the beginning of the takeover zone. If an athlete does not follow this rule, his team may be disqualified.
- u) In any race, when lanes are not being used for the takeover zone, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete to impede their progress. In 4 x 200m and Medley Relay, waiting athletes will maintain the order in accordance with Rule 6.8 (s). If an athlete does not follow this rule, the athlete's team may be disqualified.

## 7.9 Racewalking Events

### 7.9.1 Definition of Race Walking

- a) Race walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

*Note: The advancing foot of the walker must make contact with the ground before the rear foot leaves the ground*

### 7.9.2 Judging

- a) The appointed judges shall elect between them a Chief Judge unless one has already been appointed a Chief Judge for the relevant carnival.
- b) The number of appointed walk judges for a track event, including the Chief, shall comprise a minimum of 4 and maximum of 6.
- c) The independence of judges is extremely important and wherever possible connections between athletes and judges should be avoided. Individual Judges are required to declare their interests.
- d) The Competition Director shall have the authority to allow judges where such connections exist. Connections mean relative, coach or protégé.
  - i. This is provided there are an insufficient number of available, experienced, and qualified judges without such connection.
  - ii. It will be up to individual judges to disclose these connections and to indicate if they wish to stand down for a particular race.
  - iii. Where possible members of the same family should not serve as a judge for the same race.

### 7.9.3 Yellow Paddle

- a) Any judge can give a "Yellow Paddle" to an athlete when an athlete appears to be in danger of failing to comply with the rules (definition of race walking per Rule 6.9.1)

- b) Yellow Paddles are issued verbally and briefly taking care that remarks do not constitute coaching.  
**Note:** All remarks should be loud and clear and always in the form:  
..... e.g., "Yellow Paddle Nocontact or knees"
- c) For loss of contact ~ a wavy line in black on a yellow background
- d) For knees a 45° angle < also in black on a yellow background shall be used
- e) A judge can only yellow paddle an athlete once for each offence during the event
- f) A yellow paddle has no bearing on disqualification. It is possible to be yellow paddled by every judge in the race yet not receive a single Red Card.

#### **7.9.4 Red Card**

- a) A judge gives a "Red Card" for disqualification if an athlete is actually breaking the rules of race walking.
- b) For the U12 and above age groups, no verbal Red Card will be given. For other age groups, the Red Card will be given verbally at the time of detection of the actual infringement.  
**Note:** All remarks should be loud and clear and always in the form:  
..... e.g., "Red Card No contact or knees"
- c) Red Card is recorded on the judging pad and forwarded to the Chief Judge as soon as practicable.
- d) A judge may only give an athlete one Red Card during the event irrespective of the infringement.
- e) If a judge in an event requiring verbal Red Cards to be given, is not sure an athlete has heard the "Red Card" the Judge should repeat it at the next suitable opportunity.  
**Note:** A Red Card should never be given unless there is absolute certainty the rules have been infringed. Any doubt existing must be given to the athlete and the Red Card not issued.

#### **7.9.5 Disqualification**

- a) A Red Card by 3 or more walk judges, that in their opinion an athlete's mode of progression failed to comply with the definition of race walking brings about a disqualification.
- b) Only the Chief Judge may advise an athlete of their disqualification.
- c) Where an athlete is disqualified, the Chief Judge shall indicate to such athlete verbally that they are disqualified and give the reasons for the disqualification.
- d) The result of an event shall not become final until the Chief Walk Judge and Track Referee has given all clear.

#### **7.9.6 Methods of Judging**

- a) Prior to each walking event, the Chief Judge or a judge appointed by the Chief Judge, will acquaint the athletes with the judging procedures for the event.
- b) It is imperative that during an event all judges act in an individual capacity and their judging is not influenced by the judging of another judge, per medium of conversation or messages.
- c) The Chief Judge shall allocate judges their judging position.
- d) Walk judges, recorders or messengers shall not use transceivers during the conduct of the event.
- e) The judges must adequately cover the whole of the track/course; this can be done by having approximately equal distance between judges. There should be no blind spots, judges should judge from the outside of the track/course and not encroach on an area allocated to another judge, but judge from their allotted position as walkers are passing or approaching their section.

- f) Hip numbers must be worn by all walkers as supplied by the host Association. The number must be clearly visible to all judges.

### **7.9.7 Track Umpires and Referees**

- a) Track Umpires and Referees shall work during the event to determine the fairness of the competition other than walking rules.
- b) The Track Referee should confer with the Chief Walk Judge and indicate any athletes who are to be disqualified before walk results are finalised.

### **7.9.8 Walk Judge's Master Sheet**

- a) A copy of the master sheets of each walk event will be posted on the notice board with the result sheet.
- b) The master sheet is that document which the Chief Judge records the Red Cards of the judges and them self and indicates which athletes received 3 or more Red Cards.
- c) Judges should be indicated by number and not by name on the notice board copy of the sheet.

### **7.9.9 Summary of Chief Judges Duties**

- a) To place judges in position as required and give them the necessary direction.
- b) To ensure that the appropriate yellow paddle indicators and documentation are issued to the judges and authorised personnel.
- c) Advise recorders and messengers of their duties.
- d) To check with each judge on completion of the event for any last-minute red cards.
- e) To re-check judging master sheets and all red cards received. To make a summary of the master sheets. This summary to be placed on the notice board.
- f) Check with Track Referee to see if umpires have reported any other offences.
- g) To advise Referee of any disqualified athlete who may have crossed the finish line.
- h) To advise any disqualified athlete of his disqualification.
- i) Judging master sheets are not to be made available for general perusal. They are to be attached to the official results.

### **7.9.10 Summary of Judges Duties**

- a) To be available at least 30mins prior to the scheduled start. This time could be varied according to the Carnival Manager.
- b) If for some reason, the Chief Judge has not already been appointed, the appointed judges shall meet and elect a Chief Judge.
- c) To follow instructions received from the Chief Judge.
- d) If requested by the Chief Judge, advise the athletes of the judging procedures, prior to the start of the event.
- e) To fill in the judging pad correctly and pass it onto the Chief Judge.
- f) To act in an individual capacity.
- g) To report to the Chief Judge after the event and confirm that all red cards have been forwarded and recorded – or hand in any last-minute red cards.
- h) To be available to answer any query raised by the Chief Judge seeking details of the reason for red cards given.

## 8 TIMING AND FINISHING

- a) Three alternative methods of timekeeping shall be recognised as official within Little Athletics:
  - i. Fully Automatic Timing obtained from a Photo Finish System
  - ii. Hand Timing
  - iii. Gate Timing System

### 8.1 Hand Timing

- a) It is recommended that Timekeepers should be:
  - i. Placed at least 5m from, and in line with, the finish line on the outside of the track, opposite the Judges, where applicable.
  - ii. On an elevated stand in order that they may have a good view of the Starter and the finish line.
- b) Timekeepers shall act independently from one another:
- c) Without showing their watch to each other and without discussing times.
- d) The Chief Timekeeper will record times and may examine the watches to verify the reported times.
- e) The Chief Timekeeper shall then decide what the official times are for each athlete and provide the result for publication.
- f) Sufficient timekeepers shall be appointed for the number of athletes entered; one shall be the Chief Timekeeper. The Chief Timekeeper shall allocate separate Timekeepers to record each of the minor places and where possible, shall allocate additional Timekeepers for second and third placing's.
- g) Where there are 3 watches used to time a place:
  - i. If only 2 watches agree, the times shown by the 2 shall be the official time.
  - ii. If all 3 disagree, the middle time shall be recorded as the official time.
- h) Where there are 2 watches used to time a place and they fail to agree the slower time shall be accepted as the official time.
  - i. The time shall be taken from the flash/smoke of the gun.
  - ii. Times shall be recorded to the 1/10<sup>th</sup> of a second. Unless a time is an exact 1/10<sup>th</sup> of a second, it shall be recorded to the next longer 1/10<sup>th</sup> of a second.

**NOTE:** For Zone/Region & State, **times** must be recorded to the 1/100<sup>th</sup> of a second

### 8.2 Gate Timing System

- a) The system shall be a commercially produced system and be checked/calibrated with a certificate supplied on a 12-monthly basis.
- b) The system shall be started either automatically by the Starter's gun or manually at the smoke or flash of the Starter's gun.
- c) The system must automatically record a time through the breaking of at least two adjacent infrared beams positioned on the leading edge of the finish line. The beams should be positioned at an appropriate height so that the athlete's torso is the most likely part of the body to break the beam.
- d) The system must be capable of printing out the time for each lane.
- e) Judging of the race shall take place as per Section 3.1.6 Place Judges. The time recorded for each lane shall only be referred to in the determination of places in cases of doubt, and then only at the discretion of the Chief Judge.

- f) Times from the Gate System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Gate System printout image, shall be official. Any appropriate back-up system should be appointed where any possibility exists of failure of the timing system.
- g) Where the system is started and/or finished manually, the time shall be recorded to the 1/10<sup>th</sup> of a second. Unless a time is an exact 1/10<sup>th</sup> of a second, it shall be recorded to the next longer 1/10<sup>th</sup> of a second.
- h) Where the system is started and finished fully automatically, the time shall be recorded as an electronic time with no adjustment.

**NOTE:** For Zone/Region & State, times must be recorded to the 1/100<sup>th</sup> of a second.

### 8.3 Chief Timekeeper (manual timing)

- a) Should time the winner of every event.
- b) Should check the watches of the Timekeepers timing the winner.
- c) Also decides the official time to be recorded for the other placed runners, checking the watches if there is an apparent discrepancy.
- d) Is also responsible for ensuring that the Judges and Timekeepers are ready before signalling a clearance to the Starter.
- e) Will nominate separate Timekeepers to record each of the minor placing's.
- f) Where possible, shall appoint additional Timekeepers for second and third places.
- g) Check winning times for new event records. Manual times for records are only recognised if photo finish fails, otherwise photo finish overrules hand timing.
- h) Ensure that watches for record times are not cleared prior to being verified by the Chief Timekeeper.
- i) Upon completion of each event the result sheet shall immediately be filled in and handed to the Recorder. If the result is a record the Referee must sign the result sheet.

### 8.4 Chief Timekeeper (automatic timing)

- a) Should time the winner of every event as a backup to the photo finish.
- b) Adhere to rules as per the manual timing.

# **9 SEEDING'S, DRAWS AND QUALIFICATION IN TRACK EVENTS**

## **9.1 Competition**

- a) No athlete shall receive assistance during the progress of any event.
- b) Except in the case of relay races run in lanes, athletes may not make check marks or place objects on or alongside the running track for their assistance.
- c) The following shall not be considered as unfair assistance:
  - i. A hand-on medical examination during the progress of an event by the Medical Officer(s).
  - ii. Verbal or other communication, without the use of any technical device, from an individual who is not in the competition area.

## **9.2 Lane and Heat Draws**

- a) For track events where more than one round will be applied; and if Best Performances are provided athletes shall be seeded in heats using a zigzag distribution method. If no Best Performances are provided, athletes will be randomly drawn into heats.
- b) For track events where only one round of competition is applied, and progression is not necessary; and if Best Performances are provided, athletes shall be seeded slowest to fastest. If no Best Performances are provided, athletes will be randomly drawn into heats.
- c) Lanes for heats shall be randomly drawn.
- d) Where there are more lanes available than athletes in a heat the inside lane should always remain free.

## **9.3 Progression to Finals (except for State Relays)**

- a) The following athletes shall progress to the final in their event:
  - i. 2 heats: 1st, 2nd, and 3rd in each heat plus the next 2 fastest times
  - ii. 3 heats: 1st and 2nd in each heat plus the next two fastest times
  - iii. 4 or more heats: 1st in each heat with the remaining lanes filled by the next fastest times.
- b) Where insufficient starters marshal for heats, that event shall be run as a final at the time of heats.
- a) In 800m events where there is more than one athlete per lane, progression from heats to finals will be at the discretion of the organising committee.
- b) Where there is a tie in determining the next fastest times, if possible both athletes shall progress through to the final. Failing that, the higher placed athlete in their heat shall progress. If the tie still remains, a random process with equal probability (e.g., a coin toss) shall be used to determine progression.
- c) Where the venue has nine or more lanes, the Competition organiser shall have the discretion to allow nine or more athletes to contest the final of an event. In such cases, Rule 8.4 a) shall be modified by increasing the number of athletes qualified due to the 'next fastest times' as appropriate.

## **9.4 Lane Draw for Finals**

- a) Following the running of the heats, athletes shall be ranked on the following basis:
  - i. Fastest heat winner, second fastest heat winner, etc.
  - ii. Fastest 2nd place in heat, second fastest 2nd place in heat, etc.

iii. Concluding with: Fastest next qualifier, second fastest next qualifier

- b) Using the rank determined in Rule 8.3 b), a random draw of the priority lanes shall occur amongst the top four ranked athletes and a random draw of the non-priority lanes shall occur amongst the remaining athletes.
- c) On an eight lane track the priority lanes are 3, 4, 5 and 6, whilst on a nine-lane track, they are 4, 5, 6 and 7.
- d) Competition organisers may, at their discretion, conduct two random draws for the non-priority lanes, with the 5th and 6th ranked athletes being drawn for the outside two lanes of the track and the 7th and 8th ranked athletes being drawn for the inside two lanes of the track.
- e) Where there are more lanes than athletes, the inside lane should always remain free.

## 10 FIELD EVENTS

### 10.1 General Conditions – Field Events

#### 10.1.1 Markers

- a) An athlete may place alongside the runway 1 or 2 markers (supplied or approved by the organisers) to assist them in their run-up and take-off.
- b) The use of sharp or pointed markers or anything considered dangerous by the Referee will be prohibited.

#### 10.1.2 Practice Trials

- a) In field events, at the discretion of the Chief Judge or Carnival Manager, all athletes are allowed up to 2 practice trials before the competition begins.
- b) Trials are to be made, preferably in draw order, under supervision. Trials can be made by athletes out of sequence under supervision and at the discretion of the Chief to enable practice throw to occur whilst clash or other athletes arrive.

#### 10.1.3 Competition Order

- a) The order in which athletes shall take their trials shall be drawn randomly.
- b) In all events, except for the High Jump, where there are more than 8 athletes, each athlete shall be allowed 3 trials and the 8 athletes with the best valid performances may be allowed additional trials. At LANSW events, athletes will be allowed 3 additional trials, where required.
- c) In the event of a tie (after a count-back) for the 8th place, any athletes so tying may also be allowed the additional trials. (Tying means, in this case achieving the same distance).
- d) Where there are 8 athletes or fewer, each athlete shall be allowed all applicable trials regardless of the number of failures recorded.
- e) The competing order for any additional trials shall be in the reverse ranking order recorded after the first 3 rounds of trials.
- f) In all events except for High Jump, each athlete shall have a minimum of 3 trials and no more than 6 trials.

#### 10.1.4 Commencement of Competition

- a) Competition commences with the first trial in the first round.
- b) The trials shall commence when the Official responsible indicates to the athlete that all is ready for the trial to begin, and the athlete is called.
- c) The period allowed for this trial shall commence from that moment.
- d) A round commences when the first athlete eligible to compete in the round commences their trial.
- e) A round is complete when the last athlete eligible and present to compete in the round completes their trial.

#### 10.1.5 Completion of Trial

- a) Throws - a trial is complete when the athlete leaves the circle (discus and shot put) or runway (javelin).



- b) Long & Triple Jump - a trial is complete when the athlete leaves the landing pit.  
*Note: leaving the pit is defined as the first contact made by the foot with the border or ground outside the landing area.*
- c) High Jump - a trial is complete when the Chief Judge designates a "fair/fail jump".

#### **10.1.6 Completion of Competition**

- a) High Jump - the high jump is complete when the last remaining athlete fails or decides to stop.
- b) All other events are complete when the last round is completed.  
*Note: The number of rounds in a competition must be clearly stated at the start of the competition and where possible indicated in the program.*

#### **10.1.7 Failure**

- a) In all field events if an athlete incurs a failure, they will be told the reason for the failure at the completion of the trial. The chief judge shall indicate a fair trial with a white flag and a failure with a red flag.

#### **10.1.8 Substitute Trials**

- a) If, for any reason, an athlete is hampered in a trial in a field event, the Referee shall have the power to award that athlete a substitute trial.

#### **10.1.9 Delay**

- a) Athletes in field events who unreasonably delay taking a trial shall render themselves liable to have that trial disallowed and recorded as a failure.
- b) It is a matter for the Referee to decide what is an unreasonable delay, but the following time cannot be exceeded:
  - i. Long Jump, Triple Jump, Shot, and Discus, and Javelin – 1 minute.
  - ii. High Jump – 1 minute, but when only 2 or 3 athletes continue in the competition, the time should be increased to 1.5 minutes, except in Combined Event competitions. If there is only 1 athlete left, then the time should be increased to 3 minutes.
  - iii. For consecutive trials for the above events, the time should be 2 minutes.
- c) A time warning may be given to an athlete. Such a warning is indicated by a raised yellow flag, which is kept raised for the last 15 seconds prior to the disallowing of a trial for exceeding the time limit.
- d) When only one athlete (who has won the competition) remains in high jump and is attempting a record the time limit shall be increased by 1 minute beyond those set out above.

#### **10.1.10 Absence from Competition Area**

- a) Any athlete who leaves the immediate event area (as defined prior to the commencement of the competition by the Chief Judge or Referee) without permission, may be cautioned by the Chief Judge and warned that any repetition, may result in them being excluded from further participation in that event. The Referee may make the decision to disqualify the athlete. Any performance up to the time of a disqualification shall stand.

#### **10.1.11 Change of competition area**

- a) Referees shall have the power to change the place of the competition in any field event, if in their opinion the conditions justify a change.
- b) Such a change shall be made only after a round is completed.
- c) If a change is required because conditions are dangerous, then the round shall be restarted.

### **10.1.12 Results**

- a) Upon completion of each event the final result sheet shall be checked and signed by the Referee and immediately handed to the recording area and/or key site official.

### **10.1.13 Ties**

- a) In all field events, except for High Jump:
  - i. The 2nd best performance of the athletes tying shall decide the tie. If a tie remains, the 3<sup>rd</sup> best and so on.
  - ii. If athletes in field events are tied for any place after all count backs have been applied, then equal placing will be declared.

### **10.1.14 High Jump ties**

- a) The athlete with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
- b) If the tie remains, the athlete with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
- c) If the tie remains the athletes shall be awarded the same place in the competition. There is no jump-off for placing's.
- d) If the result determines progression to the next level of competition, then a jump off should take place. This jump off will not affect placing's.

### **10.1.15 Measuring**

- a) The Judges shall judge, measure, and record each valid trial of the athletes.
- b) All measurements shall be made immediately after each valid trial.
- c) Where possible, all measurements must be made using Electronic Distance Measuring (EDM). When EDM is not available, a fibreglass or steel tape measure graduated in centimetres, or a graduated bar for high jump, should be used.
- d) In measuring all field events, except the High Jump, the zero end of the tape or EDM prism should be placed at the nearest edge of the mark where the implement first lands or where the athlete makes a mark in the pit closest to the take-off.
- e) Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre.
- f) In High Jump all measurements shall be made, in whole centimetres, perpendicular from the ground with a steel or fibreglass measuring bar to the lowest part of the upper (top) side of the bar.

### **10.1.16 Entry to Competition**

- a) No athlete may enter the competition after the completion of the 3rd round, i.e., High Jump - 3rd round equals 3rd height.
- b) No athlete may take or have recorded more than 1 trial in each round except for high jump where up to 3 trials are permitted at each height.
- c) An athlete cannot demand to have a trial that was missed due to absence.

## **10.2 High Jump**

### **10.2.1 Safety**

- a) The Chief Judge (or Association equivalent) shall ensure that the landing area is satisfactory and

that the uprights and cross bar are in good condition.

- b) The Chief Judge (or Association equivalent) shall have the power to caution any athlete using an unsafe technique, and if necessary, not allow the athlete to continue further in the event.
- c) Restraining straps must be used for all competition (with the exception of age groups using scissor mats). The use of restraining straps on High Jump equipment avoids the problem of having the bar fall onto the landing bags under the falling body.



- d) Athletes are to be advised to jump so that they land in the Centre of the bags (landing area). If officials are concerned with the manner in which an athlete is jumping (i.e., in an unsafe manner), they should ask the athlete to cease jumping and seek coaching in the event. Officials are to warn athletes of the dangers of high jump if it is not done correctly.
- e) The minimum area for the landing area is 2.4m by 4.0m by 0.5m at Little Athletics NSW Championships. An additional moveable bag is also recommended which has been adequately secured.
- f) At all events from Centre to State Championships, high jump bags/landing area must be bound together by one-piece fabric fitted cover that binds the mats together into a single unified landing surface

### **10.2.2 Validity of Jumps**

- a) An athlete may commence jumping at any height above the minimum height and may jump at their own discretion at any subsequent height. 3 successive failures, not necessarily at the same height, disqualifies the athlete from competing further.
- b) The effect of this rule is that an athlete may forego their 2nd or 3rd jumps at a particular height (after failing 1st or 2nd time) and still jump at a subsequent height.
- c) If the bar falls off without having been knocked by the athlete (e.g., due to strong wind) the athlete is not penalised.
- d) An athlete must take off from one foot.
- e) Knocking the bar off the supports or touching the ground or landing area beyond the plane of the uprights with any part of the body without clearing the bar shall count as a failure.
- f) However, if when jumping, an athlete touches the landing area with a foot and in the opinion of the judge, no advantage is gained, the jump for that reason should not be considered as a failure.
- g) The uprights or posts shall not be moved during competition unless the Referee considers the run up or take-off area has become unsafe. In such a case the change shall be made only after a round has been completed.

### **10.2.3 Measuring**

- a) Before the commencement of the competition the Judge shall announce to the athletes the starting height and the subsequent heights to which the bar has been raised at the commencement of each round.
- b) The height of the crossbar should be checked at both ends to confirm it is horizontal and, in the

centre, to confirm the correct height.

- c) In the case of a sagging crossbar measurement is made from the ground perpendicular to the upper edge of the crossbar at the point where it is lowest.
- d) In the case of records, the Referee and Chief Judge must check the measurement when the crossbar is placed at the record height. They must recheck the measurement before each subsequent record attempt if the crossbar has been disturbed since last measured.
- e) Even after all other athletes have failed an athlete is entitled to continue until they forfeit their right to compete further. The heights to which the crossbar is raised shall be decided after consulting with the athlete.
- f) Each athlete shall be credited with the best of all their jumps, subject to the conditions relating to ties.

**NOTE:** *Judges should ensure, before starting the competition, that the underside and front of the crossbar are distinguishable, and that the crossbar is always replaced with the same surface uppermost and the same surface to the front.*

#### **10.2.4 Increments**

- a) It is recommended that the bar be raised by 5cm increments (for the first 3 heights) until there are six or fewer athletes remaining and by increments of 2cm thereafter until only one athlete remains. When only one athlete remains, that athlete may choose the increments.

#### **10.2.5 Measurement of Run In**

- a) Athletes may use the runway to gain their desired starting point before competition begins.
- b) Once the competition starts, athletes may only re-measure their run up with the permission of the Chief Judge. This re-measurement must be done within the allocated time for the athletes' time for the trial. The athlete may touch the upright or bar, but should the bar be dislodged, a failure must be recorded for that trial.

#### **10.2.6 Age Restrictions**

- a) Under 9 will be the starting age group for High Jump at Association level competitions in all Affiliated Associations.
- b) The Scissor technique will be the only allowable technique performed in High Jump for the Under 8, Under 9 and Under 10 age groups at all levels of competition.
- c) It shall be a valid scissor jump if all other relevant high jump rules are adhered to, and:
  - a. The head of the athlete does not go over the bar before the leading foot (the foot of the leg closest to the bar at take-off).
  - b. The head of the athlete is not below the buttocks when the buttocks clear the bar, and
  - c. The athlete's lead foot touches the mat before any other part of the body.

**Note:** *Restraining straps must NOT be used for athletes using the scissor mats.*

- d) All athletes in the Under 11 and above age groups will have the option to use any legal jumping technique where flop mats are provided at all levels of competition.

#### **10.2.7 Minimum Height for mats**

- a) The height for scissor mats at all competition levels and in all Affiliated Associations will be between 150mm and 300mm with minimum dimensions of 5m x 3m.

- b) The minimum height for flop mats at all competition levels and in all Affiliated Associations will be 400mm with minimum dimensions of 5m x 3m.

*Note: LAA recommends that 500mm mats or higher be the preferred height.*

### **10.2.8 Countbacks**

The following example illustrates the rule on countbacks.

|          | 1.78m | 1.82m | 1.85m | 1.88m | 1.90m | 1.92m | 1.94m | Total Failures | Position |
|----------|-------|-------|-------|-------|-------|-------|-------|----------------|----------|
| <b>A</b> | a     | x0    | 0     | x0    | -     | xx0   | xxx   | 4              | 2=       |
| <b>B</b> | 0     | 0     | 0     | x-    | x0    | xx0   | xxx   | 4              | 2=       |
| <b>C</b> | 0     | 0     | x-    | 0     | xx0   | xx0   | xxx   | 5              | 4        |
| <b>D</b> | 0     | -     | -     | xx0   | xx0   | x0    | xxx   | 5              | 1        |

**0 = Cleared**

**X = Failed**

**- = Did not jump**

**a = Absent**

- i. A, B, C and D all cleared 1.92m and failed at 1.94m.
- ii. The rule regarding ties comes into operation, as "D" cleared 1.92m on the 2<sup>nd</sup> attempt, the others taking 3 attempts to clear that height, therefore "D" is declared the winner.
- iii. The other 3 will tie and the Judges add up the total number of failures, up to and including the height last cleared, i.e., 1.92m.
- iv. "C" has more failures than "A" or "B" and is therefore awarded 4<sup>th</sup> place. "A" and "B" share 2<sup>nd</sup> place, as there is no jump-off for placings in Little Athletics.

## **10.3 General Conditions – Horizontal Jumps**

- a) The long jump runway and pit shall comply with the specifications set out within the WA Track & Field Facilities Manual, except as modified within this section.

### **10.3.1 Runway**

- a) Where possible the length of the runway shall be at least 40m. There is no limitation on the maximum length of the runway.
- b) The runway should be 1.22m +/- 0.1m wide.
- c) The runway should be marked by white lines 5cm in width.
- d) The maximum allowance for lateral inclination of the runway shall not exceed 1:100 and the overall inclination in the running direction 1:1000.

### **10.3.2 Landing Area (Long Jump)**

- a) The landing area shall have a minimum width of 2.75m and a maximum width of 3m.
- b) It shall, if possible, be so placed that the middle of the runway, if extended, would coincide with the middle of the landing area.
- c) The landing area should be filled with soft damp sand, the top surface of which shall be level with the take-off board.

### **10.3.3 Take-off Board (Long Jump)**

- a) U6 to U10
- i. A 0.5m x 1.22m mat covered with damp sand, soft earth, or any similar materials, where the footprint can be observed, to a depth of 1 to 2 centimetres.
  - ii. In the long jump, the take-off area should be: -
    - o The take-off area or mat shall be placed at a maximum 0.5m from the leading edge of the landing area.
- b) U11 and above
- i. A 0.2m x 1.22m area, consisting of either a board sunk level with the runway, or painted on the runway. Where possible a strip of plasticine or other suitable material (e.g., damp sand) may be placed immediately beyond the take-off line, to a maximum height of 7mm. Where a board or painted take-off area is not available a mat may be used.
  - ii. The edge of the board, which is nearer to the landing area, shall be called the take-off line.
  - iii. The distance between the take-off board and the end of the landing area shall be at least 10m.
  - iv. The take-off line shall be placed between 1m and 2m from the nearer end of the landing area.
- Note 1:** *The take-off area shall be stable (non-slip) and not a trip hazard.*
- Note 2:** *At State Track & Field Championships, the take-off board is placed 2m back from the edge of the pit.*

### **10.3.4 Take-off Board (Triple Jump)**

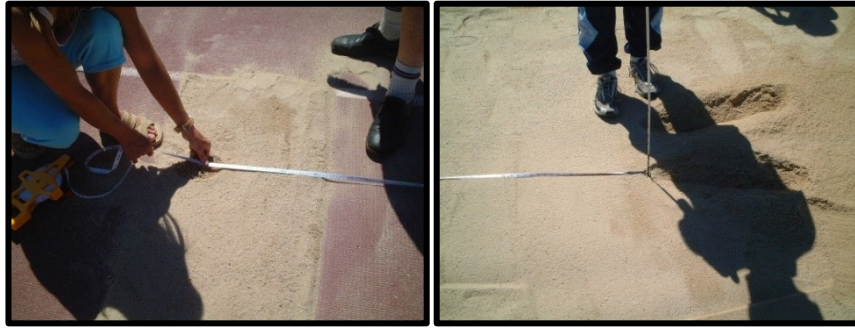
- a) In the triple jump, the take-off lines shall be in whole metre increments from the edge of the pit. The Organising Committee for the competition shall determine the take-off lines to be used for each event, prior to the commencement of the competition.
- b) For LANSW triple jump events, 4 take-off boards are required, at 5, 7, 9 and 11m back from the pit. An additional 13m will be made available on request.
- c) Athletes may change their take-off board as many times as they wish, as long as they notify the officials at the event, prior to each jump.

### **10.3.5 Distance Measurement**

- a) U6 to U10

Jumps can be measured 2 ways:

- i. When any part of the athlete's foot lands on the take-off area, the jump will be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the imprint made in the take-off area by the take-off foot.
- ii. When no part of the athlete's foot lands in the take-off area, then the jump will be measured from the nearest break in the landing area made by any part of the body or limbs to back of the mat (not take-off line) or its extension. The measurement must be taken perpendicular to the back of the mat or its extension.



b) 11 to U17

- i. The jump shall be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the front edge of the take-off area.
- ii. In measuring a jump, the spike with a zero end of the tape attached, is inserted perpendicularly at the break in the sand nearest the take-off line.
- iii. The feet of the athlete do not necessarily make this break; if a jumper is off balance, it may be any part of their body.
- iv. The measurement must be taken perpendicular to the take-off line or its extension.



**10.3.6 Run Up Measurement**

- a) Athletes may use the runway to gain their desired starting point before competition begins.
- b) Once the competition starts, athletes may only re-measure their run up with the permission of the Chief Judge. This further re-measurement must not be made on the runway, except where the Chief Judge deems the outsides of the runway unsafe.

**10.3.7 Failure**

In the Long Jump and the Triple Jump, it shall be counted as a failure if:

- i. Any part of the mark made by the athlete's take-off foot protrudes over the front edge of the take-off area.
- ii. If an athlete takes off before reaching the take-off area it shall not, for that reason, be counted as a failure.
- iii. In the course of landing, the athlete touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump.
- iv. When leaving the landing area, an athlete's first contact with the border or ground outside is nearer the take-off line than the nearest break in the sand made on landing.
- v. After landing, the athlete walks back through the landing area without first correctly exiting the pit.
- vi. An athlete takes off from outside either end of the take-off area, whether beyond or before

- the extension take-off line.
- vii. Any sort of somersaulting is used.

## 10.4 General Conditions – Throwing Events

### 10.4.1 Implements

- a) All implements shall conform to the specifications set out with Little Athletics Australia standard events.
- b) All implements shall be provided by the organisers of the Competition.
- c) Little Athletics NSW shall provide all implements at LANSW championships events (with the exception of Zone).
- d) No athlete is allowed to use any other implements, or to take them to the competition area.
- e) In throwing events the implements must be carried back to the throwing area and never thrown.

### 10.4.2 Personal Safeguards & Assistance

- a) No device of any kind (e.g., taping of fingers or hand), which in any way assists an athlete when making a throw, shall be allowed except for:
  - i. **Shot Put:** In order to protect the wrist from injury, an athlete may wear a bandage at the wrist.
  - ii. **Discus and Javelin:** The use of tape on the wrist will only be allowed upon the production of a doctor's certificate or authority given by the Medical Officer.
  - iii. **Javelin:** A athlete may wear elbow protection.
- b) The use of tape on the hand to cover an open cut.
- c) In order to obtain a better grip, athletes in throwing events are permitted to use an adhesive substance on their hands only.
- d) An athlete may not spray or spread any substance in the circle.
- e) In order to protect the spine from injury, an athlete may wear a belt of leather or other suitable material.
- f) Once the competition has begun, athletes are not permitted to use the circle or ground within the sector for practice trials, with or without implements.

### 10.4.3 Throwing Area and Landing Sector

- a) The dimensions of the circles used for shot put and discus, and the runway used for javelin, shall conform to the specifications set out in the World Athletics Track & Field Facilities Manual.
- b) Circles shall be made of a band of iron, steel or other suitable material, the top of which shall be flush with the ground outside.
- c) The interior of the circle may be constructed on concrete, asphalt, or other firm, but not slippery, material.
- d) The surface of the interior shall be level and 14mm-26mm lower than the upper edge of the rim of the circle.
- e) The inside diameter of the circle shall be 2.50m (+/-5mm) in Discus and in Shot 2.135m (+/-5mm). The rim of the circle shall be at least 6mm thick.
- f) A white line 5cm wide shall be drawn from the top of the metal rim extending for at least 75cm on either side of the circle. It may be painted or made of wood or other suitable material. The rear edge of the white line shall form a prolongation of a theoretical line through the centre of the circle at right angles to the centre line of the throwing sector.



#### **10.4.4 Landing Sector**

- a) The landing sector should be extended well in excess of the best thrower.
- b) The maximum allowance for the overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000 for Shot and Discus.
- c) Except for the Javelin, the landing sector shall be marked with white lines 5cm wide at an angle of 34.92° such that the lines, if extended would pass through the centre of the circle.
- d) The 34.92° sector may be laid out accurately and conveniently by making the distance between the two points on the sector lines 20m from the centre of the circle exactly 12m apart.
- e) For Javelin, the landing sector shall be marked with white lines 5cm wide such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the parallel lines marking the runway and intersect at the centre of the circle of which the arc is part. The sector is thus 28.95°.
- f) The sector may be accurately laid out by making the distance between the two sector lines 20m at a point 40m distance from the centre of the throwing arc along one of the sector lines.
- g) The sector lines should be continued for a minimum of 65m in Discus, Javelin and 20m in Shot, and their ends marked with red flags.

#### **10.4.5 Safety Considerations in Javelin and Discus**

- a) After each throw, the implement should be carried back and not thrown back to the throwing area.
- b) As these events are usually taking place simultaneously with other track and/or field events, care must be taken in locating the events.
- c) Where the javelin cannot be conducted away from the competition area, it is recommended that the javelin runway and flight path be directly parallel and midway between the 2 straights of the track.
- d) All participating athletes and spectators must be kept to the side and well away from these events in case of an inaccurate throw. Only officials should be in the sector and in close proximity to the competition areas.

#### **10.4.6 Record Markers**

- a) In all competitions where an Australian Best Performance or a State Best Performance (State Record) can be broken a marker shall be placed indicating the current ratified record. When record markers are used, they should be placed outside the sector.

#### **10.4.7 Validity of Throws**

- a) In throwing events from a circle:
  - i. An athlete must commence the throw from a stationary position.
  - ii. The athlete is allowed to touch the inside of the iron band or stop board.
- b) It shall be a failure if the athlete, after entering the circle and commencing to make a throw, touches with any part of the body the top of the circle or the ground outside or improperly releases the implement in making the attempt.

**Note:** *It, however, will not be considered a failure if the touch happens during the rotation, backward of the white line which is drawn outside the circle running, theoretically, through the centre of the circle.*

- c) If the discus hits the net/cage and falls within the sector lines, it shall not be recorded as a failure.

#### **10.4.8 Interruption of a Trial**

- a) Provided that in the course of a trial, the rules relative to each throwing event have not been infringed, an athlete may interrupt a trial once started, may lay the implement down inside or outside the circle or runway and may leave the circle or runway.
- b) Dropping an Implement
- i. It is not a failure if an athlete drops an implement and it does not touch the ground outside the throwing circle or runway, provided no other rule is breached.
  - ii. In the case of 10.4.8 b) a. above, the athlete can retrieve the implement and continue the trial within their allocated time.
  - iii. If the implement touches the ground outside the circle or runway it becomes a failure.

#### **10.4.9 Measurements**

- a) All measurements shall be made immediately after each valid trial.
- b) The measurement of each throw will be made from the nearest mark made by the fall of the implement to the inside of the circumference of the circle, along a line from the mark to the centre of the circle.
- c) For a valid trial, the implement must fall completely within the inner edges of the landing sector.
- d) In Javelin, the measurement of each throw will be made from where the head of the javelin first struck the ground, to the inside edge of the arc, with the tape being pulled through the point 8m back on the run-up, that being the centre of the circle of which the arc is a part.



Leaving the discus circle (on completion of the trial)

### **10.5 Shot Put**

In this event there are some special points to be watched. World Athletics Rules state that the shot shall be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting.

With the lighter shot used it is possible to “throw” rather than “put” it, and this would gain a material advantage. The position of the shot in relation to the chin therefore needs careful watching.

At the moment when the athlete begins to drive with the arm, the head (with it the chin) does turn slightly away from the shot. The shot is in exactly the same position as it has been throughout, though it will not be in as close proximity to the chin as in the earlier stage. The athlete should not be penalised on this account.



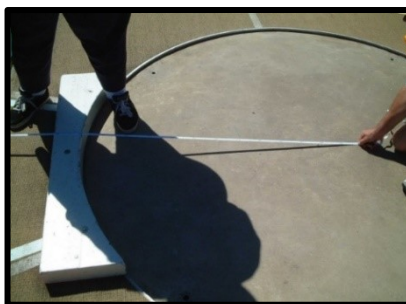
Obviously, the deciding factor is the hand. If the shot is withdrawn in order to give extra drive, then the hand (and with it the arm and elbow) must move downwards and backwards. If the hand remains stationary, then the delivery is a fair one.

### **10.5.1 Putting the Shot**

- a) The shot shall be put from the shoulder with one hand only.
- b) At the time the athlete takes a stance (i.e., stationary position) in the circle to commence a put, the shot shall touch or be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting.
- c) The shot shall not be taken behind the line of the shoulders.
  - i. Close proximity shall be at the discretion of the Chief Judge, but a guide would be that such distance should be about the thickness of a finger (allowing for the athlete to hold their finger(s) between the shot and their neck), and probably not be more than 10mm.
  - ii. The words “the shot shall be put from the shoulder with one hand only”, does not mean that the implement has to touch the shoulder prior to release.
- d) Cartwheeling techniques are not permitted.
- e) Failure to comply with any of the Rules 10.5.1 a) to d) shall result in the trial being recorded as a failure.

### **10.5.2 Stop Board Construction**

- a) The board shall be painted white and made of wood or other suitable material in the shape of an arc so that the inner edge coincides with the inner edge of the circle. It shall be placed mid-way between the sector lines and be so made that it can be firmly fixed to the ground.
- b) The board shall measure 112mm to 300mm wide, 1.21m to 1.23m (+/- 1cm) long on the inside and 98mm to 102mm high in relation to the level of the inside of the circle.



## **10.6 Discus**

### **10.6.1 Discus Cage**

- a) All discus throws must be made from an enclosure or cage to ensure the safety of spectators, officials, and athletes.

- b) The cage should be designed, manufactured, and maintained so as to stop the discus so there is no danger of it ricocheting off fixed members of the cage, back towards the athlete or over the top of the net.
- c) The minimum breaking strain should be 40kg.
- d) The cage should be U-shaped in plan. Provided it satisfies this, any form of cage design and construction can be used.
- e) Provision should be made in the design and construction of the cage to prevent a discus forcing its way through any joints in the cage or the netting or underneath the netting panels.
- f) The netting for the cage can be made from suitable natural or synthetic fibre cord or, alternatively, from mild or high tensile steel wire. The maximum mesh size shall be 50mm for steel wire and 44mm for cord netting. The minimum size of cord or wire depends on the construction of the cage.

## 10.7 Javelin

- a) Must be held at the grip with one hand only and thrown over the shoulder or upper part of the throwing arm and must not be slung or hurled.
- b) The sector may be accurately laid out by making the distance between the two sector lines 20m at a point 40m distance from the centre of the throwing arc along one of the sector lines.
- c) A throw shall be valid only if the metal head strikes the ground before any other part of the javelin. The javelin is not required to stick in the ground.
- d) For a valid throw, the metal head of the javelin must fall completely within the inner edges of the landing sector.
- e) It shall be a failure if the athlete, after starting their throw, touches with any part of their body or limbs, the lines marking the runway, the ground outside the runway, or crosses the throwing arc marking the end of the runway.
- f) It is not a failure if the end of the javelin touches the ground during the run up.
- g) At no time during the throw, until the javelin has been discharged into the air, may the athlete turn completely around, so that their back is towards the throwing arc.
- h) It shall be a failure if the athlete leaves the runway before the implement has touched the ground, or, if, when leaving the runway, the athlete's first contact with the parallel lines or the ground outside the runway is not completely behind the white line of the arc, or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly, upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, 4 metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, he shall be considered to have left the runway correctly.
- i) An athlete may interrupt a trial once started, may lay the implement down inside or outside the runway and may leave the runway (as required above), before returning to the runway to continue their throw within the time limit.

### 10.7.1 Runway

- a) Shall be marked by 2 parallel lines, 4m apart, and the throw shall be made from behind an arc or a circle drawn with a radius of 8 m. Such arc shall consist of a strip made of paint, wood, or metal 7cm in width, painted white and shall be flush with the ground.
- b) The runway shall be level and a minimum length of 30m.
- c) The javelin is thrown from an arc at the end of a runway 30m to 36.5m long.

- d) The runway shall be marked by 2 parallel white lines 5cm wide and 4m apart.
- e) The arc at the end of the runway will be from that of a circle drawn with a radius of 8m.
- f) Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be white, 75cm long and 7cm wide.
- g) The maximum allowance for lateral inclination of the runway shall be 1:100 and the overall inclination in the running direction is 1:1000.

### **10.7.2 Layout**

- a) Measure 8 m from each of the throwing ends of the runway lines to an imaginary line through the centre of the runway. Mark the point where these lines intersect which will be the centre of the throwing arc.
- b) From this point, tension an 8m length of string and scribe an arc at the end of the runway.
- c) Mark this arc twice to produce a line of width 7cm where the arc meets the sides of the runway, extend the arc ends at right angles to the runway edges for 75cm. Once again mark these lines twice to produce a line 7cm wide.
- d) All lines on the entire field are 5cm wide except those that mark the throwing arc for the javelin.

### **10.7.3 Implement Construction**

- a) The shaft of the javelin shall be constructed completely of metal.
- b) The surface of the shaft shall have no dimples or pimples, grooves or ridges, holes or roughness, and the finish shall be smooth and uniform throughout.
- c) The shaft shall have fixed to it a metal head terminating in a sharp point.
- d) A grip shall cover the centre of gravity and shall not exceed the shaft by more than 8mm. The grip shall be of uniform thickness.



# SECTION B

## COMPETITIONS



# COMPETITIONS

*These rules are to be read in conjunction with the Competition Rules  
Track Events & Field Events and take precedence over the General Rules*

## 1. Zone/Region/State Track & Field

### 1.1 Eligibility

- i. All athletes must be registered with LANSW.
- ii. LANSW athletes can only enter the Zone Championships for the Zone containing their centre. "Individually registered athletes" can only enter the Zone Championships for the zone to which they have been allocated, based upon their place of residence.

Where direct entry as per 1.2 ii above, has been approved for a region, LANSW athletes may only enter the region containing their centre (or zone for individually registered athletes).

- iii. Age divisions:

|               |        |
|---------------|--------|
| <b>Zone</b>   | U7-U17 |
| <b>Region</b> | U8-U17 |
| <b>State</b>  | U9-U17 |

- iv. Athletes must compete in their own age group.

### 1.2 Entry to Zone and/or Region

- i. Athletes may only compete in one LANSW Zone Championship in a season. Athletes who have entered/competed at a Zone Championships may not also enter/compete at a Regional Championship via direct entry and vice versa.
- ii. A maximum of 4 athletes from each centre (or a greater number at the discretion of the Zone) in age groups from U7 to U11 are allowed in each event, and no athlete will compete in more than 4 events, excluding the relays.
- iii. In the U12 to U17 age groups, there is no restriction on the number of athletes a centre may enter in an event; however, no athlete will compete in more than 6 events, excluding the relays.
- iv. For Multi-Class events, athletes in the U9/U10 age group may compete in a maximum of 4 events; athletes in the U11/U12 age group may compete in a maximum of 5 events; and athletes in the U13/U14 and U15/U17 age groups may compete in a maximum of 6 events.
- v. Athletes must compete at and qualify for LANSW Region Championship via a LANSW Zone Track & Field Championship unless all zones within a region have agreed that 1.2 v applies (U12 to U17 only). The number of entries per Zone will be based upon the number of Zones in the Region, which is: -
  - 2 zones = first 6 in each zone plus next best 4 clear final performances over both zones;
  - 3 zones = first 4 in each zone plus next best 4 clear final performances over all zones;
  - 4 zones = first 3 in each zone plus next best 4 clear performances over all zones.

NB: "clear" means that there cannot be any ties for the next best performances (refer Section B, 1.1).

**Note:**

- Any places at a zone not filled by automatic progression will not be filled by additional next best performances from the other zones.
- The centre must forward entries in the approved format to the zone coordinator for all athletes representing their centre. Little Athletics NSW must forward entries for “individually registered athletes” to the zone coordinator.

vi. **Direct Entry to Region**

Athletes are permitted direct entry into Regional Championships without having to compete at a Zone Championships, providing the following conditions are met: -

- All Zones within a Region agree that direct entry to region will be the only option for athletes within their zone. This agreement must be notified to Little Athletics NSW by to the close of entries for the first Zone Championships relevant to the Region Championships and is irrevocable for that season.
- A maximum of 4 athletes from each centre in age groups from U8 to U11 are allowed in each event, and no athlete will compete in more than 4 events, excluding the relays.
- In the U12 to U17 age groups, there is no restriction on the number of athletes a centre may enter in an event; however, no athlete will compete in more than 6 events, excluding the relays.
- For Multi-Class events, athletes in the U9/U10 age group may compete in a maximum of 4 events; athletes in the U11/U12 age group may compete in a maximum of 5 events; and athletes in the U13/U14 and U15/U17 age groups may compete in a maximum of 6 events.

Region entries must be through a centre on the approved form. Individually registered athletes can enter using the approved form.

## 1.3 Progression to next Level of Competition

The relevant number of automatic qualifiers must be identified for progression to the next level (Zone to Region and Region and State) of competition, therefore the principal of elimination shall be used.

i. **Track Events**

- a. If there is a tie for automatic qualifiers when **timed finals** for track events have been held, then the higher placed athlete in their heat shall fill the automatic placing. If the tie remains, a random process with equal probability (e.g., A coin toss) shall be used to determine the athlete to progress as automatic qualifier.
- b. If there is a tie in a **final where heats to finals** have been conducted, the referee will arrange for the athletes so tying to run off. Run offs will not affect the original placing of the athlete. If a runoff is not possible, a random process with equal probability (e.g., A coin toss) shall be used to determine the athlete to progress as automatic.
- c. Ties in other placings shall remain.
- d. All qualifying rounds, i.e., Zone, Region to State, must adhere to these rules.

ii. **Field Events**

If there is still a tie after all countbacks have been checked, the tying athletes will be required to throw or jump off to determine which athlete progresses to the next level as automatic qualifier.

In high jump the following will apply:

- a. Athletes tying shall have 1 more jump at the last height at which any of those involved in the tie failed and if no decision is reached, the bar shall be raised if the tying athletes were successful or lowered if not.
- b. The bar shall be raised or lowered in 2cm increments.
- c. They shall then attempt 1 jump at each height until the tie is resolved. Athletes so tying must jump on each occasion when resolving the tie.



- ii. Where elimination is used the original result will not be altered in the official results.

## 1.4 Progression from Region to State – Qualifying Standards

- i. Athletes must compete at and qualify for LANSW State Track & Field championships via an LANSW Region Track & Field Championship. Regions will be restricted to 2 automatic qualifiers per event, plus the next best 8 clear final performances across all regions, to a maximum of 24. See Appendix A, Progressions from Zone to Region and Region to State, at the end of Section D.

**Note:**

- Any places at a region not filled by automatic progression will not be filled by additional next best performances from other regions.
- If an automatic qualifier is unable to attend the next level of championships, they may be substituted by the next ranked finalist from their event. The withdrawing athlete must have completed and submitted an official withdrawal form to the zone/region coordinator, **on the weekend of the relevant championship.**

ii. **Qualifying Standard 1500m Walk and 3000m Run**

- a. A maximum qualifying time for 1500m walk events for boys and girls are as follows: -

|     |          |
|-----|----------|
| U12 | 11.00min |
| U13 | 10.45min |
| U14 | 10.30min |
| U15 | 10.15min |
| U17 | 10.00min |

- b. A maximum qualifying time for 3000m races for boys and girls is as follows: -

|     |          |
|-----|----------|
| U13 | 13.30min |
| U14 | 13.00min |
| U15 | 12.30min |
| U17 | 12.00min |

- c. Athletes who cannot complete their 1500m walk or 3000m run within these time limits, at regional carnivals, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships.

v. **Qualifying Standard for High Jump**

Athletes who cannot attain the state minimum starting height for the relevant age groups (see 1.5 next page) at regional carnivals, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships.

## 1.5 Relay Events – Zone/Region/State

i. Centre Teams

Centres may enter a maximum of 1 relay team in each division.

ii. Divisions

- Boys Junior
- Girls Junior
- Boys Senior
- Girls Senior

iii. Team Composition

- Junior – 4 athletes (one athlete from U9, U10, U11 & U12)
  - U12 may be replaced by an U9, U10 or U11
  - U11 may be replaced by an U9 or U10

- U10 may be replaced by an U9
- b. Senior – 4 athletes (one athlete from U13, U14, U15 & U17)
- U17 may be replaced by an U15, U14 or U13
  - U15 may be replaced by an U14 or U13
  - U14 may be replaced by an U13
  - U13 may be replaced by an U12 (**Note:** a maximum of 1 x U12 athlete may be used in a senior relay team. If an U12 is used in the Senior Relay team the same athlete cannot be a member of the Junior Relay team).
- NB. Athletes may compete in any age order.
- iv. Eligibility  
Minimum Age - Athletes must be genuine U9 and older.
- v. Age Substitution  
No age substitution is permitted apart from that shown in iii above.
- vi. Team Progression – Zone to Region
- 2 zones = first, second and third
  - 3 zones = first and second
  - 4 zones = first and second
- Where direct entry is used for U12 to U17 athletes, only 1 team per centre (per division) may compete in the senior divisions at the Region Championships. **Note:** This may necessitate heats and a final at Regional Championships
- vii. Team Progression – Region to State  
1 team per division will progress from Region to State.
- viii. Once the team qualifies, athletes may be replaced as required.
- ix. To be eligible for the relay teams' athletes must be registered with LANSW.

## 1.6 Rules Specific to Zone/Region/State

- i. Track Times
- a) The normal rules for timing an event apply, with the exception that hand times will be to the 1/100<sup>th</sup> of a second rather than 1/10<sup>th</sup>.
- b) For progression purposes manual times will be adjusted by adding: -
- 0.24 secs to the actual time for events up to and including 200m, and
  - 0.14 secs to the actual time for events over 200m and up to and including 400m.
- c) On all result sheets at zones and regions that use handheld times, there must be a sentence advising that this adjustment will be made in order for progressing athletes to be determined.
- ii. High Jump – starting heights  
The starting height for high jumps will be as follows: -

|            | ZONE |       | REGION |       | STATE |       |
|------------|------|-------|--------|-------|-------|-------|
|            | Boys | Girls | Boys   | Girls | Boys  | Girls |
| <b>U9</b>  | 0.85 | 0.80  | 0.90   | 0.85  | 0.95  | 0.90  |
| <b>U10</b> | 0.95 | 0.90  | 1.00   | 0.95  | 1.05  | 1.00  |
| <b>U11</b> | 1.05 | 1.00  | 1.10   | 1.05  | 1.15  | 1.10  |
| <b>U12</b> | 1.15 | 1.10  | 1.20   | 1.15  | 1.25  | 1.20  |
| <b>U13</b> | 1.20 | 1.15  | 1.25   | 1.20  | 1.30  | 1.25  |
| <b>U14</b> | 1.25 | 1.20  | 1.30   | 1.25  | 1.35  | 1.30  |

|            |      |      |      |      |      |      |
|------------|------|------|------|------|------|------|
| <b>U15</b> | 1.25 | 1.20 | 1.30 | 1.25 | 1.35 | 1.30 |
| <b>U17</b> | 1.30 | 1.25 | 1.35 | 1.30 | 1.40 | 1.35 |

- iii. Reserves to Finals  
Reserves to finals have been deleted from all levels of competition, including Zone, Region & State and should not be listed.

## 1.7 Local Rules

- i. To be accepted as a local rule, rules listed in the conditions of hiring a ground, e.g., spikes, blocks etc. apply to all carnivals conducted at that ground, including zone, region, and state.
- ii. Any other local competition rules which have been submitted and approved by LANSW before they can be used at zone, region, and state. This is to be done on a carnival-to-carnival basis.
- iii. Local rules may not contradict Little Athletics NSW rules.

## 1.8 3000m

Zone and/or Region Coordinators are permitted to move the 3000m to suit weather conditions.

## 1.9 400m – Timed Finals

All 400m events at all Zones, Regions and the State Track & Field Championships will be conducted as timed finals.

Each timed final heat will be seeded slowest to fastest using the athletes' zone or region performances. Performances from all timed finals will be combined to determine the overall places for each age group.

## 1.10 800m – Timed Finals

All 800m events at the State Track & Field Championships will be conducted as timed finals, which will be seeded, using the athletes' performances from Regions, with the 12 fastest athletes in the same heat, which will be conducted last. Performances from both timed finals will be combined to determine the overall places for each age group.

## 1.11 200m Hurdles & 300m Hurdles – Timed Finals

All circular track hurdles, i.e., 200m & 300m hurdles at all Zones, Regions and the State Track & Field Championships will be conducted as timed finals.

Each timed final heat will be seeded slowest to fastest, using the results from the athletes' zones or region performances. Performances from all timed finals will be combined to determine the overall places for each age group.

## 1.12 Exemption from Zone Championships (U12 to U17)

Athletes in the U12-U17 age groups, who are unable to attend their Zone Championships because they have been selected to represent NSW or Australia at a clashing National or International sporting event, will be able to automatically progress to the relevant Region Championships. **The athlete MUST provide evidence in the way of results to show that they participated at the event they have been selected for. This evidence must be provided to the Competitions Manager at Little Athletics NSW via [competitions@lansw.com.au](mailto:competitions@lansw.com.au) as soon as possible post competition.** If for some reason they do not attend a clashing event, they will not be permitted to progress to the Region Championships.

The athlete must apply in writing (on the Application for Exemption Form, which can be found on the [www.lansw.com.au](http://www.lansw.com.au) website in the Competition/Zone section) to Little Athletics NSW, prior to their Zone Championships for this automatic progression to be accepted.

The application must be accompanied by documentation verifying their selection for the clashing event. If the exemption is due to the All-Schools Athletics, the athlete does not need to attach documentation from the clashing organiser, as the list of NSW team members is supplied to Little Athletics NSW.

### 1.13 Exemption from Region Championships (U12 to U17)

Athletes in the U12 to U17 age group, may be approved as a “Wild Card” entry into the LANSW State Track & Field Championships, if they have been unable to compete at the Region Championships due to a clashing [Athletics Australia event](#) and would normally have qualified in the relevant events though to the State Championships based on their level of performance.

The athlete must apply in writing (email would suffice), to Little Athletics NSW, prior to their Region Championships. The application must be accompanied by documentation verifying their selection for the clashing event, along with their performance for the events they wish to receive a wild card entry for.

**The athlete MUST then provide evidence in the way of results to show that they participated at the event they have been selected for. This evidence must be provided to the Competitions Manager at Little Athletics NSW via [competitions@lansw.com.au](mailto:competitions@lansw.com.au) as soon as possible post competition.**

### 1.14 Zone Championships – Order of Events

A standard zone program is supplied to all zone coordinators, who may change the order to suit local conditions. If the standard zone program is not used, the zone coordinator **must** provide the updated zone program to LANSW for posting on the LANSW website before the Zone Championships.

### 1.15 Region Championships – Order of Events

Regions are supplied with a matrix of events per day for the State Track & Field Championships. Regions are permitted to make changes to suit local conditions. If changes to the days that the events are held are made, they **MUST** submit their proposed order of events to the LANSW for approval. Once approved, regions can then publicise their program to their members. The Region Coordinator must also provide the updated Region program to LANSW for posting on the LANSW website before the Region Championships.

### 1.16 Program for Zone/Region/State

- i. A standard program at Zone / Region / State Championships to consist of: -
  - a. Heats and Finals for 70m, 100m, 200m, 60m/80m/100/110m hurdles (where there are less than 8 entries these events would be conducted as straight-out finals)
  - b. 400m, 800m, 200m Hurdles and 300m Hurdles will be conducted as timed finals.
  - NB.** Timed final heats will be seeded slowest to fastest using the athletes’ zone or region performances. (The heat with the fastest athletes to be conducted last). Performances from all timed finals will be combined to determine the overall places for each age group. (**Note:** refer to 1.9 for conduct of 800m at State Track and Field Championships).
  - c. Other circular track events will be conducted as pack starts
  - d. Field events (with the exception of High Jump) will consist of 3 rounds with the top 8 (with valid performances at the end of round three) having three

additional rounds. (Note the normal rules regarding ties and progression will apply)

- e. Timed Finals
  
- ii. If the Championships need to be altered, due to extenuating circumstances (eg. adverse weather conditions), a compressed program should be used. The decision to compress the carnival shall be made during the carnival if circumstances warrant the change.

A compressed program will consist of: -

- a. Timed finals for all track events.
- b. Field events (except for high jump) consisting of three rounds plus one additional round for the top eight.
- c. The decision to reduce a Championship carnival to a compressed carnival will be made by: -
  - 1) Zone Championships - Zone Coordinator and Carnival Manager, in conjunction with Head of Competition.
  - 2) Region Championships – Region Coordinator and/or Carnival Manager, Region Technical Delegate, in conjunction with Head of Competition.
  - 3) State Championships – Head of Competition, in conjunction with Carnival Manager and Technical Delegate (if appointed).

## 2. State Relays

*These rules are to be read in conjunction with Competition General Rules  
Track Events & Field Events and take precedence over the General Rules*

### 2.1 General Eligibility

- i. Track Relays will run independently of the Field Relays.
- ii. Athletes in the U8-U11 age groups may compete only in Track OR Field Relays, but not both, except for Section 5.
- iii. Athletes in the U12-U17 age groups may compete in both Track and Field Relays, on the express understanding that there is no clash management provided. It is the responsibility of the athletes to choose events carefully, follow the program and move between events via the appropriate call room, as and when required.
  - Team Manager reports to the track call room with non-clashing athletes (if any) and advised call room of the clash. This is recorded on the lane draw sheets that go with the athletes to the changes.
  - Non clashing athletes are marshalled as normal and proceed to the relevant start line/change area.
  - At least 5 minutes before the scheduled start time, “clashing” athletes at field events go directly to the relevant start line/change area from the field area. If all 4 athletes are not at their area by time the event is placed on the track, the referee, on notice from the change chief, will exclude the team.
- iv. Athletes may compete up 1 age group (minimum age U8) to form a team, however athletes may only compete in 1 age group at the championships, and only in events / specifications offered for their own age group.
- v. U8-U11 may only compete on the Junior Day.
- vi. To be eligible for a medal, a team must comprise 4 athletes in track relays and 3 athletes in field relays.
- vii. Field Relays placings will be determined using the Combined Carnival Points system.

### 2.2 Centre Categories

- i. Centres with a total of **200 or more** registered members from the previous season in the age groups U8 to U17 are **excluded** from entering teams in sections 2 & 5.
- ii. Centres with **less than 200** registered members for the previous season in the age groups U8 to U17 can enter teams in sections 1 & 3 plus section 4 **OR** sections 2 & 3 plus section 4.
- iii. Centres with a total of **less than 150** registered members for the previous season in the age groups U8 to U17 can enter teams as per ii. above as well as Section 5.

### 2.3 Event Sections

#### Section 1

| TRACK                                     | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U17 |
|---|----|----|-----|-----|-----|-----|-----|-----|-----|
| 4 x 100 metres (Boys)<br>Team of 4 boys   | ✓  | ✓  | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   |
| 4 x 100 metres (Girls)<br>Team of 4 girls | ✓  | ✓  | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   |

## Section 2

| TRACK  | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U17 |
|--|----|----|-----|-----|-----|-----|-----|-----|-----|
| 4 x 100 metres (Mixed)<br>Team of 2 boys & 2 girls | ✓  | ✓  | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   |

## Section 3

| TRACK  | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U17 |
|--|----|----|-----|-----|-----|-----|-----|-----|-----|
| 4 x 200 metres (Mixed)<br>Team of 2 boys & 2 girls | ✓  | ✓  | No  | No  | No  | No  | No  | No  | No  |
| 4 x 400 metres (Mixed)<br>Team of 2 boys & 2 girls | No | No | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   |
| Middle Distance Junior (Girls)<br>Team of 4 girls  | ✓  | ✓  | ✓   | ✓   | No  | No  | No  | No  | No  |
| Middle Distance Junior (Boys)<br>Team of 4 boys    | ✓  | ✓  | ✓   | ✓   | No  | No  | No  | No  | No  |

**Note:** *Junior Middle Distance* to consist of 4 athletes from the U8 to U11 age groups, with there being only 1 x U8 athlete who will be the first runner running 700m. The remaining athletes to be from the U9 to U11 age groups, with a maximum of 1 x U11, 2 x U10 or 3 x U9 running 800m each.

| TRACK   | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U17 |
|---|----|----|-----|-----|-----|-----|-----|-----|-----|
| Middle Distance Senior (Girls)<br>Team of 4 girls | No | No | No  | No  | ✓   | ✓   | ✓   | ✓   | No  |
| Middle Distance Senior (Boys)<br>Team of 4 boys   | No | No | No  | No  | ✓   | ✓   | ✓   | ✓   | No  |

**Note:** *Senior Middle Distance* to consist of 4 athletes from the U12 to U15 age groups, with a maximum of 1 x U15; 2 x U14; 3 x U13 or 4 x U12 all running 800m each.

## Section 4 (centres may enter 2 teams in each event in Section 4)

| FIELD  | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U17 |
|--|----|----|-----|-----|-----|-----|-----|-----|-----|
| Jumps Relay (Boys)<br>Team of 3 Boys (Long Jump)                 | ✓  | ✓  | ✓   | No  | No  | No  | No  | No  | No  |
| Jumps Relay (Girls)<br>Team of 3 Girls (Long Jump)               | ✓  | ✓  | ✓   | No  | No  | No  | No  | No  | No  |
| Throws Relay (Boys)<br>Team of 3 Boys, 2 x Discus, 1 x Shot      | ✓  | ✓  | ✓   | No  | No  | No  | No  | No  | No  |
| Throws Relay (Girls)<br>Team of 3 Girls, 2 x Discus, 1 x Shot    | ✓  | ✓  | ✓   | No  | No  | No  | No  | No  | No  |
| Throws Relay (Boys)<br>Shot, Discus, Javelin<br>Team of 3 boys   | No | No | No  | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   |
| Throws Relay (Girls)<br>Shot, Discus, Javelin<br>Team of 3 girls | No | No | No  | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   |
| Jumps Relay (Boys)<br>Long, High, Triple<br>Team of 3 Boys       | No | No | No  | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   |
| Jumps Relay (Girls)<br>Long, High, Triple<br>Team of 3 Girls     | No | No | No  | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   |

## Section 5

| TRACK                |  |
|----------------------|--|
| Junior 4 x 100m      | A team of 4. One athlete from U/8, U/9, U/10 & U/11 & must have at least one member of either gender   |
| Senior 4 x 100m      | A team of 4. One athlete from U/12, U/13, U/14 & U/15 & must have at least one member of either gender |
| FIELD                |  |
| Junior 4 x Long Jump | A team of 4. One athlete from U/8, U/9, U/10 & U/11 & must have at least one member of either gender   |
| Senior 4 x Long Jump | A team of 4. One athlete from U/12, U/13, U/14 & U/15 & must have at least one member of either gender |

## 2.4 Substitutes

In Section 5, the Junior Middle Distance relays, Junior & Senior 4 x 100m relays & Junior & Senior 4 x Long Jump relays there is no age substitution permitted. Athletes must only be of the age groups specified. Therefore, reserves must be of the same age as the athlete they are replacing.

## 2.5 Timed Finals

4 x 200m, 4 x 400m events and middle-distance events will be timed finals, i.e., no heats will be conducted.

## 2.6 Field Event Athletes

- i. On the Junior Day, field event athletes will have an event identification mark, 1, 2 or 3 placed on their arm or leg. E.g., S1 for a Shot Put athlete.
- ii. Each athlete is limited to 3 trials (except for High Jump).
- iii. Athletes may only compete in one leg of a field relay, E.g., a High Jump athlete may not compete in the Long Jump or Triple Jump of the jumps relay.
- iv. Senior athletes can compete out of round, out of order.

## 2.7 Takeover Zones

- i. 4 x 400m relay
  - a. The 1<sup>st</sup> lap will be run entirely in lanes.
  - b. The 1<sup>st</sup> runner must stay within their lane and as far as practicable within the takeover zone until all changes have been made.
  - c. 2<sup>nd</sup> runners will continue in lanes until the breakline where they may cross to any lane if it is safe to do so.
  - d. 3<sup>rd</sup> and 4<sup>th</sup> runners will be placed on the track in the takeover zone in the order their team crosses the 200m mark.
- ii. 4 x 200m relays
  - a. Start on the 200m staggers
  - b. The whole race to be run in lanes
  - c. A 30-metre acceleration zone is allowed.
- iii. 4 x 100m Relays

In the 4 x 100m each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. Athletes are permitted to make a check mark (one piece only) on the track within their own lane, however adhesive tape only may be used.
- iv. Middle Distance Relay Junior
  - a. Start to be on 300m /1500 pack start line.
  - b. The 1<sup>st</sup> runners **must** be the U/8 athletes who will run 700m. Athletes may cross to any lane once the gun has gone, and it is safe to do so.
  - c. 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> runners will be placed on the track in the takeover zone in the order their team member crosses the 200m mark for the second time.
- v. Middle Distance Relay Senior
  - a. Start to be on the 800m staggers.
  - b. The 1<sup>st</sup> runners are to run in lanes until the breakline where they may cross to any lane if it is safe to do so.
  - c. 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> runners will be placed on the track in the takeover zone in the order their team member crosses the 200m mark for the second time.
- vi. In all Relays the baton changeovers must be executed within the specified takeover zone or disqualification will result i.e., the **baton itself must** be within the limits of the change area.



- NB. The breakline shall be an arced line, 5cm wide, across the track, marked at each end by a distinctive marker positioned outside the track. To assist athletes, identify the breakline, small cones or prisms, 5cm x 5cm and no more than 15cm high, preferably of a different colour as to the breakline & lane line, shall be placed on the lane line immediately before the intersection of the lane line and the breakline.

## 2.8 High Jump Starting Heights

- i. The starting height for the Relay high jumps will be as follows:
  - a. U10 0.95m
  - b. U11 1.05m
  - c. U12 1.15m
  - d. U13 1.20m
  - e. U14 1.25m
  - f. U15 1.25m
  - g. U17 1.30m
- ii. With the bar rising by 5cm increments until an athlete obtains a clear first place. If the athlete is within the vicinity of equalling or bettering the state record, the athlete shall then be offered:
  - a. To continue the competition proper.
  - b.
    - i) An attempt (3 jumps) at the record by raising the bar to equal or better the record.
    - ii) If this attempt falls outside of the 5cm increments i.e. (present record is 1.83m, athlete has cleared 1.80m, elects to attempt record 1.83m, if successful then the athlete may continue jumping at the next 5cm increment 1.85m).
- iii. Points to be allocated by 5cm increments only. No points will be gained by jumping between the 5cm increments.

## 2.9 Qualification to Finals

- i. Relay finals will utilise 8 lanes.
- ii. Placings will be considered when times are equal for the last qualifiers.
- iii. In all track events the heat winners plus the next fastest times to fill the available lanes shall proceed to the final.
- iv. Where insufficient teams marshal for heats, that event shall be run as a final at the time of heats. For the Middle Distance Relays the maximum number of teams per heat will be determined by the available number of lanes times 2.
- v. Where insufficient entries are received for heats at close of entries, that event will be scheduled as a final at the time of heats.
- vi. Where there is a tie for a place in the final, the qualifiers for that place shall be decided by a draw for the qualifiers for the final subject to ii. above.
- vii. Where there have been qualifying heats, teams shall be drawn for lanes in finals according to World Athletics rules for the four highest ranked teams only. A second draw will be made to determine placings in the remaining lanes. For the purpose of determining the allocation of lanes, where teams have run in the same heat and have recorded the same time, the higher placed team shall be deemed to have run the better time.

## **2.10 Under 8 Teams**

Boys' and girls' teams entered in the 4 x 100m and 4 x 200m relays may have a representative from their centre to place runners on the track at each change, if desired.

## **2.11 Starting Rules**

For the Middle Distance Senior Relay (section 3) and the Senior 4 x 100m relay (section 5), the start rule as per U/13 to U/17 will apply.

## 3. Combined Events

*These rules are to be read in conjunction with Competition General Rules Track Events & Field Events and take precedence over the General Rules*

### 3.1 Eligibility

3.1.1 Athletes **MUST** compete in their own age group.

### 3.2 Events

|     |              |   |
|-----|--------------|---|
| U7  | Boys & Girls | 50m; 100m; pack start; long jump; shot put; discus                |
| U8  | Boys & Girls | 70m; 200m; pack start; long jump; shot put; discus                |
| U9  | Boys & Girls | 100m; 60m hurdles; 800m; long jump; shot put; discus              |
| U10 | Boys & Girls | 200m; 60m hurdles; 800m; long jump; shot put; discus              |
| U11 | Boys & Girls | 100m; 80m hurdles; 800m; long jump; shot put; discus              |
| U12 | Boys & Girls | 200m; 80m hurdles; 800m; long jump; shot put; discus              |
| U13 | Boys & Girls | 100m; 80m hurdles; 800m; long jump; shot put; discus              |
| U14 | Girls        | 200m; 80m hurdles; 800m; long jump; shot put; discus              |
| U14 | Boys         | 200m; 90m hurdles; 800m; long jump; shot put; discus              |
| U15 | Girls        | 200m; 90m hurdles; 800m; long jump; shot put; high jump; javelin  |
| U15 | Boys         | 100m; 100m hurdles; 800m; long jump; discus; high jump; javelin   |
| U17 | Girls        | 200m; 100m hurdles; 800m; long jump; shot put; high jump, javelin |
| U17 | Boys         | 100m; 110m hurdles; 800m; long jump; discus; high jump, javelin   |

### 3.3 Field Events

3.3.1 Athletes will receive 3 trials in field events, with no final rounds. Athletes are permitted to have 1 practice trials.

### 3.4 Competition Order

Athletes will follow the officials order for lane selection for all track events except for 800m which will be a seeded draw with the 16 leading athletes in the last heat. For field events athletes shall compete in the order as listed.

### 3.5 Track Events

3.5.1 There will be no finals for track events.

### 3.6 Disqualification – Track

3.6.1 Athletes will be disqualified for their 3rd false start. (Refer to Competitions General Rules - Rule 6.5 False Starts)

### 3.7 High Jump Starting Height

- i. U15 & U17 - 1.10m
- ii. With the bar rising by 5cm increments until an athlete obtains a clear first place. If the athlete is within the vicinity of equalling or bettering the state record, the athlete shall then be offered:
  - a. To continue the competition proper.
  - b.
    - i) An attempt (3 jumps) at the record by raising the bar to equal or better the record.
    - ii) If this attempt falls outside of the 5cm increments i.e. (present record is 1.83m, athlete has cleared 1.80m, elects to attempt record 1.83m, if

successful then the athlete may continue jumping at the next 5cm increment 1.85m).

- iii. Points to be allocated by 5cm increments only. No points will be gained by jumping between the 5cm increments.

### **3.8 Point Score**

- i. An athlete must attempt to start the track event; enter the circle; or respond to the long jump, high jump, or javelin official when called to be considered an athlete.
- ii. An athlete who misses an event shall not be eliminated from the competition, however, they will not be included in the final results. An athlete removed from an event based on advice from the Medical Officer to the appropriate referee or manager shall be included in the final results.
- iii. The point score used will be as approved by LANSW.
- iv. In the event of a tie for a final placing, no countback shall be applied. Tying athletes will be given an equal placing.
- v. Athletes in the U7 to U11 age group will receive minimum points if they fail to receive a measure in shot put, discus or long jump. The minimum points can be no more than those received by the lowest performed athlete in the event.

### **3.9 Instruction/Coaching at Event Areas (U7-U11)**

- i. A more relaxed attitude to these younger age groups shall occur at this Combined Carnival, with time for instruction from the event officials and/or Little Athletics NSW coaches, before and during the events. Athletes in the U7 to U11 age groups will have the opportunity to learn 'how to' throw, jump etc during and before their events. Timetable considerations have been considered, with athletes reporting to their events areas 10 minutes prior to the commencement which will allow for such instruction to occur. Athletes in these age groups will not be permitted to leave the competition area.
- ii. It is noted that athletes in the U12 and above may utilise the coaches' area for instruction (refer to Competition General Rules, Rule 4.17 Coaches Area).

## 4. State Cross Country

(in conjunction with ANSW X COUNTRY SHORT COURSE)

### Section A: General Rules

#### 4.1 Eligibility

- 4.1.1** Members are to be registered with Little Athletics NSW (or other state member associations) for the current season and wear their centre uniform with bibs worn on the front for the duration of the event.
- 4.1.2** Athletes in the U7-U11 age groups must wear their Little Athletics NSW centre uniform and can only compete in their registered age group. Those competing in the U12 and above will fall under ANSW age group brackets. E.g., LANSW U12 will be an ANSW U13
- 4.1.3** The minimum age is U7 registered athletes. No U6 may enter this event.
- 4.1.4** In the Little Athletics age groups of U7-U11, spike shoes with or without spikes **MAY NOT** be used in any event. Football boots or cleats may not be worn.

#### 4.2 Events, Age Groups & Distances (subject to change)

| LITTLE ATHLETICS NSW RULES               |       |  | ATHLETICS NSW RULES       |     |
|--|-------|--|---------------------------|-----|
| U7 (Boys & Girls)                        | 1km   |  | U13 (Boys & Girls)        | 3km |
| U8 (Boys & Girls)                        | 1km   |  | U14 (Boys & Girls)        | 3km |
| U9 (Boys & Girls)                        | 1.5km |  | U15 (Boys & Girls)        | 4km |
| U10 (Boys & Girls)                       | 1.5km |  | U16 (Boys & Girls)        | 4km |
| U11 (Boys & Girls)                       | 2km   |  | U17 (Girls)               | 4km |
|  |       |  | U18 (Girls)               | 4km |
| U9, U10 & U11 Multi Class (Boys & Girls) | 1.5km |  | U17 (Boys)                | 5km |
| (Classification required)                |       |  | U18 (Boys)                | 5km |
|  |       |  | U20 (Girls)               | 5km |
|  |       |  | U20 (Boys)                | 5km |
|  |       |  | Open 30+, 40+ (Women)     | 6km |
|  |       |  | Open 30+, 40+ (Men)       | 6km |
|  |       |  | 50+,60+, 70+, 80+ (Women) | 4km |
|  |       |  | 50+, 60+, 70+, 80+ (Men)  | 4km |

#### 4.3 Entry Process

- 4.3.1** Online entries will open online at least three (3) weeks prior to the competition and close at 9am on the Wednesday prior to the competition. Any athlete without internet access or credit card must contact the office directly for an alternative method of entry.
- 4.3.2** There will be no on the day entries.
- 4.3.3** Only LANSW members and ANSW members (or other athletes registered with another state member association may compete.

## **4.4 Teams**

- 4.4.1** Teams for the U7-U11 age groups will consist of the first 3 from the same centre to cross the line.
- 4.4.2** Teams will consist of 4 athletes from a club in U13-Masters.
- 4.4.3** Little Athletics Centre athletes in the U13-U17 age groups can join with their respective senior club to form a team with their given age group. These centres must have a pre-established relationship to create a team. There will be forms on the day where centre representatives can enter their team prior to the beginning of the race. It is encouraged to assist in the smooth transition from LA's to ANSW that they all wear the same athletics uniform. However, this is not mandatory.
- 4.4.4** LANSW Regional centres (R1-R4) can combine to create a team if the centres are from the same region. Centre representatives must fill out a team form on the day prior to the start of the race.

## **4.5 Confirmation of Entry**

- 4.5.1** All athletes must report to the check-in desk on the day of competition at least 45 minutes before the race to confirm entry and have their uniforms checked.

## **4.6 Medal Presentation**

- 4.6.1** First, second and third place getters in both individual and team events shall receive a state medal. Medals will be presented to all individual medalists after the conclusion of each race. Team medals for U7-U18 will be awarded on the day. All other team medals will be sent to clubs in the week after the event.

## **4.7 Unauthorised Use of Course**

- 4.7.1** Event courses are not available for warming up / warming down during the conduct of a race. The Referee reserves the right to disqualify the athlete/s, team or teams of the offending club/s or take other disciplinary action as may be deemed necessary.

## **4.8 Vehicles**

- 4.8.1** In all races, no vehicle other than official cars shall accompany a runner or walker, nor park in such a way as to hinder a start, finish or changeover or control point.

## 5. State Road Walks

(in conjunction with ANSW SHORT WALKS)

### Section A: General Rules

#### 5.1 Eligibility

- 5.1.1** Members are to be registered with Little Athletics NSW (or other state member associations) for the current season and wear their centre uniform with bibs worn on the front for the duration of the event.
- 5.1.2** Athletes in the U9-U11 age groups must wear their Little Athletics NSW centre uniform and can only compete in their registered age group. Those competing in the U12 and above will fall under ANSW age group brackets. E.g., LANSW U12 will be an ANSW U13
- 5.1.3** The minimum age is U9 registered athletes. No athletes younger than those registered in the U9 age group may enter this event.

#### 5.2 Events, Age Groups & Distances (subject to change)

| LITTLE ATHLETICS NSW RULES |       | ATHLETICS NSW RULES   |      |
|----------------------------|-------|-----------------------|------|
| U9 (Boys & Girls)          | 1.2km | U13 (Boys & Girls)    | 2km  |
| U10 (Boys & Girls)         | 1.2km | U14 (Boys & Girls)    | 2km  |
| U11 (Boys & Girls)         | 1.5km | U15 (Boys & Girls)    | 3km  |
|                            |       | U16 (Boys & Girls)    | 3km  |
|                            |       | U17 (Boys & Girls)    | 3km  |
|                            |       | U20 (Men & Women)     | 10km |
|                            |       | Open (Women)          | 15km |
|                            |       | Open (Men)            | 20km |
|                            |       | Masters (Men & Women) | 5km  |

#### 5.3 Entry Process

- 5.3.1** Entries will open online at least three (3) weeks prior to the competition and close on the Wednesday prior to the event. Any athlete without internet access or credit card must contact the office directly for an alternative method of entry.
- 5.3.2** There will be no on the day entries taken.
- 5.3.3** Only LANSW members and ANSW members (or other athletes registered with another state member association) may compete.

#### 5.4 Teams

- 5.4.1** Teams for the U9-U11 age groups will consist of the first 3 from the same centre to cross the line.
- 5.4.2** There will be no team medals for U20-Masters age groups.
- 5.4.3** Little Athletics Centre athletes in the U13-U17 age groups can join with their respective senior club to form a team with their given age group. These centres must have a pre-established relationship to create a team. There will be forms on the day where centre representatives can enter their team prior to the beginning of the race. It is encouraged to assist in the smooth transition from LA's to ANSW that they all wear the same athletics uniform. However, this is not mandatory.
- 5.4.4** LANSW Regional centres (R1-R4) can combine to create a team if the centres are from the same region. Centre representatives must fill out a team form on the day prior to the start of the race.

## **5.5 Confirmation of Entry**

- 5.5.1** All athletes must report to the check-in desk on the day of competition at least 45 minutes before the race to confirm entry and have their uniforms checked

## **5.6 Medal Presentation**

- 5.6.1** First, second and third place getters in individual and Little Athletics team events shall receive a state medal. Medals will be presented to all individual medalists after the conclusion of each race. Team medals for U9-U17 will be awarded on the day.

## **5.7 Unauthorised Use of Course**

- 5.7.1** Event courses are not available for warming up / warming down during the conduct of a race. The Referee reserves the right to disqualify the athlete/s, team or teams of the offending club/s or take other disciplinary action as may be deemed necessary.





# SECTION C

## ZONE TO REGION PROGRESSION

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## PROGRESSION FROM ZONE TO REGION AND REGION TO STATE

| Region | What zones are in this region?  | What places automatically progress to region from zone?<br><b>Please note that any places not filled by automatic progression will not be filled by additional next best performances</b> | What is <b>maximum</b> number of next best qualifiers that will progress to region from across all zone results in the region? | What places automatically progress to state from region?<br><b>Please note that any places not filled by automatic progression will not be filled by additional next best performances</b> | What is maximum number of next best qualifiers that will progress to state from across all region results? | What number of relays progress from zone to region? | What number of relays progress from region to state? |
|--------|---|---|--|--|--|---|--|
| 1      | New England, Northern Rivers and Mid North Coast                              | First 4 Places  | 4  | First 2 Places   | 8  | First 2 Places                                      | First Place  |
| 2      | Central Coast, Lake Macquarie, Hunter, and Port Hunter                        | First 3 Places  | 4  | First 2 Places   | 8  | First 2 Places                                      | First Place  |
| 3      | Western Plains and Western Ranges   | First 6 Places  | 4  | First 2 Places   | 8  | First 3 Places                                      | First Place  |
| 4      | Eastern Riverina, Western Riverina, Mid South Coast and South Coast Highlands | First 3 Places  | 4  | First 2 Places   | 8  | First 2 Places                                      | First Place  |
| 5      | Northern Metropolitan and North East Metropolitan                             | First 6 Places  | 4  | First 2 Places   | 8  | First 3 Places                                      | First Place  |
| 6      | West Metropolitan, Outer West Metropolitan and North West Metropolitan        | First 4 Places  | 4  | First 2 Places   | 8  | First 2 Places                                      | First Place  |
| 7      | Central West Metropolitan, South West Metropolitan and Mid West Metropolitan  | First 4 Places  | 4  | First 2 Places   | 8  | First 2 Places                                      | First Place  |
| 8      | Inner City and Southern Metropolitan  | First 6 Places  | 4  | First 2 Places   | 8  | First 3 Places                                      | First Place  |

### NOTE:

- If only 9 athletes arrive at the call room from entries to heats then the heats may be collapsed to a final of a maximum of 9 athletes
- If after resolving a protest in an earlier heat an additional athlete is added to the final, then this can result in 9 athletes being in the final, Only the top 8 will be considered for progression, so that all zones have the same number of athletes qualifying to the next level).

### Selection of next best performances

- Performances in heats cannot be considered in selection of next best performances unless event is run as a Timed Final.
- Performances from all competitors in a field event will be assessed for next best performances. This means that an athlete who does not reach the second round (or final 3 trials) may still perform a next best performance.
- Performances from all competitors in all pack events (eg. 800 metres) will be assessed for next best performances.



# SECTION D

## MULTI CLASS GUIDELINES, COMPETITION RULES, EVENTS & SPECIFICATIONS

# **MULTI CLASS GUIDELINES AND COMPETITION RULES**

*These rules are to be read in conjunction with Competition General Rules  
And Track Events & Field Events.*

All information regarding multi-class can be found on the Athletics Australia website.

## **1. CLASSIFICATION GUIDELINES**

All athletes with a disability must have received at least a provisional classification from an approved organisation if they want to compete in disability events conducted at Little Athletics championship competition.

Classification in athletics has seven areas or categories, and each had different requirements. If athlete do not fall into one of the following categories, then they may not be able to be classified. If an athlete cannot be classified, they are ineligible to compete in disability events and must therefore compete in the able-bodies events.

### **Deaf (T/F 01)**

*Deaf Sports Australia – [www.deafsports.org.au](http://www.deafsports.org.au) or [info@deafsports.org.au](mailto:info@deafsports.org.au)*

### **Visually Impaired (T/F 11-13)**

*Australian Paralympic Committee – [classification@paralympic.org.au](mailto:classification@paralympic.org.au) or 02 9704 0500*

### **Intellectual Disability (T/F 20) (T/F 21)**

*Sport Inclusion Australia – [www.sportinclusionaustralia.org.au](http://www.sportinclusionaustralia.org.au) or [mail@sportinclusionaustralia.org.au](mailto:mail@sportinclusionaustralia.org.au)*

### **Physical Impairment: Cerebral Palsy (T/F 32-38); Amputee & Les Autres (Little People) (T/F 40-46); Wheelchair Athletes (T51-54; F51-58) Limb Deficiency etc. (T/F 61-64)**

*Australian Paralympic Committee – [classification@paralympic.org.au](mailto:classification@paralympic.org.au) or 02 9704 0500*

**Transplantee (T/F 60)** – A person who has received a kidney, heart, heart & lung, liver, or bone marrow transplant.

*Transplant Australia – [www.transplant.org.au](http://www.transplant.org.au) or [contactus@transplant.org.au](mailto:contactus@transplant.org.au)*

## 2. MULTI CLASS STANDARD EVENTS

*Note 1: Race Running (RR1, RR2 & RR3) will be re-named and the classification changed to Frame Running (T71 & T72) in late 2021.*

*Note 2: Australian Best Performances (ABP's) are not recognised at this point in time.*

**Legend:**

|  |  |
|--|--|
|  | Available to Offer at Association Championships U9 – U15 |
|  | Not Available as no Baseline Exists                      |
|  | Optional Relay and Cross Country                         |

| CLASS | 100m | 200m | 800m | Shot Put | Discus | Long Jump | Relays | Cross Country |
|-------|------|------|------|----------|--------|-----------|--------|---------------|
| T/F01 |      |      |      |          |        |           |        |               |
| RR1   |      |      |      |          |        |           |        |               |
| RR2   |      |      |      |          |        |           |        |               |
| RR3   |      |      |      |          |        |           |        |               |
| T/F11 |      |      |      |          |        |           |        |               |
| T/F12 |      |      |      |          |        |           |        |               |
| T/F13 |      |      |      |          |        |           |        |               |
| T/F20 |      |      |      |          |        |           |        |               |
| T/F21 |      |      |      |          |        |           |        |               |
| T/F31 |      |      |      |          |        |           |        |               |
| T/F32 |      |      |      |          |        |           |        |               |
| T/F33 |      |      |      |          |        |           |        |               |
| T/F34 |      |      |      |          |        |           |        |               |
| T/F35 |      |      |      |          |        |           |        |               |
| T/F36 |      |      |      |          |        |           |        |               |
| T/F37 |      |      |      |          |        |           |        |               |
| T/F38 |      |      |      |          |        |           |        |               |
| T/F40 |      |      |      |          |        |           |        |               |
| T/F41 |      |      |      |          |        |           |        |               |
| T/F42 |      |      |      |          |        |           |        |               |
| T/F43 |      |      |      |          |        |           |        |               |
| T/F44 |      |      |      |          |        |           |        |               |
| T/F45 |      |      |      |          |        |           |        |               |
| T/F46 |      |      |      |          |        |           |        |               |
| T/F47 |      |      |      |          |        |           |        |               |
| T/F51 |      |      |      |          |        |           |        |               |
| T/F52 |      |      |      |          |        |           |        |               |
| T/F53 |      |      |      |          |        |           |        |               |
| T/F54 |      |      |      |          |        |           |        |               |
| F55   |      |      |      |          |        |           |        |               |
| F56   |      |      |      |          |        |           |        |               |
| F57   |      |      |      |          |        |           |        |               |
| T/F60 |      |      |      |          |        |           |        |               |
| T/F61 |      |      |      |          |        |           |        |               |
| T/F62 |      |      |      |          |        |           |        |               |
| T/F63 |      |      |      |          |        |           |        |               |
| T/F64 |      |      |      |          |        |           |        |               |

*Note: Throwing Weights as per Implement Specifications Table 8. Maximum Cross-Country Distances as per Table 6.*

## 3. MULTI CLASS IMPLEMENTS

| Classification | Little Athletics Registration Age | Girls    |        |          | Boys     |        |          |
|----------------|-----------------------------------|----------|--------|----------|----------|--------|----------|
|                |                                   | Shot Put | Discus | Javelin  | Shot Put | Discus | Javelin  |
| F01            | U17                               | 3.0Kg    | 1.0Kg  | 500g     | 5.0Kg    | 1.5Kg  | 700g     |
|                | U15                               | 3.0Kg    | 1.0Kg  | 500g     | 4.0Kg    | 1.0Kg  | 700g     |
|                | U14                               | 3.0Kg    | 1.0Kg  | 400g     | 3.0Kg    | 1.0Kg  | 600g     |
|                | U13                               | 3.0Kg    | 750g   | 400g     | 3.0Kg    | 750g   | 600g     |
|                | U12                               | 2.0Kg    | 750g   | 400g     | 2.0Kg    | 750g   | 400g     |
|                | U11                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                | U10                               | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
|                | U9                                | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
| F11-F13        | U17                               | 3.0Kg    | 1.0Kg  | 500g     | 5.0Kg    | 1.5Kg  | 700g     |
|                | U15                               | 3.0Kg    | 1.0Kg  | 500g     | 4.0Kg    | 1.0Kg  | 700g     |
|                | U14                               | 3.0Kg    | 1.0Kg  | 400g     | 3.0Kg    | 1.0Kg  | 600g     |
|                | U13                               | 3.0Kg    | 750g   | 400g     | 3.0Kg    | 750g   | 600g     |
|                | U12                               | 2.0Kg    | 750g   | 400g     | 2.0Kg    | 750g   | 400g     |
|                | U11                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                | U10                               | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
|                | U9                                | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
| F20            | U17                               | 3.0Kg    | 1.0Kg  | 500g     | 5.0Kg    | 1.5Kg  | 700g     |
|                | U15                               | 3.0Kg    | 1.0Kg  | 500g     | 4.0Kg    | 1.0Kg  | 700g     |
|                | U14                               | 3.0Kg    | 1.0Kg  | 400g     | 3.0Kg    | 1.0Kg  | 600g     |
|                | U13                               | 3.0Kg    | 750g   | 400g     | 3.0Kg    | 750g   | 600g     |
|                | U12                               | 2.0Kg    | 750g   | 400g     | 2.0Kg    | 750g   | 400g     |
|                | U11                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                | U10                               | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
|                | U9                                | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
| F21            | U17                               | 2.0Kg    | 750g   | 400g     | 3.0Kg    | 1.0Kg  | 500g     |
|                | U15                               | 2.0Kg    | 750g   | 400g     | 3.0Kg    | 1.0Kg  | 500g     |
|                | U14                               | 2.0Kg    | 750g   | 400g     | 3.0Kg    | 1.0Kg  | 500g     |
|                | U13                               | 2.0Kg    | 500g   | 400g     | 3.0Kg    | 750g   | 400g     |
|                | U12                               | 1.0Kg    | 500g   | 400g     | 2.0Kg    | 750g   | 400g     |
|                | U11                               | 1.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                | U10                               | 1.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
|                | U9                                | 1.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |

| Classification    | Little Athletics Registration Age | Girls    |          |          | Boys     |          |          |
|-------------------|-----------------------------------|----------|----------|----------|----------|----------|----------|
|                   |                                   | Shot Put | Discus   | Javelin  | Shot Put | Discus   | Javelin  |
| F31 Seated Throws | U17                               | No Event | No Event | No Event | No Event | No Event | No Event |
|                   | U15                               | No Event | No Event | No Event | No Event | No Event | No Event |
|                   | U14                               | No Event | No Event | No Event | No Event | No Event | No Event |
|                   | U13                               | No Event | No Event | No Event | No Event | No Event | No Event |
|                   | U12                               | No Event | No Event | No Event | No Event | No Event | No Event |
|                   | U11                               | No Event | No Event | No Event | No Event | No Event | No Event |
|                   | U10                               | No Event | No Event | No Event | No Event | No Event | No Event |
|                   | U9                                | No Event | No Event | No Event | No Event | No Event | No Event |
| F32 Seated Throws | U17                               | 1.0Kg    | 750g     | No Event | 2.0Kg    | 750g     | No Event |
|                   | U15                               | 1.0Kg    | 750g     | No Event | 1.0kg    | 750g     | No Event |
|                   | U14                               | 1.0Kg    | 500g     | No Event | 1.0kg    | 500g     | No Event |
|                   | U13                               | 1.0Kg    | 500g     | No Event | 1.0kg    | 500g     | No Event |
|                   | U12                               | 1.0Kg    | 500g     | No Event | 1.0Kg    | 500g     | No Event |
|                   | U11                               | 1.0Kg    | 500g     | No Event | 1.0Kg    | 500g     | No Event |
|                   | U10                               | 1.0Kg    | 500g     | No Event | 1.0Kg    | 500g     | No Event |
|                   | U9                                | 1.0Kg    | 350g     | No Event | 1.0Kg    | 350g     | No Event |
| F33 Seated Throws | U17                               | 2.0Kg    | 750g     | 500g     | 2.0Kg    | 750g     | 600g     |
|                   | U15                               | 2.0Kg    | 750g     | 400g     | 2.0kg    | 750g     | 500g     |
|                   | U14                               | 1.0Kg    | 500g     | 400g     | 2.0kg    | 500g     | 500g     |
|                   | U13                               | 1.0Kg    | 500g     | 400g     | 2.0kg    | 500g     | 400g     |
|                   | U12                               | 1.0Kg    | 500g     | 400g     | 1.0Kg    | 500g     | 400g     |
|                   | U11                               | 1.0Kg    | 500g     | 400g     | 1.0Kg    | 500g     | 400g     |
|                   | U10                               | 1.0Kg    | 500g     | No Event | 1.0Kg    | 500g     | No Event |
|                   | U9                                | 1.0Kg    | 500g     | No Event | 1.0Kg    | 500g     | No Event |
| F34               | U17                               | 2.0Kg    | 750g     | 500g     | 3.0Kg    | 750g     | 600g     |
|                   | U15                               | 2.0Kg    | 750g     | 400g     | 3.0kg    | 750g     | 500g     |
|                   | U14                               | 2.0Kg    | 500g     | 400g     | 2.0kg    | 500g     | 500g     |
|                   | U13                               | 2.0Kg    | 500g     | 400g     | 2.0kg    | 500g     | 400g     |
|                   | U12                               | 2.0Kg    | 500g     | 400g     | 1.5Kg    | 500g     | 400g     |
|                   | U11                               | 2.0Kg    | 500g     | 400g     | 1.5Kg    | 500g     | 400g     |
|                   | U10                               | 2.0Kg    | 500g     | No Event | 1.5Kg    | 500g     | No Event |
|                   | U9                                | 1.5Kg    | 500g     | No Event | 1.5Kg    | 500g     | No Event |

| Classification | Little Athletics Registration Age | Girls    |        |          | Boys     |        |          |
|----------------|-----------------------------------|----------|--------|----------|----------|--------|----------|
|                |                                   | Shot Put | Discus | Javelin  | Shot Put | Discus | Javelin  |
| F35            | U17                               | 2.0Kg    | 750g   | 500g     | 3.0Kg    | 750g   | 600g     |
|                | U15                               | 2.0Kg    | 750g   | 400g     | 3.0kg    | 750g   | 500g     |
|                | U14                               | 2.0Kg    | 500g   | 400g     | 2.0kg    | 500g   | 500g     |
|                | U13                               | 2.0Kg    | 500g   | 400g     | 2.0kg    | 500g   | 400g     |
|                | U12                               | 2.0Kg    | 500g   | 400g     | 1.5Kg    | 500g   | 400g     |
|                | U11                               | 2.0Kg    | 500g   | 400g     | 1.5Kg    | 500g   | 400g     |
|                | U10                               | 2.0Kg    | 500g   | No Event | 1.5Kg    | 500g   | No Event |
|                | U9                                | 1.5Kg    | 500g   | No Event | 1.5Kg    | 500g   | No Event |
| F36            | U17                               | 2.0Kg    | 750g   | 500g     | 3.0Kg    | 750g   | 600g     |
|                | U15                               | 2.0Kg    | 750g   | 400g     | 3.0kg    | 750g   | 500g     |
|                | U14                               | 2.0Kg    | 500g   | 400g     | 2.0kg    | 500g   | 500g     |
|                | U13                               | 2.0Kg    | 500g   | 400g     | 2.0kg    | 500g   | 400g     |
|                | U12                               | 2.0Kg    | 500g   | 400g     | 1.5Kg    | 500g   | 400g     |
|                | U11                               | 2.0Kg    | 500g   | 400g     | 1.5Kg    | 500g   | 400g     |
|                | U10                               | 2.0Kg    | 500g   | No Event | 1.5Kg    | 500g   | No Event |
|                | U9                                | 1.5Kg    | 500g   | No Event | 1.5Kg    | 500g   | No Event |
| F37            | U17                               | 2.0Kg    | 750g   | 500g     | 4.0Kg    | 750g   | 600g     |
|                | U15                               | 2.0Kg    | 750g   | 400g     | 3.0kg    | 750g   | 500g     |
|                | U14                               | 2.0Kg    | 500g   | 400g     | 2.0kg    | 500g   | 500g     |
|                | U13                               | 2.0Kg    | 500g   | 400g     | 2.0kg    | 500g   | 400g     |
|                | U12                               | 2.0Kg    | 500g   | 400g     | 1.5Kg    | 500g   | 400g     |
|                | U11                               | 2.0Kg    | 500g   | 400g     | 1.5Kg    | 500g   | 400g     |
|                | U10                               | 2.0Kg    | 500g   | No Event | 1.5Kg    | 500g   | No Event |
|                | U9                                | 1.5Kg    | 500g   | No Event | 1.5Kg    | 500g   | No Event |
| F38            | U17                               | 2.0Kg    | 750g   | 500g     | 4.0Kg    | 1.0Kg  | 700g     |
|                | U15                               | 2.0Kg    | 750g   | 400g     | 3.0kg    | 750g   | 500g     |
|                | U14                               | 2.0Kg    | 500g   | 400g     | 2.0kg    | 500g   | 500g     |
|                | U13                               | 2.0Kg    | 500g   | 400g     | 2.0kg    | 500g   | 400g     |
|                | U12                               | 2.0Kg    | 500g   | 400g     | 1.5Kg    | 500g   | 400g     |
|                | U11                               | 2.0Kg    | 500g   | 400g     | 1.5Kg    | 500g   | 400g     |
|                | U10                               | 2.0Kg    | 500g   | No Event | 1.5Kg    | 500g   | No Event |
|                | U9                                | 1.5Kg    | 500g   | No Event | 1.5Kg    | 500g   | No Event |
| F40-F41        | U17                               | 2.0Kg    | 750g   | 400g     | 3.0Kg    | 1.0Kg  | 600g     |
|                | U15                               | 2.0Kg    | 750g   | 400g     | 3.0Kg    | 1.0Kg  | 400g     |
|                | U14                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 750g   | 400g     |
|                | U13                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 750g   | 400g     |
|                | U12                               | 1.5Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                | U11                               | 1.5Kg    | 500g   | 400g     | 1.5Kg    | 500g   | 400g     |
|                | U10                               | 1.5Kg    | 500g   | No Event | 1.5Kg    | 500g   | No Event |
|                | U9                                | 1.5Kg    | 500g   | No Event | 1.5Kg    | 500g   | No Event |



| Classification    | Little Athletics Registration Age | Girls    |        |          | Boys     |        |          |
|-------------------|-----------------------------------|----------|--------|----------|----------|--------|----------|
|                   |                                   | Shot Put | Discus | Javelin  | Shot Put | Discus | Javelin  |
| F42               | U17                               | 3.0Kg    | 1.0Kg  | 500g     | 5.0Kg    | 1.0Kg  | 700g     |
|                   | U15                               | 3.0Kg    | 1.0Kg  | 400g     | 4.0Kg    | 1.0Kg  | 600g     |
|                   | U14                               | 3.0Kg    | 1.0Kg  | 400g     | 3.0Kg    | 1.0Kg  | 600g     |
|                   | U13                               | 3.0Kg    | 750g   | 400g     | 3.0Kg    | 750g   | 500g     |
|                   | U12                               | 2.0Kg    | 750g   | 400g     | 2.0Kg    | 750g   | 400g     |
|                   | U11                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U10                               | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
|                   | U9                                | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
| F43-F44           | U17                               | 3.0Kg    | 1.0Kg  | 500g     | 5.0Kg    | 1.0Kg  | 700g     |
|                   | U15                               | 3.0Kg    | 1.0Kg  | 400g     | 4.0Kg    | 1.0Kg  | 600g     |
|                   | U14                               | 3.0Kg    | 1.0Kg  | 400g     | 3.0Kg    | 1.0Kg  | 600g     |
|                   | U13                               | 3.0Kg    | 750g   | 400g     | 3.0Kg    | 750g   | 500g     |
|                   | U12                               | 2.0Kg    | 750g   | 400g     | 2.0Kg    | 750g   | 400g     |
|                   | U11                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U10                               | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
|                   | U9                                | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
| F45               | U17                               | 3.0Kg    | 1.0Kg  | 500g     | 5.0Kg    | 1.0Kg  | 600g     |
|                   | U15                               | 3.0Kg    | 1.0Kg  | 400g     | 4.0Kg    | 1.0Kg  | 600g     |
|                   | U14                               | 3.0Kg    | 1.0Kg  | 400g     | 3.0Kg    | 1.0Kg  | 600g     |
|                   | U13                               | 3.0Kg    | 750g   | 400g     | 3.0Kg    | 750g   | 500g     |
|                   | U12                               | 2.0Kg    | 750g   | 400g     | 2.0Kg    | 750g   | 400g     |
|                   | U11                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U10                               | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
|                   | U9                                | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
| F46               | U17                               | 3.0Kg    | 1.0Kg  | 500g     | 5.0Kg    | 1.0Kg  | 700g     |
|                   | U15                               | 3.0Kg    | 1.0Kg  | 400g     | 4.0Kg    | 1.0Kg  | 600g     |
|                   | U14                               | 3.0Kg    | 1.0Kg  | 400g     | 3.0Kg    | 1.0Kg  | 600g     |
|                   | U13                               | 3.0Kg    | 750g   | 400g     | 3.0Kg    | 750g   | 500g     |
|                   | U12                               | 2.0Kg    | 750g   | 400g     | 2.0Kg    | 750g   | 400g     |
|                   | U11                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U10                               | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
|                   | U9                                | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
| F51 Seated Throws | U17                               | No Event | 750g   | No Event | No Event | 750g   | No Event |
|                   | U15                               | No Event | 750g   | No Event | No Event | 750g   | No Event |
|                   | U14                               | No Event | 500g   | No Event | No Event | 500g   | No Event |
|                   | U13                               | No Event | 500g   | No Event | No Event | 500g   | No Event |
|                   | U12                               | No Event | 500g   | No Event | No Event | 500g   | No Event |
|                   | U11                               | No Event | 500g   | No Event | No Event | 500g   | No Event |
|                   | U10                               | No Event | 500g   | No Event | No Event | 500g   | No Event |
|                   | U9                                | No Event | 350g   | No Event | No Event | 350g   | No Event |

| Classification    | Little Athletics Registration Age | Girls    |        |          | Boys     |        |          |
|-------------------|-----------------------------------|----------|--------|----------|----------|--------|----------|
|                   |                                   | Shot Put | Discus | Javelin  | Shot Put | Discus | Javelin  |
| F52 Seated Throws | U17                               | 2.0Kg    | 750g   | 500g     | 2.0Kg    | 750g   | 500g     |
|                   | U15                               | 2.0Kg    | 750g   | 400g     | 2.0Kg    | 750g   | 400g     |
|                   | U14                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U13                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U12                               | 1.5Kg    | 500g   | 400g     | 1.5Kg    | 500g   | 400g     |
|                   | U11                               | 1.5Kg    | 500g   | 400g     | 1.5Kg    | 500g   | 400g     |
|                   | U10                               | 1.5Kg    | 500g   | No Event | 1.5Kg    | 500g   | No Event |
|                   | U9                                | 1.5Kg    | 350g   | No Event | 1.5Kg    | 350g   | No Event |
| F53               | U17                               | 2.0Kg    | 750g   | 500g     | 2.0Kg    | 750g   | 500g     |
|                   | U15                               | 2.0Kg    | 750g   | 400g     | 2.0Kg    | 750g   | 400g     |
|                   | U14                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U13                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U12                               | 1.5Kg    | 500g   | 400g     | 1.5Kg    | 500g   | 400g     |
|                   | U11                               | 1.5Kg    | 500g   | 400g     | 1.5Kg    | 500g   | 400g     |
|                   | U10                               | 1.5Kg    | 500g   | No Event | 1.5Kg    | 500g   | No Event |
|                   | U9                                | 1.5Kg    | 350g   | No Event | 1.5Kg    | 350g   | No Event |
| F54 Seated Throws | U17                               | 2.0Kg    | 750g   | 500g     | 3.0Kg    | 750g   | 500g     |
|                   | U15                               | 2.0Kg    | 750g   | 400g     | 2.0Kg    | 750g   | 400g     |
|                   | U14                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U13                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U12                               | 1.5Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U11                               | 1.5Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U10                               | 1.5Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
|                   | U9                                | 1.5Kg    | 350g   | No Event | 1.5Kg    | 350g   | No Event |
| F55               | U17                               | 2.0Kg    | 750g   | 500g     | 3.0Kg    | 750g   | 500g     |
|                   | U15                               | 2.0Kg    | 750g   | 400g     | 2.0Kg    | 750g   | 400g     |
|                   | U14                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U13                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U12                               | 1.5Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U11                               | 1.5Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U10                               | 1.5Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
|                   | U9                                | 1.5Kg    | 350g   | No Event | 1.5Kg    | 350g   | No Event |
| F56               | U17                               | 2.0Kg    | 750g   | 500g     | 3.0Kg    | 750g   | 500g     |
|                   | U15                               | 2.0Kg    | 750g   | 400g     | 2.0Kg    | 750g   | 400g     |
|                   | U14                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U13                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U12                               | 1.5Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U11                               | 1.5Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                   | U10                               | 1.5Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
|                   | U9                                | 1.5Kg    | 350g   | No Event | 1.5Kg    | 350g   | No Event |

| Classification | Little Athletics Registration Age | Girls    |        |          | Boys     |        |          |
|----------------|-----------------------------------|----------|--------|----------|----------|--------|----------|
|                |                                   | Shot Put | Discus | Javelin  | Shot Put | Discus | Javelin  |
| F57            | U17                               | 2.0Kg    | 750g   | 500g     | 3.0Kg    | 750g   | 600g     |
|                | U15                               | 2.0Kg    | 750g   | 400g     | 2.0Kg    | 750g   | 500g     |
|                | U14                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 500g     |
|                | U13                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                | U12                               | 1.5Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                | U11                               | 1.5Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                | U10                               | 1.5Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
|                | U9                                | 1.5Kg    | 350g   | No Event | 1.5Kg    | 350g   | No Event |
| F60            | U17                               | 3.0Kg    | 1.0Kg  | 500g     | 5.0Kg    | 1.5Kg  | 700g     |
|                | U15                               | 3.0Kg    | 1.0Kg  | 500g     | 4.0Kg    | 1.0Kg  | 700g     |
|                | U14                               | 3.0Kg    | 1.0Kg  | 400g     | 3.0Kg    | 1.0Kg  | 600g     |
|                | U13                               | 3.0Kg    | 750g   | 400g     | 3.0Kg    | 750g   | 600g     |
|                | U12                               | 2.0Kg    | 750g   | 400g     | 2.0kg    | 750g   | 400g     |
|                | U11                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                | U10                               | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
|                | U9                                | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
| F61            | U17                               | 3.0Kg    | 1.0Kg  | 500g     | 5.0Kg    | 1.0Kg  | 700g     |
|                | U15                               | 3.0Kg    | 1.0Kg  | 400g     | 4.0Kg    | 1.0Kg  | 600g     |
|                | U14                               | 3.0Kg    | 1.0Kg  | 400g     | 3.0Kg    | 1.0Kg  | 600g     |
|                | U13                               | 3.0Kg    | 750g   | 400g     | 3.0Kg    | 750g   | 500g     |
|                | U12                               | 2.0Kg    | 750g   | 400g     | 2.0kg    | 750g   | 400g     |
|                | U11                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                | U10                               | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
|                | U9                                | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
| F62            | U17                               | 3.0Kg    | 1.0Kg  | 500g     | 5.0Kg    | 1.0Kg  | 700g     |
|                | U15                               | 3.0Kg    | 1.0Kg  | 400g     | 4.0Kg    | 1.0Kg  | 600g     |
|                | U14                               | 3.0Kg    | 1.0Kg  | 400g     | 3.0Kg    | 1.0Kg  | 600g     |
|                | U13                               | 3.0Kg    | 750g   | 400g     | 3.0Kg    | 750g   | 500g     |
|                | U12                               | 2.0Kg    | 750g   | 400g     | 2.0kg    | 750g   | 400g     |
|                | U11                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                | U10                               | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
|                | U9                                | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
| F63            | U17                               | 3.0Kg    | 1.0Kg  | 500g     | 5.0Kg    | 1.0Kg  | 700g     |
|                | U15                               | 3.0Kg    | 1.0Kg  | 400g     | 4.0Kg    | 1.0Kg  | 600g     |
|                | U14                               | 3.0Kg    | 1.0Kg  | 400g     | 3.0Kg    | 1.0Kg  | 600g     |
|                | U13                               | 3.0Kg    | 750g   | 400g     | 3.0Kg    | 750g   | 500g     |
|                | U12                               | 2.0Kg    | 750g   | 400g     | 2.0kg    | 750g   | 400g     |
|                | U11                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                | U10                               | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
|                | U9                                | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |

| Classification | Little Athletics Registration Age | Girls    |        |          | Boys     |        |          |
|----------------|-----------------------------------|----------|--------|----------|----------|--------|----------|
|                |                                   | Shot Put | Discus | Javelin  | Shot Put | Discus | Javelin  |
| F64            | U17                               | 3.0Kg    | 1.0Kg  | 500g     | 5.0Kg    | 1.0Kg  | 700g     |
|                | U15                               | 3.0Kg    | 1.0Kg  | 400g     | 4.0Kg    | 1.0Kg  | 600g     |
|                | U14                               | 3.0Kg    | 1.0Kg  | 400g     | 3.0Kg    | 1.0Kg  | 600g     |
|                | U13                               | 3.0Kg    | 750g   | 400g     | 3.0Kg    | 750g   | 500g     |
|                | U12                               | 2.0Kg    | 750g   | 400g     | 2.0kg    | 750g   | 400g     |
|                | U11                               | 2.0Kg    | 500g   | 400g     | 2.0Kg    | 500g   | 400g     |
|                | U10                               | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |
|                | U9                                | 2.0Kg    | 500g   | No Event | 2.0Kg    | 500g   | No Event |

## 4. BASELINE SCORING

***BASELINE provides a simplified way for athletes, administrators, and coaches to compare performances in multi-class events across all athletes with an eligible classification.***

***BASELINE uses a base time/distance/height in each class for each contestable event and measures this as a percentage against the individual athlete's performance to generate a percentage score.***

***Athletics Australia (AA) may change or amend the BASELINE guidelines and associated resources (including base performances) at any time.***

***Base performances are determined using the following priority protocol:***

- i. The base performances will be the official World Record as of 1 February each year. In the case where an Official World Record is not available the base performances will be: -
  - a. The number one World Ranked performance as of 1 February, if quicker/higher/further than an existing base performance.
- ii. In the case where a number one World Ranked performance is not available the base performance will be generated using one of the following methods: -
  - a. The base performance of the next available preceding classification within the same classification system group.
  - b. Relative to past performances at Australian National Championships
  - c. Determined by the AA Paralympic Program Manager/AA Competitions team.
- iii. The BASELINE can be found on the Athletics Australia website [www.athletics.com.au/multi-class-scoring](http://www.athletics.com.au/multi-class-scoring)

## 5. MULTI CLASS ATHLETES

### 5.1 General Conditions

- i. Athletes with a disability qualifying in any able body event at the Region or State Track & Field Championships will not be allowed to compete in the equivalent multi-class event conducted on the same program.
- ii. Implements shall comply with the specifications as defined by LANSW for multi-class events.
- iii. In multi-class field events only three trials will be allowed.
- iv. All multi-class track events will be timed finals.
- v. All LANSW and World Athletics/World Para (where applicable) rules of competition shall apply except in the following instances.

## 5.2 Classification

- i. Athletes with a disability must be formerly classified by a recognised organisation, prior to competing at the Regional Track & Field Championships.
- ii. Classification is a way of grouping athletes of similar function or ability for the purpose of competition.

## 5.3 Competition

- i. All events will be conducted as multi-disability events. Competitors will compete against a Baseline standard as determined by the Australian Paralympic Committee. Placings will be determined by the competitor's time/distance calculated against a percentage of the Baseline standard.
- ii. In all competitions involving throwing events athletes must use the implement weight specified for their classification/age group, (refer multi-class Athletes Implement Specification Table).

*Note: At competition events where combined age groups are conducted the competitor's will throw the weight specified for their age group. This could result in different weight implements being used in the same event.*

# 6. VISUALLY IMPAIRED ATHLETES – Classification 11, 12, 13

## 6.1 General Conditions

### 6.1.1 Facility Location and Equipment

- i. Competitors with classification 11 must wear approved opaque glasses or an appropriate substitute in all track and field events. The opaque glasses or substitute must be approved by the Carnival Referee. Glasses, once approved, must be made available for checking at all times. When not competing, the athlete may remove the dark glasses or substitute.
- ii. Acoustic signals are permitted for athletes in this class, as specified in the following rules. Where acoustic assistance is being used (e.g., Long Jump) complete silence shall be requested from spectators.
- iii. For athletes with classification 12, modification of the existing facility is permitted (e.g., by powder, cones, flags etc.). Acoustic signals may also be used in Long Jump events.
- iv. For athletes with classification 13, LANSW and World Athletics/World Para (where applicable) rules will be followed in their entirety, except as otherwise listed.

### 6.1.2 Escort / Guide Runner

- i. Only escort/guide runners for athletes with classification 11 and 12 will be permitted to accompany competitors onto the track or into throwing and jumping areas. Those persons acting as guides or escorts must be clearly identified by wearing a bright coloured vest provided by the Organising Committee.
- ii. Competitors in the Long Jump with classification 11 may use a caller to provide acoustic orientation during the approach run. This guide/caller can assist in positioning the athlete on the run-way.
- iii. Competitors in the Long Jump with classification 12 may be accompanied to the competition area by only one person, who may serve as caller and/or guide. No additional persons will be permitted in the competition area.

## 6.2 Track Events

### 6.2.1 Running Competition Rules

- i. The 100m event for T11 to T13 classification athletes shall have timed finals consisting of a maximum of four athletes with guides per heat.
- ii. A re-run may only be requested when circumstances beyond the control of the athlete and guide (as a team) have interfered with the performance of the athlete.

### 6.2.2 Methods of Guidance

- i. Athletes **must** bring their own guides to competitions.
- ii. When competitor and guide are in competition they are to be regarded as a team.
- iii. As the blind runner crosses the finish line, the **guide must be** behind the athlete or disqualification will apply.
- iv. The method of guidance is the choice of the athlete. He or she may choose to use an elbow lead, or a tether. In addition, the runner may receive verbal instruction from the guide. (Bicycles or other mechanical means of transport may not be used by guides).
- v. At no time may the guide pull the athlete or propel the athlete forward by pushing. Infringement of this rule shall lead to disqualification.
- vi. Whether or not a tether is being used, the athlete and guide shall be not more than 0.50m apart at all times.

*NOTE: Where extraordinary or accidental circumstances lead to a breach of this rule it shall be the sole responsibility of the Track Referee to decide for or against disqualification. The principles that will govern such a decision shall include consideration of any danger to or disadvantage suffered by another competitor in the same race.*

- vii. Guide runners must wear a bright coloured vest, in order that they are clearly distinguished from competitors. These vests will be provided by the Organising Committee.

## 6.3 Field Events

### 6.3.1 Field Event Time Limits

- i. In field events where competitors receive assistance from callers or guides, the time allowed for an attempt shall begin from the moment when the official responsible is satisfied that the athlete has completed the process of orientation.

*NOTE: If the athlete loses their orientation so that he or she requires to be re-oriented, the clock shall be stopped and only re-started (to include any elapsed time already recorded) once orientation has again been completed.*

### 6.3.2 Long Jump

- i. Escorts/callers may be used only by athletes in T11 and T12 classifications.
- ii. It is the task of the escort/caller to help the athlete orientate himself or herself on the runway before attempting the jump. The escort/caller must leave the runway before the jump can begin.
- iii. For T11 to T13 athletes, the take-off area shall consist of a rectangle 1.0 x 1.22 metres which must be prepared in such a way by the use of sand, that the athlete leaves an impression on the area with his or her take-off foot. The maximum distance between the take-off area and the front edge of the landing pit shall be one (1) meter.

- a) *NOTE. For purposes of safety, it is strongly recommended that the minimum distance between the axis of the runway and the sides of the landing area should be 1.75 metres. If this recommendation cannot be met, additional safety measures may be required by the officials responsible for the event.*

- iv. Where no part of the athlete's foot lands in the take-off area, the jump will be measured from the nearest break in the landing area made by any part of the body or limbs to the edge of the take-off area furthest from the landing area, or its extension. The measurement must be taken perpendicular to the back of the mat or its extension.
- v. Athletes may use the 1m or 2m take-off board rather than the sand box.

### 6.3.3 Throws

- i. Escorts/callers may be used only by throwers with F11 and F12 classifications.
- ii. Competitors with F11 and F12 classification, (where appropriate) must be brought to the throwing circle by an escort/caller.
- iii. It is the task of the escort/caller to help the athlete orientate himself or herself in the throwing circle before the throwing attempt. The escort must leave the circle before the throw can begin.

- iv. Acoustic orientation is permitted for athletes with F11 and F12 classification before, during and after their throwing attempts.
- v. Competitors with F11 and F12 classifications **must** be escorted from the throwing circle only after the judges have determined whether the attempt is valid or not.  
*NOTE: Rule (Section C 2.1.7 vii) regarding exiting the throwing circle after the throw shall not apply.*
- vi. If the event judge determines that an escort/caller who is providing acoustic orientation is in an unsafe location, the judge shall require the escort to move.

## 7 WHEELCHAIR ATHLETES – Classification 31-34, 51-57

### 7.1 General Conditions

#### 7.1.2 Wheelchairs

If strapping is used it must only be to the chair and of non-elastic material.

#### 7.1.3 Escorts

Only escorts for athletes with classification 32, 51–53 will be permitted to accompany competitors onto the track or into throwing and jumping areas. Those persons acting as escorts must be clearly identified by wearing a coloured vest provided by the Organising Committee.

### 7.2 Track Events - Classifications T31-T34, T51-T54

#### 7.2.1 Wheelchairs

- i. The wheelchair shall have at least two large wheels and one small wheel.
- ii. In all races not conducted in a straight lane (in straight line), the athlete must be able to turn the front wheel(s) manually both to the left and to the right.
- iii. No part of the body of the chair may extend forward beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The maximum height from the ground of the main body of the chair shall be 50 cm.
- iv. The maximum diameter of the large wheel including the inflated tyre shall not exceed 70 cm.
- v. The maximum diameter of the small wheel including the inflated tyre shall not exceed 50 cm.
- vi. Only one plain, round, hand rim is allowed for each large wheel. This rule may be waived for persons requiring a single arm drive chair.
- vii. No mechanical gears or levers shall be allowed, that may be used to propel the chair.
- viii. Only hand-operated, mechanical steering devices will be allowed.
- ix. The use of mirrors is not permitted in track races.
- x. No part of the chair may protrude behind the vertical plane of the back edge of the rear tyres.
- xi. It will be the responsibility of the competitor to ensure the wheelchair conforms to all the above rules, and no event shall be delayed whilst a competitor makes adjustments to their chair.
- xii. Chairs will be measured in the Call Room and may not leave that area before the start of the event. Chairs that have been examined may be liable to re-examination before or after the event by the official in charge of the event.
- xiii. It shall be the responsibility, in the first instance, of the official conducting the event, to rule on the safety of the chair.
- xiv. Athletes must ensure that no part of their lower limbs can fall to the ground or track during the event.

#### 7.2.2 The Start

- i. The start rules as defined in Section B4.1 shall apply except as follows.
- ii. After the "On Your marks" command, an athlete shall approach the start line, assume a position entirely within his allocated lane and behind the start line. At the "Set" command, an

athlete should immediately take up his final starting position retaining contact of the front wheel with the ground behind the line.

### 7.2.3 The Race

Progression by any other method except the competitor pushing on the wheels or hand rims will result in disqualification.

### 7.2.4 The Finish

- i. The competitors shall be placed in the order in which the hub of the leading wheel reaches the vertical plane of the nearer edge of the finish line.
- ii. The time shall be taken to the moment at which the hub of the leading wheel of the competitor's chair reaches the vertical plane of the nearer edge of the finish line.

## 7.3 Throws Events - Classifications F31-F34, F51-F57

### 7.3.1 General

- i. Athletes may be permitted to have three trials consecutively.
- ii. Referees shall have the power to change the place of the competition in any field event, if in their opinion the conditions justify a change.

**NOTE:** *The round DOES NOT have to be completed before the change is made.*

### 7.3.2 Throwing Frame/Wheelchair

- i. The maximum height of the throwing frame, including the cushion(s), used as a seat, shall not exceed 75 cm.
- ii. The frame may have a holding bar made of metal, fiberglass, or similar materials, but this must not have any articulation or joints.
- iii. All parts of the frame must be fixed. Assistance to the athlete by flexible parts is not allowed.
- iv. It will be the responsibility of the competitor to ensure that the frame conforms to all the above rules, and no event shall be delayed whilst a competitor makes adjustments to his frame.
- v. Frames will be measured before the competitor enters the throwing circle. Frames that have been examined may be liable to re-examination before or after the event by the official in charge of the event. Measurement will always take place without the athlete sitting in the frame.
- vi. If an authorised holding device is used and breaks during the execution of a throw, it shall not count as a trial, providing it was made in accordance with the rules. If the competitor thereby loses his balance and commits a foul, it shall not count against them.

### 7.3.3 Throws

- i. To protect the wrist from injury, a competitor may wear a bandage at the wrist. Athletes with classification F51–F53 may use strapping or a glove on their non-throwing hand, and anchor that hand to the frame.

**Note:** *Athletes in Classes F31-34, F54-57 must not use gloves.*

- ii. It shall be a foul throw/put if any part of the body touches the top of the rim or any holding device is outside the vertical plane of the edge of the circle during the throw. For athletes with F51–F58 classification only the footrest(s) or any part of the wheel or push rims not touching the circle may be outside the circumference of the circle.
- iii. A competitor shall commence a throw/put from a stationary seated position.

*The seated position is defined as follows:*

- a) *The athlete must sit so that both legs are in contact with the seat surface from the back of the knee to the back of the buttock.*



b) This sitting position must be maintained throughout the throwing action until the throw has been marked. (Strapping across the upper thighs and or pelvis is allowed and encouraged).

An athlete is not allowed to touch the strap(s) outside the vertical plane of the throwing circle.

It shall be a failure if an athlete moves from the seated position from the time the athlete takes the implement into the starting position of the trial until the throw has been marked by an official.

- iv. For athletes with classification F31-F34, F51-F57, a stop board is unnecessary for all athletes competing from frames.
- v. For athletes with classification F31-F34, F51-F57 and using an approved holding device, the rule regarding exiting the throwing circle after the throw shall not apply.

## 8 LIMB DEFICIENCY ATHLETES (who compete standing)

### 8.1 Track Events - Classification T42–T47 & T61–T64

#### 8.1.1 Prosthesis

Athletes in classes T42, T43, T44, T61, T62, T63 & T64 shall use leg prosthesis in running events. Hopping is not allowed. In all competitions except running for classes T42, T43 T44, T61, T62, T63 & T64 the wearing of prosthesis is optional.

*Note: Competition prostheses are not considered as appliances, which can give the wearer an advantage.*

#### 8.2.2 Start

A competitor must not touch either the start line or the ground in front of it with their hands or feet when on their marks. For athletes with classification T35 -T38 & T42–T47 it is acceptable for arm amputee athletes or those with short arms to use pads on which to rest stumps at the start. Pads must be completely behind the start line and not interfere with any other athlete.

### 8.2 Jump Events - Classification F42–F47 & F61–F64

#### 8.2.1 General

Athletes with classification T42-T44 & T61–T64 may use a running, hopping, or standing start in jumping events.

#### 8.2.2 Prosthesis

Athletes with classification T42–T44 & T61–T64

- a) If, in the process of jumping, an athlete loses the prosthesis, the mark where the prosthesis lands, if it is the closest mark to the take-off board, shall be measured.
- b) If the prosthesis is lost during the run-up, the athlete can adjust it and continue within the allowed time, with or without the prosthesis.
- c) If the prosthesis lands behind the closest mark in the landing area, but outside the landing area it shall be counted as a foul and recorded as such.

## 8 HEARING, INTELLECTUAL, SHORT STATURE AND TRASPLANT ATHLETES

For athletes with classification T/F 1, 20, 21, 40, 41, and 60, LANSW and World Athletics (where applicable) rules will be followed in their entirety.

## 9 REGIONAL CHAMPIONSHIPS FOR MULTI CLASS

Events for multi-class athletes are included in the Little Athletics NSW Regional Championships. These events are direct entry, meaning athletes do not progress from Zone to Region. Athletes must be made

aware that if they compete at zone this does not mean that they automatically progress to the next level. They will still need to submit their direct entry to Regional Championships.

## 10.1 Events

The following events will be available for multi-class athletes: 100m, 200m, 800m, Long Jump, Shot Put & Discus.

## 10.2 Event Selection

- U9/U10 can choose up to 4 events
- U11/U12 can choose up to 5 events
- U13/U17 can choose up to 6 events

**NOTE:** Athletes who are nominating to compete in the multi-class events at the Regional Championships may choose to also compete in able-bodied events at the Zone, Region and State Championships. Athletes, however, are not permitted to compete in both the multi-class and able-bodied of the same event. e.g. 100m able-bodied and 100m multi-class.

## 10.3 Age Groups

The events will be conducted in the following age groups: –

- U9 & U10 Boys & Girls
- U11 & U12 Boys & Girls
- U13 & U14 Boys & Girls
- U15 – U17 Boys & Girls

## 10.4 Format

All events will be conducted as multi-class events. Competitors will compete against a baseline standard time or distance for their classification. Placings will be determined by the competitor's time/distance calculated against a percentage of the baseline standard for their classification.

- Track events will be conducted as timed events.
- Field events will be restricted to three trials per athlete.
- Medals will be awarded for 1st, 2nd, and 3rd places. Certificates are awarded to all athletes.

## 10.5 Direct Entry

Direct entry refers to the fact that the athletes competing in the multi-class events at the Regional Championships will not have been required to compete at the Zone Championships in order to progress to the State Track & Field Championships. Rather, an entry procedure will apply.

- Competitors must be fully registered Little Athletes and compete in their centre uniform.
- Entry **MUST** be done online via the LANSW website (as above).
- A competitor may only compete in one age grouping.
- Late entries will not be accepted.
- Proof of the athlete's classification will be checked against Athletics Australia's Classification Master List, *even if the athlete has previously competed at this event in past seasons.*
- Multi-class athletes who enter directly to the Regional Championships will be added to the program and will be included with centre qualifiers. Qualifiers will be advised to centres via email and social media.

**NOTE:** Athletes who are nominating to compete in the multi-class events at the Regional Championships may choose to also compete in able-bodied events at the Zone, Region and State Championships. Athletes, however, are not permitted to compete in both the multi-class and able-bodied of the same event. e.g., 100m able-bodied and 100m multi-class.

## 10.6 Progression from Region to State

Progression from Region to State –Competitions Progressions Table

## 10.7 Rules & Event/Equipment Specifications

Multi-class events will be conducted according to the LANSW Rules of Competition. It is the responsibility of all athletes, their parents/guardians, and their coaches to make sure they understand the relevant rules and how they operate.

## 10.8 Classification

All multi-class athletes who compete at the Little Athletics Regional Championships must have received a provisional classification PRIOR to the closing date of registration of the event. Proof of classification forms part of the entry. Little Athletics NSW will check all entries against the Athletics Australia Classification Master List.

The following disabilities can be classified for athletics and therefore be eligible to compete in the multi-class events:

- T/F 01                                      Hearing Impairment
- RR1-3                                      Physical Impairment (RaceRunning)
- T/F 11-13                                  Visual Impairment
- T/F 20-21                                  Intellectual Impairment
- T31-54; F31-57                          Physical Impairment
- T/F 60                                      Transplant Athletes
- T61-64                                      Physical Impairment

# 11 CLASSIFICATION INFORMATION

## Track & Jumps (T) & Throws (F) Events available

| TRACK & JUMPS EVENTS   | THROWS EVENTS  |
|--|--|
| <b>Athletes with a hearing impairment</b>  | <b>Athletes with a hearing impairment</b>  |
| T01  | F01  |
| <b>Athletes with a visual impairment</b>   | <b>Athletes with a visual impairment</b>   |
| T11  | F11  |
| T12  | F12  |
| T13  | F13  |
| <b>Athletes with an intellectual impairment</b>  | <b>Athletes with an intellectual impairment</b>  |
| T20  | F20  |
| T21  | F21  |
| <b>Athletes with hypertonia, ataxia or athetosis who compete sitting</b>                         | <b>Athletes with hypertonia, ataxia or athetosis who compete sitting</b>                         |
| -  | F31  |
| T32  | F32  |
| T33  | F33  |
| T34  | F34  |
| <b>Athletes with hypertonia, ataxia or athetosis who compete standing</b>                        | <b>Athletes with hypertonia, ataxia or athetosis who compete standing</b>                        |
| T35  | F35  |
| T36  | F36  |
| T37  | F37  |
| T38  | F38  |
| <b>Athletes with Short Statue</b>  | <b>Athletes with Short Statue</b>  |
| T40  | F40  |
| T41  | F41  |
| <b>Athletes with limbs deficiency, muscle weakness or joint restriction who compete standing</b> | <b>Athletes with limbs deficiency, muscle weakness or joint restriction who compete standing</b> |
| T42  | F42  |
| T43  | F43  |
| T44  | F44  |
| T45  | F45  |

|  |   |
|--|---|
| T46  | F46   |
| T47  | -   |
| <b>Athletes with limbs deficiency, muscle weakness or joint restriction who compete in a track chair</b> | <b>Athletes with limbs deficiency, muscle weakness or joint restriction who compete seated</b>        |
| T51  | F51   |
| T52  | F52   |
| T53  | F53   |
| T54  | F54   |
| -  | F55   |
| -  | F56   |
| -  | F57   |
| <b>Athletes with a transplant</b>  | <b>Athletes with a transplant</b>   |
| T60  | F60   |
| <b>Athletes with Limb Deficiency or Leg Length Difference who compete with a Prosthesis/Protheses</b>    | <b>Athletes with Limb Deficiency or Leg Length Difference who compete with a Prosthesis/Protheses</b> |
| T61  | F61   |
| T62  | F62   |
| T63  | F63   |
| T64  | F64   |