

Local Competition Rules

Last update: 1 July 2015

A.1 General [A 1.1]

A 1.1.

These rules apply to local competitions conducted by LCLAC. For the purpose of this definition, local competitions usually take place at Dwyer Oval, Warwick Farm, on Friday nights from September to March but may be held from time to time on different days (e.g. other Weekdays), times (e.g. evenings) and venues (when Dwyer Oval is unavailable

A 1.2.

The rules should be read in conjunction with the most recent editions of the LANSW Rules of Competition, Little Athletics Australia Standard Rules and the IAAF Handbook, where applicable.

A 1.3.

Key Officials are responsible for making initial decisions on the ground in accordance with these rules. They are encouraged to confer with the Track & Field Officer for guidance about the application of these rules in particular circumstances.

A 1.4.

Disputes and misunderstandings about any aspect of local competitions will be adjudicated by the Track & Field Officer, who may seek opinions from Key Officials, Age Managers, Committee members and other knowledgeable people.

A 1.5.

Rules may be added, modified or deleted by a majority of the LCLAC committee members at a meeting for which a quorum exists.

A 1.6.

The Track & Field Officer may add or modify rules to deal with particular circumstances where the existing rules are unclear or where no rule exists.

A 1.7.

References in [square brackets] relate to the LANSW RoC document, September 2014 edition.

A 1.8.

Rules relating to Centre Records are shown in red.

A.2 Eligibility [A 1.2]

A 2.1.

Visiting athletes registered with other little athletics centres or senior athletics clubs may only compete in their own age group.

A 2.2.

Trialling athletes may only compete in their own age group. Performances recorded during a trial period will not be recognised for Personal Bests and Achievement Awards even if the triallist subsequently becomes a fully registered athlete.

A 2.3.

Note that returning athletes are considered to be triallist until a new season registration number has been issued. Performances will not be recorded in the Centre's official database unless athletes can demonstrate that they are registered for the current season, for example, by wearing a current season registration number.

A 2.4.

Centre Records and Season Best performances will only be recognised by athletes registered with LCLAC at the time of performance.

A 2.5.

Performances will only be recorded in events scheduled on the official program for the day or in events that have been substituted by the Track & Field Officer due to extreme weather or poor ground conditions, etc. The event schedule will not be changed to give athletes additional opportunities to record performances in unscheduled events. Subject to the availability of facilities, equipment and officials, this rule does not prevent athletes from requesting special events to be arranged on competition days for practice only, so long as all athletes in the same age group are given the same opportunity to participate.

A 2.6.

Performances will not be recognised by athletes who decide to run, jump or throw at a different time and/or station to the rest of their age group. (This ensures that conditions — temperature, wind strength and direction, choice of implements, number of trials, rest between trials, judgement of officials — are similar for all athletes.)

A.3 Uniforms [A 1.3]

A 3.1

Athletes are encouraged to compete in their full Centre uniform every week. The full uniform is described on the LCLAC website and also in the LCLAC Information Handbook distributed to each family upon registration each season. **Centre Record performances will not be ratified unless athletes are wearing the full Centre uniform at the time of performance. (See also local rule A 7.3.)**

A 3.2

During competition, athletes may not be allowed to compete if they fail to remove, when requested, items of clothing that obscure parts of the approved Centre uniform.

A 3.3

Athletes are not required to wear a Centre number whilst competing in local competitions. (The Centre number is worn on an athlete's back when competing in championship events and trials conducted by LANSW. Liverpool City's Centre number is "48".)

A.4 Lanes

A 4.1

800m races [A1.6 ii, B 5 v]: More than two athletes may occupy each lane in 800m events to ensure that only one heat is necessary for an age group. Common sense should ensure that the faster athletes are mixed with slower athletes in the same lane.

A 5 Competition area [A 1.9]

A.5.1

Persons not competing or acting as an official on the day may move within the competition area as long as they do not interfere with any competing athlete and comply with all requests from officials. Note that only registered athletes and signed-on officials are covered by the Centre's insurance policy in the event of accident or injury within the competition area.

A 5.2

Non-competitors are permitted to offer encouragement to athletes from within the competition area as long as they do not stray onto the actual running tracks, timekeeper buffer zones or safety zones set up for throwing events. (Please also refer to local rule A 6.1 about 'pacing'.)

A 6 Assistance to athletes [A 1.13]

A6.1

Non-competitors must not pace athletes along the long jump runways or the straight or circular running tracks. (The purpose of this rule is to discourage parents, siblings and friends from running alongside an athlete for the whole or part of a race, thereby assisting the athlete to a better performance than they could achieve without being paced. Personal Best performances achieved by athletes during the season should reflect their respective levels of ability, technique and fitness — not whose mum or dad can run the fastest.)

A 6.2

An exception to the previous rule may apply in respect of the absolute last athlete in 300m, 500m, 700m, 800m or 1500m running events where that athlete has previously demonstrated difficulty completing the distance on their own. All pacing should cease when that athlete can complete the distance without stopping or walking.

A 7 Records [A 1.17]

A 7.1

Centre Records may be achieved at local competitions defined in local rule A 1.1. and LANSW Championship events.

A 7.2

New Centre Record measurements must be checked and verified by the relevant Key Official and Track & Field Officer or approved delegate. (See also local rule C 10.4 recommending prior checking of apparatus for attempts on any high jump record.)

A.73

Records will only be ratified if the athlete is wearing the correct Centre uniform, including current registration number, age and sponsor patches. An exception will be granted if an athlete is waiting for a uniform order which has not yet arrived. However, no exception is available for missing registration numbers, age or sponsor patches (which may be attached with pins).

A 7.4

Where a legal performance is not allowed as a Centre Record due to reasons described in these rules, the performance may still be considered a Season Best and Personal Best by an eligible athlete.

B 1 Track events [B]

B.1.1

To protect the relative integrity of athletes' track performances during the season, athletes should compete in their own age group. Generally, **Centre Records, Season Bests & Personal Bests will not be recognised for ANY athlete where more than one age group have participated.** The ONLY exceptions are:

- All walking events: U9G, U9B (700m); U10G, U10B, U11G, U11B (1100m); U12G, U12B, U13G, U13B, U14G, U14B, U15G, U15B, U17G & U17B (1500m).
- 3000m run: U13G, U13B, U14G, U14B, U15G, U15B, U17G & U17B
- 1500m girls-only run: U13G, U14G, U15G & U17G.
- 1500m boys-only run: U13B, U14B, U15B & U17B.
- 800m girls-only run: U14G, U15G & U17G
- 800m boys-only run: U14B, U15B & U17B.
- U15 may run with U17 age group if numbers are low in both age groups
- If for some reason there is only a minimal number of athletes in lower age groups, they may combined only if less than 2

B 1.2

Athletes who commence but fail to complete a track event due to injury or distress will have their result recorded as 'ATTEMPTED'.

B 2 Disqualification [B 1.2]

B 2.1

Athletes may be disqualified from an event if they are performing well below their level of ability. This is defined as walking or running so slow as to delay the time at which the event could be completed if they had performed to their ability. Athletes should be warned and given an opportunity to move more quickly before being disqualified under this rule.

Athletes disqualified under this rule should NOT be issued with an 'ATTEMPTED' result as it is assumed they were not making a genuine attempt at the distance.

B 2.2

The previous rule should not be used to disqualify athletes competing with an injury or under mild distress or while pacing a less credentialed athlete to the finish.

B 3 Walks [B 1.9]

B 3.1

To maximise the efficiency of judges, all walking events at Centre level are usually held concurrently for all age groups. If qualified walk judges are unavailable, parents of walkers will be expected to provide the minimum number of four judges between them, otherwise the event may be cancelled. (Parents will be briefed by the Key Official regarding their duties as walk judges each week.)

B 3.2

A race walking event may commence with less than four judges as long as the number of judges is not less than the number of walkers. In this case, any walker who receives warnings from all judges will be disqualified.

B 3.3

Walkers who appear to be blatantly losing contact and/or walking with bent knees for multiple strides at a time may be disqualified by the Key Official, in consultation with relevant judges, despite not having received warnings from three different judges. (This reduces the risk of other walkers being disqualified while attempting to keep up with the infringing walker.)

B 3.4

Walkers disqualified for 'loss of contact' or 'bent knees' will have their results recorded as 'ATTEMPTED'.

B 4 Timing [B 2]

B 4.1

Where hand timing is used, Centre Records may only be recognised if there are at least two official stopwatches on the athlete setting the record, with the second-fastest time being the recorded time. All stopwatch displays for record applications must be sighted by the Track & Field Officer (or approved delegate). All hand times will be rounded in accordance with LANSW rule B 2.2 ix [IAAF rule 165.10(a)], that is, to the next longer 0.1 (1/10th) second.

B 4.2

Where electronic gate timing is used (and where the timing starts automatically), Centre Records may be recognised on the basis of the electronic reading alone (as long as the Key Official and Track & Field Officer are otherwise satisfied with the conduct of that event). Electronic times will be recognised as 'equal records' if they are within 0.3 seconds of superior hand-timed records, as long as no faster electronic times have been recorded. Electronic gate times will be rounded in accordance with LANSW rule B 2.3 vi, that is, to the next longer 0.1 (1/10th) second.

B 4.3

Athletes expecting to challenge for a Centre Record are recommended to liaise beforehand with the appropriate Key Official for sprints, hurdles, inside track or outside track to ensure that sufficient back-up timing will be available for that event.

B 5 Starters [B 4]

B 5.1

The Track & Field Officer may overrule any decision of a Starter if they believe that the Starter's relative inexperience has resulted in an inappropriate outcome (e.g. false start not recalled; unfair start allowed to continue; starting sequence too fast, too slow or incorrect).

B 6 False starts [B 4.4]

B 6.1

All false starts must be recalled with a second shot. The athlete deemed responsible for the false start will be warned. Any athlete responsible for three false starts will be disqualified from that race. Disqualified athletes may not enter another heat of the same distance on the same day.

C 1 Field events [C]

C 1.1

For a Centre Record to be recognised in field events, An Age Manager or official must observe all aspects of the trial. The track and field officer will be called to confirm then if the record will be given.

C 1.2

Athletes failing to register a distance or height will have their result recorded as 'ATTEMPTED'

C 2 Practice trials [C 1.3 i]

C 2.1

Practice trials in local competitions are discouraged as they reduce the amount of time available to athletes to conduct their recorded trials, especially in large age groups. There will be training sessions available throughout the season designated for each age group.

C 3 Number of trials [C 1.4 ii]

C 3.1

Athletes are limited to a maximum of three trials.

Javelin [C 1.6 vi]

C 3.2

When javelin is conducted as an 'early event' (i.e. before the main competition for all age groups), the Key Official will limit each athlete to a maximum number of trials in accordance with the following criteria.

C 3.2.1

Athletes that have reported to the javelin station by the time competition starts will be allowed a maximum of three throws.

C 3.2.2

Athletes arriving late, but within 15 minutes of the scheduled starting time, will be allowed a maximum of two throws.

C 3.2.3

Athletes arriving more than 15 minutes after the scheduled starting time, but before the last athlete has completed their final throw, may be allowed only one throw.

C 4 Throwing events [C 2]

C 4.1

To speed up the competition and provide athletes with a better opportunity to take three trials within the allotted time period, the Age Manager may allow athletes to take two or three throws consecutively. Each athlete must leave the circle correctly to collect their next implement and re-enter the circle to commence their next trial.

C 5 Implements [C 2.1.1 iv]

C 5.1

Athletes may use privately owned throwing implements, as long as the correct weight specifications have been clearly marked by the manufacturer and they make the implements available for use by all other athletes in their age group. (The purpose of this rule is to ensure that athletes do not feel that they must purchase their own personal implements to be competitive within their own age group at local competitions as they will all have access to the same implements.)

C 6 Measurement [C 2.1.9 i]

C 6.1

It is recommended that the best throw from each athlete shall be measured after the completion of the last round.

C 7 Shot put [C 2.2]

C 7.1

Centre Records will not be recognised in shot put unless a qualified or experienced official can confirm that the shot was put in accordance with all technical rules. Athletes expecting to challenge for a Centre Record are recommended to liaise with the Key Official for shot put to ensure that a qualified or experienced official is available for their trials.

C 8 Long & triple jump [C 3.1]

C 8.1

As soon as the Age Manager or official realise that a new Centre Record may have been achieved they should cease smoothing over any marks in the sand pit and take-off area until the Key Official and Track & Field Officer have inspected the take-off and landing areas.

C 8.2

In age groups where both long jump and triple jump are offered, individual athletes may take up to three trials in long jump or triple jump.

C 9 High jump [C 3.2]

C 9.1

The starting height for each age group will be specified on their event sheet. The Age Manager may offer a lower starting height to athletes that have not achieved the starting height during the current season. Other athletes may not start jumping until the specified starting height has been reached.

Measuring [C 3.2.3]

C 9.2

As the Centre usually competes on a grass surface (which can never be completely level), care should be taken to ensure that the height of the cross-bar is measured from a fair position. That is, the measurer should ensure that the base of the measuring bar is not placed in an unusual high or low point. If there is no obvious mound or hollow in the take-off area, suitable assurance may be achieved by taking several measurements up to 15 centimetres either side of the middle of the bar. The recorded height will be the most common measurement across this range.

C 9.3

Commencing from the 2016-2017 season, the scissor technique will be the only high jump technique that is allowed to be used at any level of competition for athletes in the U10 age group and below. (i.e. only the U11 age group and above will be able to use the fosbury flop technique). In order to transition to this requirement, **LANSW will introduce this rule for U9 athletes in the coming season (2015-2016).**

C 9.4

Officials should ensure that Centre Records are only attempted with the cross-bar on the upper supports.

C 9.5

It is recommended that the Track & Field Officer be requested to verify the height and position of the bar **before any Centre Record is attempted.**

Increments [C 3.2.6]

C 9.6

The bar will be raised by 5cm increments until only one athlete remains **or a new or equal Centre Record** is being attempted. Where multiple age groups are jumping at the same time, this rule applies to the last remaining athlete for the combined group **and for attempts on any Centre Record.**