



Competition Regulations

of

Little Athletics Association of Victoria Incorporated

Regulation 8

**(Rules of Competition for the Conduct of State Championships
& Guidelines for U6 – U16 athletes at LAVic Affiliated Centres)**

These Regulations and instructions are a collection of the relevant Little Athletics Victoria Competition Rules together with rules of the International Association of Athletics Federations as found in the IAAF official handbook. Unless otherwise specified the IAAF Rules and Regulations will be used as a guide, and may be applied.

Registration Number: A0003260D

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TABLE OF CONTENTS

SECTION 1 - OFFICIALS

1.1	NOMINATION & SELECTION OF OFFICIALS.....	1
1.2	JURY	1
1.3	REFEREE.....	1
1.4	UMPIRES	2
1.5	JUDGES	2
1.5.1	General.....	2
1.5.2	Track Events.....	2
1.5.3	Field Events.....	2
1.5.4	Race Walk Events	2
1.6	STARTERS.....	3
1.7	START MARSHALL	3
1.8	CHANGE BOX MARSHALLS	3
1.9	TIMEKEEPERS.....	3
1.10	TEAM MANAGERS	4

SECTION 2 - ADMINISTRATIVE RULES - ALL COMPETITIONS

2.1	REGISTRATION REQUIREMENTS	5
2.2	PARTICIPATION REQUIREMENTS	5
2.3	AGE GROUP REQUIREMENTS	6
2.4	ENTRIES.....	6
2.4.1	Track & Field.....	6
2.4.2	Multi-Events	6
2.4.3	Relays.....	6
2.4.4	Cross Country.....	7
2.5	PROGRESSION REQUIREMENTS	7
2.5.2	Qualifying Rounds.....	7
2.5.3	Progression to State Finals.....	7
2.5.4	Substitution of Athletes/Teams at State Finals	8
2.6	CLOTHING	9
2.6.1	Competition Uniform.....	9
2.6.2	Centre/Region Identification	9
2.6.3	Footwear	10
2.6.4	Competing Out of Uniform.....	11
2.7	POSTPONEMENT OR CANCELLATION OF EVENTS OR PROGRAM	11
2.7.1	General.....	11
2.7.2	ALAC Selections.....	11
2.7.3	Other Championships	11
2.8	PRESENTATIONS	11
2.9	VICTORIAN BEST PERFORMANCES.....	12
2.10	DISPENSATION FROM APPLICATION OF THE RULES.....	13

SECTION 3 - GENERAL RULES - ALL COMPETITIONS

3.1	LANE DRAWS	14
3.2	DELAYS BY ATHLETES IN EVENTS.....	14
3.3	EQUIPMENT	14
3.3.1	General.....	14
3.3.2	Fully Laned Track Events	14
3.3.3	Implements.....	14
3.4	CHANGING FIELD EVENT VENUE DURING COMPETITION	14
3.5	PROTESTS	15
3.6	TIES	15
3.6.1	Determining Automatic Qualifiers	15

3.6.2	Track Events.....	15
3.6.3	High Jump	16
3.6.4	Other Field Events.....	17
3.7	ASSISTANCE TO ATHLETES.....	17
3.8	RULE INFRINGEMENT, DISADVANTAGE, DISQUALIFICATION, RE-RUNS & SUBSTITUTE TRIALS	17
3.9	ATHLETES/TEAMS PROGRESSED FROM HEATS TO FINALS	17

SECTION 4 - GENERAL RULES - TRACK AND FIELD

4.1	EVENTS CONDUCTED	18
4.2	PROGRESSIONS TO STATE FINALS.....	18
4.2.1	General.....	18
4.2.2	High Jump – State Final Qualifying and Starting Heights.....	18
4.2.3	Walks – State Final Qualifying Times.....	19
4.3	TIME CLASH OF A TRACK EVENT WITH A FIELD EVENT	19

SECTION 5 - GENERAL RULES - RELAYS

5.1	EVENTS CONDUCTED	21
5.2	PROGRESSIONS TO STATE FINALS.....	21
5.3	SQUAD/TEAM COMPOSITION	22
5.4	REGION COMPOSITE TEAMS	22
5.5	AGE GROUP PROMOTION.....	22
5.6	ELIGIBILITY OF ATHLETES FORMING A SQUAD	23

SECTION 6 - GENERAL RULES - MULTI-EVENT

6.1	EVENTS CONDUCTED	24
6.2	PROGRESSIONS TO STATE FINALS.....	24
6.3	RULES OF MULTI-EVENT COMPETITION	24
6.4	PRACTICE TRIALS	24
6.5	SCORING (POINTS)	25
6.6	MEDAL WINNERS	25
6.7	INTERVAL BETWEEN DISCIPLINES	25
6.8	PROTESTS	25

SECTION 7 - GENERAL RULES - CROSS COUNTRY

7.1	EVENTS CONDUCTED	26
7.2	PROGRESSIONS TO STATE FINALS.....	26
7.3	TEAM COMPETITION	26
7.4	TEAM SCORING	26
7.5	ASSISTANCE TO ATHLETES.....	26
7.6	COURSE LAYOUT & MARKING.....	26
7.7	MORE THAN ONE ROW OF ATHLETES.....	26

SECTION 8 - TECHNICAL RULES - ALL COMPETITIONS

8.1	TIMEKEEPING	27
8.1.1	General.....	27
8.1.2	Methods.....	27
8.1.3	Fully Automatic Timing Systems.....	27
8.1.4	Electronic Timing System – Manual Start	27
8.1.5	Manual Timing Devices (Stop watches & others).....	27
8.1.6	Timing Systems in Heats.....	27
8.1.7	Giving Intermediate Times.....	27
8.2	STARTING	28
8.2.1	General.....	28
8.2.2	False/Unfair Starts.....	28
8.2.3	Starting Techniques	28
8.3	MORE THAN ONE ROW OF ATHLETES.....	29
8.4	LEAVING THE TRACK DURING A RACE	29

SECTION 9 - TECHNICAL RULES - TRACK EVENTS

9.1	TRACK SPECIFICATION	30
9.2	START AND FINISH LINE	30
9.3	STARTING BLOCKS	30
9.4	CHECK MARKS	30
9.5	BACK STRAIGHT START (OPTIONAL)	31
9.6	RUNNING IN LANES	31
9.7	RUNNING OUT OF LANES	31
9.8	COMPETING IN A HEAT / LANE OTHER THAN THE ONE ALLOCATED	31
9.9	HURDLES	31
9.9.1	General	31
9.9.2	Competition	32
9.9.3	Hurdle Placement, Heights and Distances	32
9.10	RACE WALKING	33
9.10.1	Definition	33
9.10.2	Cautions	33
9.10.3	Reports	33
9.10.4	Disqualification	34

SECTION 10 - TECHNICAL RULES - FIELD EVENTS

10.1	PRACTICE TRIALS FOR FIELD EVENTS	35
10.1.1	Long Jump, Triple Jump, Discus, Javelin & Shot Put	35
10.1.2	High Jump	35
10.2	ORDER OF COMPETITION IN FIELD EVENTS	35
10.3	HIGH JUMP	35
10.3.1	General	35
10.3.2	Passing at any Height	35
10.3.3	Failures	36
10.3.4	Runway	36
10.3.5	Take-Off Area	36
10.3.6	Landing Area	36
10.3.7	Uprights & Bar supports	36
10.3.8	Cross-bar	36
10.3.9	Measurement of Each Jump	37
10.4	LONG JUMP	37
10.4.1	General	37
10.4.2	Failures	37
10.4.3	Runway	37
10.4.4	Take-Off Area	37
10.4.5	Landing Area	38
10.4.6	Measurement of Each Jump	38
10.5	TRIPLE JUMP	39
10.5.1	Definition	39
10.5.2	Mat Placements (Take Off)	39
10.5.3	General	39
10.5.4	Failures	39
10.5.5	Runway	40
10.5.6	Take-Off Area	40
10.5.7	Landing Area	40
10.5.8	Measurement of Each Jump	40
10.6	DISCUS	41
10.6.1	Specifications, Weights and Age Groups	41
10.6.2	General	41
10.6.3	Assistance to Athletes	42
10.6.4	Competition	42
10.6.5	Failures	42

10.6.6	Landing Sector.....	42
10.6.7	Measurement of Each Trial.....	43
10.6.8	Construction of Discus Circle.....	43
10.6.9	Discus Circle Dimensions.....	43
10.7	JAVELIN.....	44
10.7.1	Specifications, Weights and Age Groups	44
10.7.2	General.....	44
10.7.3	Assistance to Athletes	45
10.7.4	Competition	45
10.7.5	Failures.....	45
10.7.6	Runway.....	45
10.7.7	Landing.....	46
10.7.8	Measurement of Each Trial.....	46
10.8	SHOT PUT.....	46
10.8.1	Specifications, Weights and Age groups.....	46
10.8.2	General.....	47
10.8.3	Assistance to Athletes	47
10.8.4	Competition	47
10.8.5	Failures.....	48
10.8.6	Landing Sector.....	48
10.8.7	Measurement of Each Trial.....	48
10.8.8	Construction of Shot Put Circle	49
10.8.9	Dimensions of Shot Put Circle	49

SECTION 11 - TECHNICAL RULES - RELAYS

11.1	TRACK LAYOUT	50
11.1.1	Event Distance	50
11.1.2	Box Marking.....	50
11.1.3	Track markings for Relays.....	50
11.1.4	Crossover Points.....	50
11.1.5	Check Marks	50
11.1.6	Acceleration Zone.....	50
11.2	USE OF ACCELERATION ZONE.....	50
11.3	BATON ISSUES.....	51
11.3.1	Baton Structure	51
11.3.2	Baton Passage	51
11.3.3	Baton Changing.....	51
11.3.4	Dropping The Baton	51
11.4	ASSISTANCE TO ATHLETES.....	52
11.5	DISTANCE TRAVELLED BY AN ATHLETE.....	52
11.6	REPORTING PROCEDURE FOR OFFICIALS.....	52

SECTION 12 - GLOSSARY OF TERMS

12.1	ABBREVIATIONS	53
12.2	DEFINITIONS.....	54
12.3	SUGGESTED EQUIPMENT SPECIFICATIONS (CENTRES)	55

COMPETITION REGULATIONS
of
LITTLE ATHLETICS ASSOCIATION OF VICTORIA INC
Registration Number: A0003260D

SECTION 1 - OFFICIALS

1.1 NOMINATION & SELECTION OF OFFICIALS

- (a) All Officials positions shall be selected by the Organising Body from nominations submitted by Centres, Regions and Special interest committees, e.g. Starters and Walks Panels. Any of the bodies above may nominate any person for any position.
- (b) In the absence of any nominations or unavailability of nominated persons, the Organising Body shall appoint or allocate as required.
- (c) Nomination for a particular position shall not be a guarantee of selection.

1.2 JURY

- (a) A Jury shall be in operation for all rounds of each Championship.
- (b) A Jury Panel shall be appointed by the Competition Committee for all championship finals. The Region Organising body shall be responsible for the appointment of Jury Panels in all qualifying rounds. A Jury of Appeal should normally consist of not less than three (3) and not more than (5) persons.
- (c) The primary function of the Jury of Appeal shall be to deal with all protests on Referee decisions and with any other matters arising during the course of the meeting which are referred to them by the Referee for decision.
- (d) The Jury Panel should not intervene in the course of a meeting. If they observe any matter which, in their opinion, requires attention they should discuss such matters with the Referee and offer advice as to what should be done (See also CR: 3.5).
- (e) The decision of the Jury of Appeal shall be final.

1.3 REFEREE

- (a) It shall be the responsibility of a Referee to see that the Competition Regulations are observed, and to decide any technical points which may arise during the meeting and for which provision has not apparently been made in these Regulations. The Referee shall have the jurisdiction to decide any placing in a race, when Judges of the disputed place or places are unable to arrive at a decision. The Referee shall not act as a Judge or Umpire.
- (b) The Referee shall decide on protests and/or objections to the conduct of the competition. The Referee shall have the power to warn or exclude from competition any athlete/coach/spectator for improper conduct. Warnings may be indicated verbally to the athlete and shall be recorded, in writing, by the Referee.
- (c) If in the opinion of the Referee, circumstances arise that for justice to prevail an 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, decided by the Referee, in conjunction with the Arena Manager.
- (d) Before deciding on infringements the Referee should consult with athletes and the appropriate Officials involved.
- (e) If the Referee disqualifies athlete(s) or team(s) for infringement(s), the Referee shall notify the Team Manager (or Assistant Team Manager) of each respective Centre/Region involved in the infringement(s) and give full details of the event (i.e. No & Heat as applicable) and the infringement(s) that led to the disqualification. Such written report shall indicate the reason for disqualification together with additional information if appropriate. A copy of a written report shall be made available to the Team Manager(s) upon request.

1.4 UMPIRES

- (a)** Umpires are assistants to the Referee; without authority to make final decisions.
- (b)** Umpires shall stand at points determined by the Referee and Chief Umpire. They shall watch the competition closely and report any infringements by an athlete or other person to the Referee.
- (c)** Any infringement should be indicated by the raising of a flag/or method approved by the organising body e.g. clipboard. All infringements shall be recorded on the appropriate paperwork.

1.5 JUDGES

1.5.1 General

- (a)** The Chief Judge for track events, and the Chief Judge for each field event may allocate the duties among the Judges for their respective events.

1.5.2 Track Events

- (a)** The number of Judges required for any track event (including Cross Country), shall be determined by the Organising Body.
- (b)** The Judges shall all operate from the same side of the track.
- (c)** **For laned track events:** All judges shall operate from the same side of the track, should be in line with the finish, be placed at least five (5) metres from the nearest lane of the track and should be in an elevated position.
- (d)** **For unlaned track events:** All judges shall operate from the same side of the track and should be in line with the finish.
- (e)** If required, Judges shall decide the order in which the athletes/teams finish.
- (f)** In any case where they cannot arrive at a decision they shall refer the matter to the Referee for resolution (see CR: 1.3(a)).
- (g)** Judges are not required to be used when fully automatic electronic timing equipment is in operation.

1.5.3 Field Events

- (a)** Judges shall judge and ensure that each trial is recorded and each valid trail is measured for all athletes in all field events. In high jump, precise measurements should be made when the bar is raised, particularly if records are being attempted.

1.5.4 Race Walk Events

- (a)** To be eligible for selection Walk Judges should be actively judging at a Centre and for State finals shall also be operating at Region level.
- (b)** The Chief Judge at any meeting should be the highest graded Judge available. Preferably only "A" and "B" Grade Judges should be used at the State Finals.
- (c)** Region Organising Bodies shall set their own standards for appointment of Judges, however, Judges should have, as a minimum, "C" Grade qualification.
- (d)** The panel for each event is selected by the Judging Pool. No Centre shall be allowed disqualification power, i.e., there shall be one (1) Judge less than number of reports required for disqualification (see (vi) below) from any one Centre officiating in the same event.
- (e)** The maximum number of Walk Judges for an event is seven (7), six (6) Judges plus Chief Judge. All Judges shall act in an individual capacity.
- (f)** The Chief Walk Judge shall allocate to each member of the Judging Panel a judging position. The Chief Judge shall view the start and finish of the event, and may judge from any position during the event.
- (g)** Prior to the start time of each event, the Chief Judge or persons nominated by or assisting same, shall, after identifying themselves to the athletes, explain the technicalities of walk judging.

1.6 STARTERS

- (a) The Starter shall have entire control of the athletes when called to their marks. Together with the Recall Starters, the Starter shall be the sole judge of any fact connected with the start of the race. The Starter shall ascertain that the Timekeepers and Judges are ready.
- (b) In all races started in lanes, the Starter should, where possible, use an amplifying device to relay commands to the athlete in each lane. Where such a device is not used the Starter shall so place them self so that the distance between the Starter and each athlete is approximately the same.
- (c) Recall starters shall assist the starter in the supervision of the regularity of the start. In case of any start which does not comply with the requirements for a correct start, they shall give the sign of a recall by firing a pistol (see CR: 8.2.1(d)).
- (d) To be eligible for selection Starters should be actively starting at a Centre and for State finals shall be operating at Region level.

1.7 START MARSHALL

- (a) Start Marshall shall:
 - (i) Check that athletes are competing in the correct heat or final. Place each athlete in the correct lane or station, as necessary, assembling athletes on an assembly line up to three (3)m behind the starting line and then signal to the Starter that all is ready. (See CR: 3.2(a)(i))
 - (ii) Be responsible for the readiness and issue of batons to the first athletes in Relay events.
 - (iii) No longer have jurisdiction over the athletes once the Starter has signalled their intention to the athletes to commence the starting procedure.

1.8 CHANGE BOX MARSHALLS

- (a) Box Marshall shall:
 - (i) For Starting Athletes:
 - (1) Check that athletes are competing in the correct heat or race. Assemble athletes in lane order ready for hand-over to the Start Marshall.
 - (2) No longer have jurisdiction over the athletes once they have been handed-over to the Start Marshall.
 - (ii) For Other Athletes:
 - (1) Check that athletes are competing in the correct heat or race. Assemble athletes in lane order ready for placement on the track for baton change-overs.
 - (2) No longer have jurisdiction over the athletes once they have been placed on the track for baton changeovers.

1.9 TIMEKEEPERS

- (a) The number of Timekeepers, equipment required and method of timekeeping used shall be determined by the Organising Body.
- (b) **For laned track events:** All timekeepers shall operate from the same side of the track, be in line with the finish, should be placed at least five (5) metres from the nearest lane of the track and be in an elevated position.
- (c) **For unlaned track events:** All timekeepers shall operate from the same side of the track and should be in line with the finish and if possible in an elevated position.

1.10 TEAM MANAGERS

- (a) Team Managers shall be appointed as follows:
- (i) **Centres:** Shall appoint a Team Manager for all State Championship rounds for which athletes/teams have been progressed. Centres may also appoint an Assistant Team Manager. Their names shall be submitted to the Organising Body at least seven (7) days prior to the event.
 - (ii) **Regions:** Shall appoint a Team Manager for any State Championship rounds for which composite teams have been entered/progressed. The name shall be submitted to the Organising Body at least seven (7) days prior to the event.
- (b) At each competition, the Team Manager and Assistant Team Manager shall report to the Communication Controller, sign the attendance register and receive their official identification. This identification shall be worn at all times to ensure that only Team Managers and Assistant Team Managers gain entry to the arena in case of a clash of events or for official discussions with the Referee, Arena Manager, Jury or Communications Controller.

SECTION 2 - ADMINISTRATIVE RULES - ALL COMPETITIONS

2.1 REGISTRATION REQUIREMENTS

- (a) All athletes entered shall be registered, including those athletes registered for the Cross Country season only. Registration for all athletes shall be lodged with LAVic by the closing date for entries or by the date that Qualifying rounds are conducted in relation to Relay and/or Cross Country Championships.
- (i) The competition year is defined as the inclusive period of the 1st October in any one year to the 30th September in the following year (see also RR: 2.1) and comprises:
- (1) The Track and Field season which is defined as the inclusive period 1st October in any one year to on or about the 31st March in the following year, and/or
- (2) The Cross Country season which is defined as the inclusive period on or about the 1st April in any one year to 30th September in the same year.

Note:

1. Registration for the Track & Field Season also covers the Cross Country season should the registered competitive member wish to participate.
2. Registration can be for the Cross Country season only.
3. Thus

Registration & Competition Year Comprises		
Track & Field (Summer) Season	only	
Track & Field (Summer) Season	and	Cross Country (Winter) Season
	only	Cross Country (Winter) Season

4. Centres are required to keep details of all athletes competing during both Track & Field and Cross Country seasons in order to verify eligibility for entry into the State Championships.
- (b) Athletes registered at a Centre for the Track & Field season shall be eligible to transfer to another Centre for the Cross Country season where their Centre does not conduct a Cross Country competition. Conditions of participation to be the same as an athlete at their new Centre. At the completion of the winter season these athlete/s may re-register with their Track & Field Centre.
- (c) If a Centre or Region allows an unregistered or incorrectly registered athlete to progress to the State Finals then that athlete or any team including that athlete forfeits the right to compete at the finals. Each Centre is responsible to LAVic for determining an athlete's correctness of registration.
- (d) A fine of \$250 per event shall be imposed on the Centre for each athlete (or team that the athlete is a member of) found to be unregistered or incorrectly registered at any time on or after the close of Championship entries.

2.2 PARTICIPATION REQUIREMENTS

- (a) Conditions on participation only apply for State Track & Field Championships.
- (b) An athlete who wishes to participate in State Championships shall have participated in at least 50% of the available normal Centre competition meetings since the date of registration. Additionally, the minimum number of competition meetings competed in shall not be less than two (2) prior to the closing date of entries.
- (c) This rule may be waived at the discretion of the Region Executive where an athlete is unable to reach the above criteria due to exceptional circumstances. All documentation relating to such waivers (whether supported or rejected) shall be forwarded to LAVic office.
- (d) A fine of \$250 per athlete will be imposed on the Centre for each athlete failing to meet the participation requirements.

2.3 AGE GROUP REQUIREMENTS

- (a) Except for age group promotion permitted in Relay Championships athletes shall only compete in their correct age group (i.e. the age group applicable to their birth date).
- (b) A fine of \$250 per athlete will be imposed on the Centre for each athlete found to be competing in breach of the age group requirements.

2.4 ENTRIES

2.4.1 Track & Field

- (a) Centres may enter athletes for all events to be conducted. The maximum number of athletes per event shall to be set by the Organising Body having regard to CR: 3.3(ii).
- (b) U9 to U15 athletes shall be limited to enter a maximum of four (4) events.
- (c) The submission of Centre entries requires the completion and forwarding of the following:
 - (i) **Entry Sheet:** These shall be submitted to the Organising Body by the specified date and time and in the correct manner as prescribed by the Organising Body and may be signed by the Centre Team Manager on behalf of the Centre Secretary or Chairman/President, and
 - (ii) **Summary Sheet:** These shall be submitted to the LAVic Office accompanied by a cheque for the entry fees and be signed by the Centre Secretary or Chairman/President.
- (d) Late entries or incorrect entries may not be accepted.
- (e) A Centre or Region may set the closing date for entries provided that the date set does not fall later than the date approved at LAVic General Meeting for the closing of said entries.
- (f) If the heats are conducted prior to the closing date of entries, the entries from all competing Centres including entry fees shall be forwarded to LAVic before the conduct of said heats.
- (g) Names of athletes eligible to be progressed to State Finals shall be submitted to LAVic on the form as prescribed by the Organising Body.

2.4.2 Multi-Events

- (a) All entries shall be direct to LAVic.
- (b) The submission of athlete entries shall be as determined by the Association.
- (c) Entries shall close at the date and time set by the Association.

2.4.3 Relays

- (a) Centres:
 - (i) May enter teams for any of the events conducted.
 - (ii) The submission of entries requires the completion and forwarding of the following:
 - (1) **Entry Sheet:** These shall be submitted to the Organising Body by the specified date and time and in the correct manner as prescribed by the Organising Body and may be signed by the Centre Team Manager on behalf of Centre Secretary or Chairman/President, and
 - (2) **Summary Sheet:** These shall be submitted to the LAVic Office accompanied by a cheque for the entry fees and be signed by the Centre Secretary or Chairman/President.
- (b) Regions:
 - (i) May enter Composite teams for some age group events (see CR: 5.4 for restrictions).
 - (ii) The submission of entries requires the completion and forwarding of the following:
 - (1) **Entry Sheet:** These shall be submitted to the Organising Body by the specified date and time and in the correct manner as prescribed by the Organising Body and may be signed by the Region Team Manager on behalf of Region (Organising) Secretary or Chairman/President, and
 - (2) **Summary Sheet:** These shall be submitted to the LAVic Office accompanied by a cheque for the entry fees and be signed by the Region (Organising) Secretary or Chairman/President.

- (c) Late entries or incorrect entries may not be accepted.
- (d) Centres and Regions (for Composite Teams (see CR: 2.4.3(b))) may enter more than one team per event per age group, the actual number to be determined by the Organising Body.
- (e) The names of the athletes comprising the squad(s) (from which the team(s) are drawn) shall be provided to the Organising Body at least 30 minutes before the start of the first event. Where a Centre/Region has multiple teams in any event, the squad for each team shall be identified by "A", "B", etc. All squad sheets for:
 - (i) **Centres:** Shall be signed by either the Centre Secretary/President/Chairman/ Team Manager.
 - (ii) **Regions:** Shall be signed by either the Region (Organising) Secretary/President/ Chairman/Team Manager.

2.4.4 Cross Country

- (a) Individuals:
 - (i) All entries shall be direct to the Association.
 - (ii) The submission of athlete entries shall be as determined by the Association.
 - (iii) Entries shall close at the date and time set by the Association.
- (b) Teams:
 - (i) Team entries are not required to be entered to the Association.
 - (ii) The first three (3) athletes to cross the finish line from a Centre shall be classified as a team. Any subsequent group of three (3) athletes from that Centre shall comprise the next team and so on.

2.5 PROGRESSION REQUIREMENTS

- (a) LAVic shall conduct the following championships with qualifying rounds as indicated:

CHAMPIONSHIP	QUALIFYING ROUND
Relays	Yes
Track & Field	Yes
Multi-Event	No
Cross Country	No

- (b) Providing a championship has qualifying rounds, an athlete/team shall only be progressed (see CR: 2.5.3) to the next qualifying round by:
 - (i) Competing in the qualifying round of the Organising Body to which their Centre has been allocated, and
 - (ii) Except when timing equipment fails, shall have recorded a performance.

2.5.2 Qualifying Rounds

- (a) Rounds of the Championships for U9 - U15 Age Groups may be conducted as follows:
 - (i) In one (1) day, or
 - (ii) Over two (2) days, ideally being Saturday and Sunday of the same weekend.
- (b) When conducted in accordance with (i)(b) above, a selection of events for each age group shall be programmed for each day.
- (c) Any one event for any one age group shall be scheduled for completion in one day.
- (d) Regions shall conduct the round on a date/weekend specified by the Association.

2.5.3 Progression to State Finals

- (a) Except when timing equipment fails, athletes/teams that do not have a measured performance, e.g. Disqualified (DSQ), Did Not Finish (DNF), No Performance Recorded (NPR)

such as (No Jump (N/J) or No Throw (N/T), Did Not Compete (DNC) or Did Not Start (DNS), shall not be eligible for progression to the next round (see CR: 2.5). In the event of timing equipment failure and the performances of all athletes is NPR or No Time Recorded (NTR) the only progressions available shall be those that automatically apply for the event (see CR: 2.5.3(c)).

- (b)** Only athletes/teams who are finalists shall be eligible to compete at the State final.
- (c)** Progressions for each specific Championship are detailed in CR: 4.2 for Track and Field, CR: 6.2 for the Multi-Event, CR: 5.2 for Relays and CR: 7.2 for Cross Country
 - (i)** Automatic Qualifiers: Providing athletes/teams meet any qualifying performance criteria that may apply, clear placed athletes/teams as specified for the particular event shall automatically qualify for progression.
 - (ii)** In the event of a tie that affects automatic qualifiers to State finals, Regions shall decide which athletes/teams to progress by requiring the athletes/teams involved in the tie to continue to compete until progression is determined (see CR: 3.6.1).
 - (iii)** Performance Progressions: As many as are required to fill the event.
- (d)** Centres shall advise the Association if an athlete who has qualified or progressed for any given event, does not intend to participate in the next round of that event.
- (e)** Apparent errors in published progressions for championships shall be brought to the attention of the Association office by the aggrieved Centre referring the matter through their Region in the first instance. Direct contact with the Association office shall only be made if all paperwork including the original result sheets have been forwarded. Any changes (additions and/or deletions) to the published progressions shall only be made by the Board of Management after reviewing all paperwork with all parties being duly notified of any decision reached. Any action to query the progressions shall take place no later than ten (10) days (nine (9) days at the Association office) prior to date set down for the next round.

2.5.4 Substitution of Athletes/Teams at State Finals

- (a)** If an athlete/team who/that has qualified to participate at the State Finals is unable to compete in an event due to illness or injury, the Region Organising Body shall notify LAVic, who shall select a substitute athlete/team for that event.
- (b)** To be eligible for progression the substitute athlete/team shall have participated in the last Qualifying Round of that event Final. The Region results from the Association designated software shall be used to determine the athlete/team to be progressed. On an event basis, the next athlete/team on performance in the final across all Regions shall be given the opportunity to participate.
- (c)** If the invitation is declined, the invitation shall be progressively extended in turn to the next two (2) athletes/teams.

2.6 CLOTHING

2.6.1 Competition Uniform

- (a) Each athlete shall wear a Centre/Region uniform - the design of which shall be submitted to and approved by LAVic.
- (b) Centre/Region uniforms shall not carry any prominent commercial product/branding. (identification/logo) that covers an area in excess of 900 mm² and shall not be visible when covered with a 30mm square.
- (c) Uniforms may be a combination of the following components:
- (i) **BOTTOMS:**
- (1) **Shorts:** Shorts shall not be longer than 100mm above the knee measured whilst an athlete is kneeling. Such shorts may be called "Boxer, Sports Briefs or Bike Shorts"
- (2) **Leggings:** Leggings may be worn in lieu of shorts during the Cross Country season only. If worn in lieu, the colour of the leggings shall be the same colour as the Centre shorts, alternatively the leggings shall be black or beige.
- (ii) **TOPS:** Tops shall be of a design which allows compliance with CR: 2.6.1(d), and include styles which may be sleeved (long or short) or sleeveless and may have a collar. Such tops may be variously called "T-Shirts, Polo Tops, Singlets or Crop-Tops".
- (iii) **ONE PIECE UNIFORM:** Shall comply with the requirements of CR: 2.6.1(d). Such uniforms may also be called "Body Suits".
- (iv) **UNDERGARMENTS:**
- (1) **Tops:** A long or short sleeved top may be worn as an undergarment. If worn, the colour of the top shall be plain and the same colour as the predominant colour of the Centre top as nominated by the Centre, alternatively, the top shall be white.
- (2) **Shorts:** known as "compression or bike shorts" may be worn as an undergarment and shall not be longer than 100mm above the knee, measured while the athlete is kneeling. If worn, the colour of the shorts shall be plain and the same colour as the predominant colour of the nominated Centre shorts, alternatively, the shorts shall be natural or flesh coloured.
- (3) **Leggings:** Leggings may be worn as an undergarment during the Cross Country season only. If worn, the colour of the leggings shall be the same colour as the predominant colour of the Centre shorts, alternatively the leggings shall be black or beige.

Note: Undergarments are not required to be shown in photographs of Centre uniform(s).

Recommended Practice:

Uniforms without sleeves should only be worn during actual competition or trials (for field events). At all other times an athlete should wear an "over-top", hat and other items of apparel that maximises protection from the elements.

- (d) The Organising Body shall supply as necessary, lane identification, e.g. Lane numbers, wrist bands or other identification as provided by the Organising body.

2.6.2 Centre/Region Identification

- (a) Each uniform top (or the "top" section of a one-piece uniform) shall have the Centre/Region identity in a contrasting colour, affixed as follows:
- (i) **Centre uniforms:** Shall have the Centre number, (e.g., "999") on both the front and back.
- (ii) **Region uniforms:** Shall have the Region identification, (e.g. "REG") in contrasting colour on the back, and where there is no Region emblem on the front, the Region identification shall also be on the front.
- (b) The size of the number/identification shall be in accordance with the following specifications:
- (i) **FRONT:** Each numeric/numeral (for Centre Nos.) or alphabetic (for Region Identification) shall be between 45mm and 125mm in height and have a width of 10

- 25mm. The width shall be proportionate to the height to ensure the numbers are of an appropriate size.

- (ii) **BACK:** Each numeric/numeral (for Centre Nos.) or alphabetic (for Region Identification) shall be between 95mm and 125mm in height and have a width of 20mm - 25mm.
- (c) The number or identification on the back and front shall be clearly visible when the top is normally tucked into the bottom.
- (d) **Armband:** For Cross Country Championships only, members of a composite team shall be permitted to wear a ten (10)cm wide armband of the Region colour and design as a means of team identification and shall then compete in their Centre Uniform.
- (e) A digital image of the current uniform (front & back view) for each Centre and Region shall be kept at the Association office together with a written description of the uniform stating colours and any approved branding on the uniform (see CR: 2.6.1 b).
- (f) Any change in the colour, style or design of any part of the uniform shall be submitted to the Association for approval.

2.6.3 Footwear

- (a) Suitable sporting type footwear shall be worn.
- (b) The wearing of footwear (commonly referred to as "spikes") designed to fit/mount spikes with either:
 - (i) A complete set of blanks/slugs installed, or
 - (ii) Without a spike or blank/slug installed in every mount, shall not be permitted.
- Note:** An athlete shall not compete with a spike mount empty, i.e. spike mounts should generally contain a spike however some may contain a blank/slug.
- (c) The wearing of footwear with blades or cleats constructed of hard plastic shall not be permitted.
- (d) Footwear not excluded by (b) & (c) above may be worn by Under 12 to Under 16 athletes in only the events listed below except where the wearing of footwear known as "spikes" contravenes any rule(s) of the Organising Body and/or Venue Manager. Any conditions on the use of "spikes" issued by the Venue Manager shall be in writing on an official letterhead.
 - (i) Under 14 - 16 Age Groups: all events except Shot Put, Discus, Race Walking and Cross Country.
 - (ii) Under 12 to Under 13 age groups: events as listed below:
Track Events: 70m, 100m, 200m, 400m, 60mH, 80mH, 90mH, 300mH
Field Events: Long Jump, Triple Jump, High Jump, Javelin
Relays: All events, except for the Under 12 athlete in the U9 - 12 Mixed Age Medley
- (e) Spike length:
 - (i) For all surfaces the length of the spike shall not exceed seven (7) mm
 - (ii) Specialist High Jump and Javelin footwear with heel spikes shall not exceed nine (9) mm and shall only be worn at these events.
 - (iii) The Organising Body shall notify all Centres in writing of any changes to the spike length detailed in (a) above no later than 28 days prior to each specific Championship.
- (f) Spike Type/Style
 - (i) Only the designs known as conical or pyramid ("Christmas tree") shall be used.**Note:** The pyramid ("Christmas tree") design is recommended for Mondo surfaces as used at Olympic Park.
- (g) Footwear known as "spikes" shall only be worn within the arena or at the field event venue while the athlete is competing, i.e. in the competition area(s).
- (h) Improper or incorrect wearing of footwear known as "spikes" by an athlete detected by Officials shall be referred to the Referee(s) and shall be subject to disqualification of the athlete or team from further participation in that event.

- (i) Athletes causing unnecessary delays fitting footwear, particularly in the Marshalling areas shall be referred to the Referee(s) and may be subject to disqualification (see also CR: 3.2)

2.6.4 Competing Out of Uniform

- (a) Athletes competing in incorrect uniform may result in disqualification of the athlete/team.
 (b) In order to allow a protest to be lodged, the athlete/team will be allowed to compete whilst the Team Manager is informed by the referee that the athlete/team is competing subject to disqualification.

2.7 POSTPONEMENT OR CANCELLATION OF EVENTS OR PROGRAM

2.7.1 General

- (a) Once the Championships have commenced the Referee in consultation with the Arena Manager and Event Venue Managers shall have sole responsibility to decide if events are to be postponed or relocated due to conditions being such that safety of athletes and/or Officials is at risk. This shall apply to individual events or the remainder of the programme yet to be conducted.

2.7.2 ALAC Selections

- (a) **U13 Australian Teams Championship (ATC):** Events shall be scheduled first where specific events or the programme is postponed and conditions improve later in the day. The Referee in consultation with the Arena Manager and Event Venue Managers shall decide the order of the events to be conducted.
 (b) **U15 Multi-Event Championship (MEC):** Events shall be scheduled first where specific events or the programme is postponed and conditions improve later in the day. The Referee in consultation with the Arena Manager and Event Venue Managers shall decide the order of the events to be conducted.

2.7.3 Other Championships

- (a) The Organising Body shall decide whether events not conducted on the day be conducted at a future date or cancelled for that year.
 (b) In the event of the programme being abandoned for the day, all events completed, including track events where finalists have been selected, and completed rounds of field events, shall stand.
 (c) If a field event, except High Jump, is restarted, athletes are eligible to complete the event in accordance with the Competition Regulations.
 (d) If a field event, except High Jump, is not restarted, and all athletes have completed at least half the number of rounds allowed, then that event shall be deemed to have been finished, and results shall be based on performances over the completed rounds only.
 (e) In a High Jump event where there are six (6) or less athletes in the event when it is stopped, then the event shall be deemed to have been finished and results based on performances recorded after the last completed round.
 (f) Where the number of athletes exceeds six (6) and the event is restarted then only those athletes who have not been disqualified from further jumping shall be eligible to continue in the event. The event restart shall have the bar set one (1) increment above the height set for the last full round of jumps completed before the event was stopped. A full round is one which includes an athlete passing their turn by choice.

Note: The Event Venue Manager may allow each athlete up to two (2) practice trials at various heights before the event restarts.

2.8 PRESENTATIONS

- (a) Medals shall be presented to the first three placegetters in the final of each Championship event.
 (b) Ribbons shall be presented to fourth to eighth (4th to 8th) placegetters as applicable in the Victorian State Finals (except 800m and team events (Relays & Cross Country)).
 (c) Ribbons are to be presented to all finalists in the 800m event at State Track & Field Championships.

- (d) Ribbons are to be presented to the 1st, 2nd and 3rd placegetters at all State Championships for Invitation type events. Refer to By-law BL-08/02
- (e) No presentation shall be announced until at least twenty (20) minutes after the completion of the event.

2.9 VICTORIAN BEST PERFORMANCES

- (a) Victorian Best Performances (VBP) shall be maintained for all events conducted at Track & Field, Relay and Multi-Event (including the points score for each age group).
 - (b) For a time to be accepted as a Victorian Best Performance the following criteria shall be observed:
 - (i) The performance shall be achieved at any round of the State Championships or other approved LAVic controlled special meetings. This does not include normal Centre meetings, Centre Championships, Open Day or ALA events.
 - (ii) The claim for the performance shall be submitted on an official form supplied by the Organising Body; complete with all documentary evidence to the LAVic within fourteen (14) days after the event (see CR: 2.9(c)& 2.9(d)).
 - (iii) **For Track events:**
 - (1) The track shall conform to CR: 9.1.
 - (2) The timing shall conform to CR: 8.1.1, 8.1.2, 8.1.3.
 - (3) Victorian Best Performance claims shall only be lodged if three (3) times are recorded. Should there be less than three (3) times recorded the Victorian Best Performance claim shall not be accepted unless fully automatic timing is being used in which case that shall be deemed the correct time and lodged as a claim for a VBP.
 - (4) Times shall be checked and signed by the Chief Photofinish Operator or the Chief Timekeeper and Referee of the meeting.
 - (5) A Victorian Best Performance (VBP) shall only be recognised for athlete(s)/team(s) who/that are first (1st) across the finish line.
 - (6) Wind assistance shall not be considered as a factor in determining Victorian Best Performances.
 - (iv) **For Field events:** All distances and heights shall be checked and the recording sheet signed by the Chief Officials and the Referee or Referee's delegate. All implements and apparatus (tapes, shot puts, discus, javelins, high jump bars) shall be verified for compliance with specifications or certified equipment prior to the commencement of the Championship program.

Where the measurement of a Long Jump or Triple Jump is within 5cm of the VBP for that event or the measurement of any throws event is within 10cm of the VBP for that event, the measurement shall be checked using a certified tape.
- Note:** There is a procedural requirement that the recording of a Victorian Best Performance requires the Referee or Referee's delegate to witness the measurement of the performance and any check measurement against a certified tape.
- (c) Where an electronically timed performance is better than an existing manually timed performance, the electronically timed performance shall become the Victorian Best Performance and from that point onwards manually timed records for that event shall no longer be recognised or maintained.
 - (d) No claim for a Victorian Best Performance shall be accepted for any individual track and field competition where age groups and/or sexes are combined as a single event.
 - (e) Claims for Victorian Best Performance shall be accepted for individual events as follows:
 - (i) **Existing Victorian Best Performance:** The number of athletes/teams in the event shall not be an impediment.
 - (ii) **New Event:**
 - (1) **Individual and Relay Events:** There shall be at least three (3) athletes/teams participating.

- (2) The VBP will be awarded at the end of the season and shall take into account the best performance at all levels, i.e. both Qualifying rounds and State finals.

Note: Providing the criteria at (1) & (2) above is met, Organising bodies will need to submit completed paperwork for new events as if it is a claim for an existing Victorian Best Performance.

2.10 DISPENSATION FROM APPLICATION OF THE RULES

- (a) Dispensation from the application of the rules of competition shall not be granted to any athlete except by the Board of Management, and any such dispensation shall be:
- (i) Announced to all Team managers at the beginning of the Competition round, and
 - (ii) May be appealed by any Team Manager to the Jury of Appeal.

SECTION 3 - GENERAL RULES - ALL COMPETITIONS

3.1 LANE DRAWS

- (a) Lane draws shall be random, except as follows:
- (i) **Track & Field and Relays:**
- (1) At any round of competition the final of track events up to and including 400m, and Relay events when preceded by heats shall be seeded in the following manner; the four highest ranked athletes/teams shall be randomly drawn for lanes 3, 4, 5 & 6. The remaining athletes/teams to make up a final of no more than eight (8) shall be randomly drawn for lanes 1, 2, 7 & 8.
- (2) In the event that two (2) or more athletes/teams have equal times and places, the allocation of lanes for only those athletes/teams shall be random for the lanes in question, eg, three (3) athletes/teams tied for third (3rd) place shall be randomly drawn for lanes remaining from the assignment of the lanes to the two (2) highest ranked athletes/teams and the lane not assigned to the lowest three (3) ranked athletes/teams.
- (b) If circumstances arise as detailed in CR: 9.8, any re-allocation of lanes to affected athletes shall be random.

3.2 DELAYS BY ATHLETES IN EVENTS

- (a) An athlete shall not cause undue delay to the conduct of any event as follows:
- (i) **Track Events:** An athlete who unreasonably delays the orderly conduct of the marshalling procedure shall be deemed to be absent. Furthermore an athlete who unreasonably delays the orderly conduct of the start procedure shall be liable to disqualification.
- (ii) **Field Events:** An athlete, who unreasonably delays making a trial, shall have that trial disallowed and recorded as a 'no trial'. A repeat offence at any time during the remainder of the competition shall cause disqualification, however any performance accomplished up to the time of disqualification shall stand.
- (b) Any time delay should not normally exceed sixty (60) seconds.

3.3 EQUIPMENT

3.3.1 General

- (a) The Organising Body shall provide all equipment, apparatus and implements for all competition.

3.3.2 Fully Laned Track Events

- (a) Region Qualifying Events
- (i) Track & Field – Fully Automatic (including automatic start) electronic timing systems shall be used at all Region Qualifying rounds, where equipment is available.

3.3.3 Implements

- (a) Prior to any round of a Championship, all field implements (shot put, discus, javelin) shall be verified by the Association for compliance with specifications.
- (b) There is no requirement to use a certified tape to measure a Victorian Best Performance, providing the tape used is checked against a certified tape at the beginning of the day and checked again if a Victorian Best Performance is recorded. In the event that there is a discrepancy between the venue tape and the certified tape, then the measurement given by the certified tape shall take precedence.

3.4 CHANGING FIELD EVENT VENUE DURING COMPETITION

- (a) The Referee in consultation with the Field Event Referee, Arena Manager or Event Venue Manager shall have power to change the place of competition (venue) for a field event due to adverse conditions that may put the safety of athletes and/or Officials at risk. Such

change should only be made after a round is completed, or if circumstances dictate that it is impossible to complete the round, the event shall resume at the new place of competition from the last completed round.

3.5 PROTESTS

- (a) Protests shall only be lodged on the following grounds:
- (i) Apparent failure by officials to correctly apply the regulations,
 - (ii) Apparent incorrect application of the regulations by officials, or
 - (iii) Dissent against the decision of the Referee (commonly known as an appeal).
- (b) A protest shall only be accepted when made by a Team Manager or Assistant Team Manager. The protest shall be submitted in writing on an official protest form and lodged with the Communications Controller complete with the prescribed fee prior to the "closing time" as follows:
- (i) Relays, Track & Field & Cross Country: if photo finish equipment is in use, "closing time" is defined as 15 minutes after the event results, and if applicable progressions (i.e. finalist lane draw) have been posted/displayed for public viewing, otherwise, "closing time" is defined as 15 minutes after receipt of event results being noted by the Communications Controller, or
- Note:** With photo finish equipment no performance or place information is in the hands of the athletes and their Team Managers until a considerable time after the event and it is imperative that the results are posted/displayed in order that potential disputes can be pursued or errors corrected.
- (ii) Multi-Event: "closing time" is defined as 15 minutes after the results for each individual discipline are posted/displayed for public viewing, or
- Note:** As the only performance details for any discipline available to the athletes and Team Managers is the "results posting", it is imperative that the discipline results are posted/displayed (if possible checked and scored) in order that potential disputes can be pursued or errors corrected, prior to the original paper work being available to those investigating any matter.
- (iii) Calling of Team Manager: "closing time" is defined as 15 minutes after the call is first made over the public address system.
- (c) No protest against the decision of Walk Judges shall be accepted; however protests relating to track infringements may be lodged in accordance with CR: 3.5(a).
- (d) Following a protest, no deliberation on the protest shall take place until the Referee notifies the Team Manager of each Centre involved. The Centre Team Managers involved in the protest shall be informed of any decision that is reached prior to any public announcement.
- (e) If the Competition is operating with both Jury of Appeal and a Referee, the decision of the Referee shall be final, except when a protest against the Referee's decision is lodged. In this case the decision of the Jury of Appeal shall be final (see CR: 1.2(d)).
- (f) When a protest or other matter is referred to the Jury of Appeal for decision, the Referee shall supply all relevant information that is available including any reason(s) in writing for the decision to the Jury Convenor or their representative. In no case shall any person, athlete(s)/team(s), official(s) or parent(s) approach the Jury of Appeal other than by invitation.
- (g) The protest fee shall be retained if the protest is considered frivolous by the Referee or Jury of Appeal.

3.6 TIES

3.6.1 Determining Automatic Qualifiers

- (a) Regions shall be required to continue the elimination in the circumstance that more than the permitted number of athletes/teams are vying for the available automatic qualification progressions, i.e. continue to conduct the event for only those athletes/teams involved in the tie until only the permitted number remain for automatic qualification progression.

3.6.2 Track Events

- (a) Except for determining automatic qualifiers (see CR: 3.6.1 (a)), in any final, the Referee shall be empowered to decide whether it is practicable to arrange for the athletes/teams tying for first place to compete again. If the Referee decides it is not, the result shall stand. Except for determining automatic qualifiers (see CR: 3.6.1 (a)), ties for other placings shall remain.

3.6.3 High Jump

- (a) The athletes with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
- (b) If the tie still 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.

Example 1 (All heights are in metres [m])

	1.25	1.30	1.35	1.37	1.39	1.41	1.43	Total Failures	Place
A		Xo	o	Xo	-	XXo	XXX	4	2=
B	o	o	o	X-	Xo	XXo	XXX	4	2=
C	o	o	X-	o	XXo	XXo	XXX	5	4
D	o			XXo	XXo	Xo	XXX	5	1

o = Cleared X = Failed - = Did Not Jump (Pass)

A, B, C and D all cleared 1.41m and failed at 1.43m.

The rule regarding ties comes into operation. As "D" cleared 1.41m on the second attempt, the others taking three attempts, "D" is declared the winner.

The other three remain tied. The judge totals their failures up to and including the height last cleared, i.e. 1.41m.

"C" has more failures than "A" and "B" and is therefore awarded fourth place. "A" and "B" still tie and as this does not concern first place, they share second place (See CR: 2.20 (ii)).

If the tie still remains and it concerns first place, the athletes tying shall have one more jump at the lowest height at which those involved in the tie failed and if no decision is reached, the bar shall be lowered or raised to the heights which shall be announced by the Event Venue Manager or judge until the tie is decided. When deciding the tie athletes shall jump on each occasion.

If a tie concerns any other place, the athletes shall be awarded the same equal placing.

Example 2 (All heights are in metres [m])

	1.25	1.30	1.35	1.37	1.39	1.41	1.43	Total Failures	1.41	Place
A	-	Xo	Xo	o	XXo	-	XXX	4	o	1
B	Xo	-	XXo	-	XXo	XXX		5		3=
C	o	Xo	-	XXo	XXo	-	XXX	5		3=
D	Xo	-	Xo	-	XXo	XXX		4	X	2

o = Cleared X = Failed - = Did Not Jump (Pass)

3.6.4 Other Field Events

- (a) In those field events where the result is determined by distance, the second best performance of the athletes tying, shall decide the tie. Then, if necessary, the third best, and so on.
- (b) If the tie still remains and it concerns first place the athletes having achieved the same result shall compete again in the same order in a new attempt until the tie is decided. For any other place the athletes are awarded the same equal placing.

3.7 ASSISTANCE TO ATHLETES

- (a) Except as provided for in CR: 8.1.7:
 - (i) Competitors may communicate, to anyone outside of the competition area, so long as it does not disrupt the event, and the competitor does not leave the immediate area.
 - (ii) The possession or use by athletes of video or cassette recorders, radios, CD, DVD, radio transmitters, mobile phone or similar devices in the competition area shall not be permitted.
 - (iii) Physical pacing by persons not currently participating in an event is prohibited.
 - (iv) An athlete is entitled to (refreshments, medical treatment or toilet break) during the conduct of an event, with the approval of the Event Chief Official, and so long as it does not disrupt the event.
 - (v) An athlete/spectator/coach shall receive one warning from the Referee/Event Referee, for breaches of the relevant LAVic codes of behaviour. Any repeat infringement at the event will result in removal of the infringer from the event.

3.8 RULE INFRINGEMENT, DISADVANTAGE, DISQUALIFICATION, RE-RUNS & SUBSTITUTE TRIALS

- (a) Any athlete/team member found to be infringing event rules including unfair tactics shall be liable to disqualification.
- (b) If in any event an athlete/team is disqualified for the reasons in (a) above, the Referee shall have the power to order the event to be re-run excluding the disqualified athlete/team. Furthermore if the event is a heat any athlete(s)/team(s) affected by the act resulting in the disqualification (other than the disqualified athlete(s)/team(s)) may be permitted to compete in a subsequent round of the event at the current competition.
- (c) If in any event at championship qualifying rounds or at the Multi-Event an athlete/team is disqualified for any of the reasons in (a) above and the Referee or Jury of Appeal decides that it is impracticable to re-run the event, an adjusted time may be applied to the effected athlete(s)/team(s). Any adjusted time awarded shall be notified to the team manager(s) of all athlete(s)/team(s) effected by the decision, and such adjusted time may itself be the subject of appeal, i.e., an appeal may be lodged against the adjustment.
- (d) If for any reason an athlete is disadvantaged in a trial in a Field event, the Referee, Field Event Referee or Event Venue Manager shall have the power to award the athlete a substitute trial.

3.9 ATHLETES/TEAMS PROGRESSED FROM HEATS TO FINALS

- (a) For all track events up to and including 400m and Relays, the first placegetter(s) in each heat plus the next fastest shall make up a final of no more than eight (8). When there are equal fastest times that exceed eight (8), placings shall take precedence.
- (b) Where heats are run for an 800m event, the first two placegetters in each heat plus the next fastest to reach a full field shall progress to the final.
- (c) For all 800m events the maximum number of athletes shall not exceed 16.

SECTION 4 - GENERAL RULES - TRACK AND FIELD

4.1 EVENTS CONDUCTED

(a) All events for boys & girls unless otherwise stated.

EVENTS	U 9	U 10	U 11	U 12	U 13	U 14	U 15	Qualifiers	Progressions
70m	√	√	√	√				7	17 #
100m	√	√	√	√	√	√	√	7	17 #
200m	√	√	√	√	√	√	√	7	17 #
400m	√	√	√	√	√	√	√	7	17 #
800m	√	√	√	√	√	√	√	7	9 #
1500m			√	√	√	√	√	7	17 #
60mH	√	√	√	√				7	17 #
80mH	√	√	√	√	√	GIRLS		7	17 #
90mH						BOYS	GIRLS	7	17 #
100mH							BOYS	7	17 #
300mH					√	√	√	7	17 #
1100mW	√	√						7	17 #
1500mW			√	√	√	√	√	7	17 #
Long Jump	√	√	√	√	√	√	√	7	17 #
Triple Jump	√	√	√	√	√	√	√	7	17 #
High Jump	√	√	√	√	√	√	√	7	17 #
Shot Put	√	√	√	√	√	√	√	7	17 #
Discus	√	√	√	√	√	√	√	7	17 #
Javelin			√	√	√	√	√	7	17 #

- As necessary, additional athletes shall be progressed to make up full fields (maximum 24) on the basis of performance.

4.2 PROGRESSIONS TO STATE FINALS

4.2.1 General

- (a) A full field shall consist of automatic qualifiers (see (i) below), and performance based progressions (see (ii) below):
- (i) **Automatic Qualifiers:** Shall be clear first (1st) place only in each event in each Region (see also CR: 2.5.3 & 3.6.1).
 - (ii) **Progressions:** As many as are necessary to make up a full field and shall be based on performances across all Regions (see also CR: 2.5.3).

Note: If there are insufficient entries, or in the event that places and performances are equal only clear progressions shall be progressed, i.e., a field may be less than the maximum twenty-four (24).

4.2.2 High Jump – State Final Qualifying and Starting Heights

- (a) **Starting Heights:** Regions may set their own starting height. Any variation of which shall be in intervals of five (5) cm below or above that of the State starting height as detailed in the table below.

AGE	U9	U10	U11	U12	U13	U14	U15
GIRLS	0.95	1.05	1.15	1.20	1.30	1.35	1.40
BOYS	1.00	1.10	1.20	1.30	1.40	1.45	1.50

- (b) **State Qualifying:** Athletes who fail to clear at least the height listed in (a) above for their age group at Region Qualifying shall not automatically qualify or be progressed to the State Finals.

4.2.3 Walks – State Final Qualifying Times

- (a) Athletes who fail to equal or better the time listed in the table below for their age group at Region Qualifying shall not automatically qualify or be progressed to the State Finals.

EVENT	GIRLS & BOYS
U9 - 1100m	8 mins 30 secs
U10 - 1100m	8 mins 00 secs
U11- 1500m	10 mins 30 secs
U12 -1500m	10 mins 15 secs
U13 -1500m	9 mins 45 secs
U14 -1500m	9 mins 30 secs
U15 -1500m	9 mins 30 secs

4.3 TIME CLASH OF A TRACK EVENT WITH A FIELD EVENT

- (a) Track events shall have priority over Field events, thus an athlete shall be permitted to be released from a Field event to compete in a Track event being conducted during the duration of the Field Event.
- (b) Approval shall be granted to an athlete to compete in both events providing the athlete is covered by a correctly completed Event Release Form.
- (c) An athlete shall not be permitted to commence a Field event trial after the completion of the first round unless covered by an Event Release Form.
- (d) An athlete who leaves a field event without an Event Release Form having been submitted or without the approval of the Field Event Chief Official, shall not be allowed to continue in the event on return.
- (e) In the circumstance of:
- (i) The Track event expected to be conducted within 15 (fifteen) minutes of the start of the clashing Field event the athlete shall go straight to the marshalling area at the start of the Track event and shall return to the Field event no later than 10 (ten) minutes after the completion of the Track event,
- Note:** A track event shall be deemed to be completed when the Judges, Event Venue Manager or Referee have given the “all clear” for the athletes to proceed to recording
- (ii) The Track event not expected to be conducted within 15 (fifteen) minutes of the start of the clashing Field event the athlete shall go straight to the Field event.
- (f) An athlete (or their Team Manager) shall seek permission for release from the Field Event Chief Official no earlier than 10 (ten) minutes prior to the expected start of the Track event.

A released athlete shall not be required to go through marshalling, i.e., the athlete shall go directly to the Track event starting area.

- (g)** The Field Event Chief Official shall advise the athlete (or their Team Manager) on release of the expected time that the athlete should return to the venue. The expected time shall not exceed ten (10) minutes from the anticipated completion (see Note above after (e)(i)) of the track event to which the athlete was released.
- (h)** On returning from a Track event an athlete shall report immediately to the Field Event Chief Official and advise the said official of their intention to continue in the event.
- (i)** Any athlete who has not returned and advised the Field Event Chief Official within the time limit set on their departure shall be deemed to have completed the event.
- (j)** Except for (g) above, Field events shall remain open for athletes under release until the start of the next event time block, or in the circumstance of the final event, the time determined by the Referee, in consultation with the Field Event Chief Official.
- (k)** The athlete shall be entitled to as many trials or attempts as the Competition Regulations/Organising Body determine.

SECTION 5 - GENERAL RULES - RELAYS

5.1 EVENTS CONDUCTED

(a) The following events shall be conducted:

EVENT	AGE GROUPS	
4 x 100m	U 9 to U15	B, G & MS
	U16	MS
4 x 200m	U 9 to U15	B, G & MS
	U16	MS
Medley	U 9 to U15	B, G, MA

MS - Mixed Sex, i.e. 2 Boys & 2 Girls
MA - Mixed Age, i.e. U9 to U12 & U13 to U15 B & G

MEDLEY DEFINITION: Shall consist of 2 x 100m, 1 x 200m and 1 x 400m sections (legs).

(b) The events shall be conducted as follows:

- (i) **4 x 100m:** All athletes shall run in the designated lane for the entirety.
- (ii) **4 x 200m & Medley:** The first two (2) athletes shall run in the designated lane, the third (3rd) athlete shall run in the designated lane until reaching the cross-over point (see CR: 11.1.4) and shall then be able to move to the inside lane with the fourth (4th) athlete not being required to run in the designated lane.

5.2 PROGRESSIONS TO STATE FINALS

(a) Full Fields, Progressions & Qualifiers for each event shall be:

EVENT	AGE GROUPS	REGION QUALIFIERS	PERFORMANCE PROGRESSIONS	FULL FIELD
4 x 100m	U 9 to U15 B, G & MS	2	10 √	24
	U16 MS	1	1 √	8
4 x 200m	U 9 to U11 B & G	2	10 √	24
	U12 to U15 B & G	1	9 √	16
	U 9 to U16 MS	1	1 √	8
Medley	U 9 to U15 B & G	1	1 √	8
	MA	1	1 √	8

MS - Mixed Sex **MA - Mixed Age**, i.e. U9 to U12 & U13 to U15 **B & G**

√ -As necessary additional teams shall be progressed to make up full fields on the basis of performance (see (c) below).

- (b) **Automatic Qualifiers:** Shall be clear first (1st) place or clear first (1st) place and second (2nd) place inclusive in each Region as specified for the specific age group event in the table above (see also CR: 2.5.3 & 3.6.1).

- (c) Progressions:** As many as are necessary to make up a full field (maximum for each event shall be as specified in the table above), and shall be based on performances across all Regions (see also CR: 2.5.3).

Note: If there are insufficient entries, or in the event that places and performances are equal only clear progressions shall be progressed, i.e. a field may be less than the maximum eight (8), sixteen (16) or twenty-four (24) as the case may be.

5.3 SQUAD/TEAM COMPOSITION

- (a)** A squad shall consist of a minimum of four (4) athletes. Specific maximums for the various events are detailed in (b),(c),(d) & (e) below.
- (b)** U9 to U15, 4 x 100, 4 x 200 & Medley
- (i)** A squad shall consist of a maximum of five (5) athletes.
- (ii)** Any four (4) shall comprise the team.
- (c)** U9 - U12 Mixed Age Medley
- (i)** A squad shall consist of a maximum of eight (8) athletes; (nominally) 2 x Under 9, 2 x Under 10, 2 x Under 11 & 2 x Under 12.
- (ii)** Only four (4) shall comprise the team, (nominally) one (1) only from each age group.
- (d)** U13 - U15 Mixed Age Medley
- (i)** A squad shall consist of a maximum of seven (7) athletes; (nominally) 3 x Under 13, 2 x Under 14 & 2 x Under 15.
- (ii)** Only four (4) athletes shall comprise the team, (nominally) two (2) from U13's, plus one (1) from U14's and one (1) from U15's.
- (e)** Mixed Sex Relays
- (i)** A squad shall consist of a maximum of six (6) athletes; three (3) boys and three (3) girls.
- (ii)** Any two (2) boys and any two (2) girls shall comprise the team.

5.4 REGION COMPOSITE TEAMS

- (a)** Any Centre within a Region which has less than four (4) registered athletes in any age group gender who are medically able to compete in relays may combine with another Centre in a similar situation with the same or opposite age group gender to form a Region Composite team. Each team shall be subject to the following:
- (i)** The rules for squad composition in CR: 5.3 shall apply.
- (ii)** Athletes shall only compete in their registered age group, i.e. athletes promoted one or more age groups shall not be eligible to be a member of a Region Composite team (see CR: 5.5(c)).
- (iii)** Composite teams shall not be formed for the Mixed Age Medley event.
- (iv)** The team shall be identified by the Region, and shall wear a uniform in accordance with CR: 2.6.1 & 2.6.1(a).

5.5 AGE GROUP PROMOTION

- (a)** Athletes shall not be promoted one (1) or more age group(s) for the purpose of entering two or more teams in any event.
- (b)** Athletes shall only be promoted as follows:
- (i)** U9, U10, U11, U14 and U15 age groups - one (1) age group only
- (ii)** U12 and U13 age groups - one (1) or more age groups
- (c)** Except for promotions into the:

- U9 age group, and
- Composite teams,

If a Centre does not have sufficient athletes in an age group gender willing or medically able to participate in relays to form a team, for:

- (i) **U10 to U12 Age Groups:** The team shall consist of three (3) athletes from the one age group and a maximum of one (1) athlete promoted up one age group.
 - (ii) **U13 to U15 Age Groups:** The team may consist of any combination of age groups providing at least one athlete in the team shall be in the age group for which the team is entered and no athlete shall have been promoted more age groups than permitted under (b) above, e.g. an U15 team may comprise an U15, an U14, an U13 and an U12 athlete.
- (d) An athlete who is promoted one (1) or more age groups shall remain in that age group in all events in all rounds of the competition.
 - (e) Except for the athlete promoted one (1) or more age groups, athletes shall only compete in events listed for the age group in which they are registered. This shall apply to all athletes competing from the first qualifying round including any emergency or alternative athlete listed on the Centre's/Region's age group sheet.
 - (f) The name of athletes promoted shall be listed at the bottom of the age group sheet they shall be participating in, i.e. an Under 9 athlete who is promoted to compete in an Under 10 team shall be listed on the Under 10 sheet.

5.6 ELIGIBILITY OF ATHLETES FORMING A SQUAD

- (a) Each athlete (including emergencies) shall be listed on the age group sheet for no more than three (3) types of Relay events for any one age group.
- (b) Centres/Regions entering multiple teams shall provide names of athletes comprising each squad for each event at both Region and State irrespective of the number of teams that are progressed.
- (c) Once a team has been eliminated from the Relay competition, any athlete who has been a squad member shall not be permitted to compete in any other team for the same event. Any teams breaching this rule will be subject to disqualification.
- (d) If a dispute arises as to the eligibility of any athlete in a team to compete, the following shall take place:
 - (i) The event shall be run at the advertised time with the listed teams but the Team Manager of the team in dispute shall be informed that the team may be disqualified if it is subsequently found that any athlete in the team was ineligible to compete.
- (e) In the event of a re-run, the same four (4) athletes that comprised each original team shall compete in the re-run, furthermore should the event be a Medley the team members shall run the same legs (see also CR: 3.8(b)).
- (f) Any other exceptions shall be considered on the day (See also CR: 5.5(d)).

SECTION 6 - GENERAL RULES - MULTI-EVENT

6.1 EVENTS CONDUCTED

- (a) The Multi-Event shall consist of five (5) separate disciplines, which shall be conducted in one (1) day. The disciplines for each age group shall be as follows:

	U9	U10	U11	U12	U13	U14	U15	U16
100m	√	√	√	√	√	√	√	√
800m	√	√	√	√	√	√	√	√
80mH	√	√	√	√	√	GIRLS		
90mH						BOYS	GIRLS	GIRLS
100mH							BOYS	BOYS
Long Jump	√	√	√	√	√	√	√	√
Discus	√	√	√	√	√	√	√	√

√ - Denotes Disciplines conducted for both Boys and Girls.

6.2 PROGRESSIONS TO STATE FINALS

- (a) Qualifying rounds are not currently conducted for the Multi-Event.

6.3 RULES OF MULTI-EVENT COMPETITION

- (a) In all aspects, the Rules for Track & Field (see SECTION 3, SECTION 9 & SECTION 10) as they pertain to the conduct of the individual disciplines shall apply to the Multi-Event Championships with the following exceptions:
- (i) **Long Jump:** May be split across parallel pits if the number of athletes competing or timetabling considerations dictate, the boards must be marked from a minimum of 500mm to a maximum of 2m back from the pit and both must be of equal markings and surface.
 - (ii) **Discus:** May be split into no more than 2 (two) groups, each group shall complete their discipline while the other group is rested. The subsequent group shall be called to the venue as soon as it becomes available.
 - (iii) **Field Disciplines:** The number of trials per athlete shall be three (3) unless advised otherwise by the Organising Body.
 - (iv) **Track Disciplines:** Only heats shall be conducted with points allocated to the performance obtained in the heat, i.e. finals shall not be run.
- (b) The 800 metres shall be scheduled as the final discipline conducted for all age groups. Should multiple heats be required for an age group, participants shall be arranged so that the last heat contains the athletes leading at the conclusion of the previous event (i.e. Heats shall be run in the ranking position order as at end of previous event).
- (c) A Field event is considered to have begun once the first athlete has completed a trial. No athlete may join that field event after this time.

6.4 PRACTICE TRIALS

- (a) Before competition commences, the Event Chief Judge may allow each athlete a practice trial(s) under the supervision of the Judges. These should be made in order of the draw with athletes called by name.

6.5 SCORING (POINTS)

(a) Points are awarded for performance and shall be allocated to each athlete for each individual discipline using Scoring Tables approved by the Organising Body.

Note: All tables have a finite lower limit and as a result an athlete may score zero points, the scoring of zero points does not however exclude an athlete from being placed.

(b) An athlete failing to attempt to start or make a trial in one of the five (5) events shall not be entitled to receive a place. It will not prohibit the athlete from competing and scoring points in subsequent events.

(c) Performances and points shall be posted/displayed for public viewing as soon as practicable after the completion of each individual discipline as follows:

- (i) for the discipline, and
- (ii) as a cumulative total.

6.6 MEDAL WINNERS

(a) Except for ties (see (b) below), the winner shall be the athlete who obtains the highest cumulative total.

(b) **Ties:** In the event of a tie for any final placings athletes shall be awarded equal placings.

6.7 INTERVAL BETWEEN DISCIPLINES

(a) The time interval between the completion of one discipline and the start of the next shall be a minimum of thirty (30) minutes and shall not be reduced without the agreement of all athletes in the specific age group gender affected by the proposed change.

6.8 PROTESTS

(a) **Multi-Event:** "Closing time" is defined as 15 minutes after the results for each individual discipline are posted/displayed for public viewing,

(b) A further protest on the final scores or places (results) may be lodged in accordance with CR: 3.5, however, this protest shall only relate to the final results as posted/displayed, and shall not be accepted if related to any discipline held earlier during the day for which the "closing time" has elapsed.

Note 1: As the only performance details for any discipline available to the athletes is the "results posting", it is imperative that the discipline results are posted/displayed (if possible checked and scored) prior to the original paper work being available to those investigating any matter.

Note 2: Apparent transcription errors for performances or points should be brought to the attention of the Communications Controller and do not require a formal protest in the first instance.

SECTION 7 - GENERAL RULES - CROSS COUNTRY

7.1 EVENTS CONDUCTED

- (a) The approximate distance of each event shall be:

AGE GROUP	DISTANCE
U9 - U10 B & G	1500m
U11 - U12 B & G	2000m
U13 - U15 B & G	3000m

7.2 PROGRESSIONS TO STATE FINALS

- (a) Qualifying rounds are not currently conducted for Cross Country, i.e. all entries shall be direct to the LAVic.

7.3 TEAM COMPETITION

- (a) A team competition shall be conducted concurrent with the individual event. The composition and scoring of said team(s) shall be as detailed in CR: 7.4.

7.4 TEAM SCORING

- (a) Points shall be awarded to athletes in order of finishing as follows:
- 1st place receiving 1 point,
 - 2nd place receiving 2 points,
 - 63rd place receiving 63 points, etc.
- (b) Points for the first three (3) athletes from a Centre to cross the finishing line shall be added to give the total points scored by that team. Subsequent groupings of three (3) will constitute the next team, and so on (see also CR: 7.2)
- (c) Only the three athletes comprising the team shall be eligible for a medal at State Finals.
- (d) The team with the lowest total points shall be declared the winner.
- (e) In the event of a tie for first, second or third place, the team whose third placed athlete scores the lowest points shall be awarded the higher placing.

7.5 ASSISTANCE TO ATHLETES

- (a) No assistance or refreshments shall be provided to athletes during the event.

7.6 COURSE LAYOUT & MARKING

- (a) The course shall be clearly marked with flags which shall be so placed as to have the same colour on the same side of the athlete. The placement of the flags shall be such that the next flag in sequence is clearly visible from the previous flag. If the course incorporates a loop which could (potentially) lead to confusion by the athletes, the entry to such loop shall be roped off from the continuation and may be manned by officials who shall direct athletes by hand signals only.
- (b) The terrain should be undulating, with no high obstacles, difficult or water logged sections.

7.7 MORE THAN ONE ROW OF ATHLETES

- (a) Where there are more athletes than can be placed in a single row, the first row shall be filled with athletes placed in draw order. Second, and as necessary subsequent rows, shall also be filled with athletes placed in draw order.

SECTION 8 - TECHNICAL RULES - ALL COMPETITIONS

8.1 TIMEKEEPING

8.1.1 General

- (a) The performance shall be recorded from the flash/smoke of the pistol or approved starting apparatus to the moment at which the torso, (as distinct from the head, neck, arms, legs, hands or feet) reaches the perpendicular plane of the nearer edge of the finish line.

8.1.2 Methods

- (a) Two alternative methods of timekeeping shall be recognised
- (i) Manual (Stop watches or electronic gates with manual start)
 - (ii) Fully automatic (Either photofinish or electronic gates with automatic start)
- (b) All track event performances shall be recorded to 1/100th of a second as follows.
- (i) Automatic Timing: may be timed to greater than 1/100th of a second if such equipment is available.
 - (ii) Manual Timing: shall be timed to 1/100th of a second.

8.1.3 Fully Automatic Timing Systems

- (a) Where a fully automatic minimum dual beam or equivalent electronic timing system is in use (i.e. the timing system is automatically activated by the starting device and each athlete's/team's time is automatically recorded as they cross the finish line) the finishing order, providing times are not equal (see CR: 1.5.2(e) & 1.5.2(f)), shall be determined using the official times and all times recorded shall be deemed electronic.

8.1.4 Electronic Timing System – Manual Start

- (a) The timing system shall be started manually in close proximity to the timekeepers and all times recorded shall be deemed manual.

8.1.5 Manual Timing Devices (Stop watches & others)

- (a) Stop watches, or other handheld timing devices (with or without attached/integrated printers) shall be started by the timekeepers and all times recorded shall be deemed manual.
- (b) Three (3) official timekeepers (one of whom shall be the Chief Timekeeper) and one or two additional timekeepers shall record the performance of the first athlete(s) across the finish line. The performances recorded by the additional timekeepers' watches shall not be considered unless one or more of the official timekeepers' watches fails to record the performance correctly, in which case the additional timekeepers' shall be called upon, in such order as has been decided previously, so that in all the races, three (3) watches should have recorded the official time for the first athlete(s) crossing the finish line.
- (c) With the three (3) watches used, if only two of the watches agree, the performance shown by the two watches shall be the official time. If all three watches disagree, the middle performance shall be the official time.

8.1.6 Timing Systems in Heats

- (a) Only one (1) system of timing shall be in operation for all heats of each track event/discipline for any single age group.

8.1.7 Giving Intermediate Times

- (a) In qualifying rounds, intermediate times shall be notified/displayed for all events that have qualifying performances providing it is practicable to do so.
- (b) Intermediate times shall not be notified/displayed for the Multi-Event.
- (c) For events that do not have qualifying performances, the indicating of intermediate times to athletes/teams by any official or other person within the arena or course shall not be permitted except with the approval of the Referee. If the Referee grants approval, intermediate times shall be notified/displayed to all athletes/teams.

8.2 STARTING

8.2.1 General

- (a) All races shall be started by the activation of an audible starting device.
- (b) The commands used by the starter shall be:
 - (i) For events up to and including 400 metres and all relay events:
 - "On your marks", and
 - "Set", and
 - and when all athletes are steady, the starting device shall be activated.
 - (ii) For events longer than 400 metres:
 - "On your marks", and
 - and when all athletes are steady, the audible starting device shall be activated.
- (c) On the command "On your marks" or "Set", as the case may be, all athletes shall without delay assume their full and final set position.
- (d) If the Starter is not satisfied that all athletes are ready for the start to proceed, the Starter shall order all athletes to stand up and the start procedure shall recommence.
- (e) Any athlete making a false start (see CR: 8.2.2) shall be warned. Any athlete who is responsible for a false start shall be disqualified as follows:
 - **U9 athlete:** for three (3) false starts.
 - **In all Other cases:** for two (2) false starts.
- (f) The Starter or Recall starter, who is of the opinion that the start was not a fair one, shall recall the athletes by using an audible starting device.
- (g) In relay events the contacting of the ground by the baton when held in the hand in a crouch starting position (see CR: 8.2.3(b)) shall not be subject to penalty.

8.2.2 False/Unfair Starts

- (a) The following shall / may constitute a false/unfair start:
 - (i) Failure to comply with CR: 8.2.1 (c) after a reasonable time,
 - (ii) An athlete through action or noise disturbs other athletes in the race after the command "On your marks".
 - (iii) If an athlete leaves their mark after the words "On your marks" or "Set" as the case may be, and before the actual sound of the starting device,
 - (iv) The Starter shall warn any athlete(s) who, in their opinion, were responsible for the false start. This may result in more than one athlete being warned. If the unfair start is not caused by an athlete, no warnings shall be given.

Note: In practice, when one or more athletes make a false start, others are inclined to follow and strictly speaking, an athlete who does so follow has also made a false start.

- (v) Using a starting technique (see CR: 8.2.3) that is not appropriate for the age group and/or event.
- (vi) The dropping of a relay baton by an athlete during a start of a relay event shall not constitute a false or unfair start.

8.2.3 Starting Techniques

- (a) **Standing Start:** Except as specified for crouch start (see (b) below) may be used by all athletes in all events.
- (b) **Crouch Start:** Except where it is physically or medically impossible/impracticable for an athlete to use this technique, a crouch start shall be used by all athletes in the Under 12 to Under 16 age groups for all Track events at Track and Field Championship (up to and including the 400 metre event), Multi-event Championship and by the starting athlete in all Relays.
 - (i) One (1) knee must be in contact with the ground in the "on your marks" position.
 - (ii) In a crouch start, with or without starting blocks, both hands shall be in contact with the ground when the athlete is in the 'set' position.

8.3 MORE THAN ONE ROW OF ATHLETES

- (a) Where there are more athletes than can be placed in a single row, the first row shall be filled with athletes placed in draw order. Second, and as necessary subsequent rows, shall also be filled with athletes placed in draw order.

8.4 LEAVING THE TRACK DURING A RACE

- (a) An athlete after voluntarily leaving the track or course shall not be allowed to continue in the race.

SECTION 9 - TECHNICAL RULES - TRACK EVENTS

9.1 TRACK SPECIFICATION

- (a) The length of the running track should (ideally) be 400m. The track should (ideally) not be less than 7.32m in width and if possible be bordered on the inside with a kerb of concrete or other suitable material, approximately 50mm in height, minimum of 50mm in width.
- (b) The kerb may be raised to permit surface water to drain away, in which case a maximum height of 65mm shall not be exceeded.
- (c) It is recommended that the maximum vertical rise and/or fall along the longest over-all axis of the track be not more than 180mm and the maximum cross rise and/or fall across the shortest overall axis of the track be not more than 90mm.
- (d) Where it is not possible for the inner edge of the running track to have a raised border, the inner edge shall be marked with lines 50mm in width. Where it is a grass track it shall also be flagged at intervals of 5m. Flags shall be so placed on the line as to prevent any athlete running on the line, and they shall be placed at an angle of 60° with the ground away from the track. Flags approximately 250mm by 200mm in size mounted on a staff of 450mm long are the most suitable for the purpose.
- (e) The length of the running track measurement shall be taken 300mm outward from the inner border of the track or, where no border exists, 200mm from the line marking the inside of the track.
- (f) In all races up to and including 400m, each athlete shall have a separate lane, with a minimum width of 1.22m and a maximum width of 1.25m, to be marked by lines 50mm in width. The inner lane shall be measured as stated in CR: 9.1 (a) but the remaining lanes shall be measured 200mm from the outer edges of the lines. The direction of running shall be left-hand inside. The track shall have a minimum of six lanes.
- (g) For tracks other than permanent type with raised border, a certificate shall be obtained from a Licensed Surveyor, Shire Engineer or similarly qualified person, stating that the track is of the correct dimensions and this certificate shall be current, i.e. the track shall have been surveyed for that particular meeting.

9.2 START AND FINISH LINE

- (a) The start and the finish of a race shall be denoted by a line fifty (50)mm in width at right angles to the inner edge of the track. The distance of the race shall be measured from the edge of the starting line further from the finish, to the edge of the finish line nearer to the start.
- (b) Two (2) white posts shall denote the extremities of the finish line and shall be placed at least 300mm from the edge of the track. The finish posts shall be of rigid construction, approximately 1.4m in height, 80mm in width and 20mm in thickness.

9.3 STARTING BLOCKS

- (a) Starting blocks provided by the Organising Body may be used by all athletes in the U12 and above age groups for all track events up to and including the 400 metres and by the starting athlete in all relays, except where this contravenes any rule(s) made by the Organising Body and/or Venue Manager on the use of starting blocks. Any advice issued by the Venue Manager shall be in writing on an official letterhead.
- (b) The length of the starting block spike (or the use of pegs) to ensure stability of said starting blocks shall be decided by the Organising Body acting, as necessary, on advice from the Venue Manager. Any advice issued by the Venue Manager shall be in writing on an official letterhead.

9.4 CHECK MARKS

- (a) Athletes in track events may not use check marks or place objects on or along side the running track for their assistance.
- (b) Check marks (or markers) may be used by athletes to denote the starting point for long, triple, high jump, and javelin. The check marks or markers shall not obstruct any other athlete or the runway.

9.5 BACK STRAIGHT START (OPTIONAL)

- (a) The start for 60m hurdles and 70m events if conducted in the back straight, shall be forward of the tangent point.
- (b) The start (and hence the finish) of the 800m event shall be in the middle of the front or back straight or at the end of the front straight as determined by the organising body.

9.6 RUNNING IN LANES

- (a) In all events run in lanes, athletes shall keep in their allocated lane from start to finish. This shall also apply to any event where a portion only is run in lanes as follows:
 - (i) 60mH, 80mH, 90mH, 100mH and 300mH, 70m, 100m, 200m, 400m and the 4 x 100m Relay are in lanes.
 - (ii) The 4 x 200m and Medley Relays are run in lanes by the first two runners with the third runner running part of the section (leg) in a designated lane.
 - (iii) The 800m event shall be run in lanes as far as the break line marked after the first bend where athletes may leave their respective lanes; alternatively the 800m can be run entirely without designated lanes.
 - (iv) The 1500m and all Walks events do not have designated lanes.

9.7 RUNNING OUT OF LANES

- (a) If the Referee considers that an athlete, having run out of the designated lane, intentional or otherwise, has gained an unfair material advantage, or disadvantaged another athlete, then the Referee may disqualify the athlete or change the order of finishing on the Judges result sheet.

9.8 COMPETING IN A HEAT / LANE OTHER THAN THE ONE ALLOCATED

- (a) An athlete shall not compete in a heat other than the one to which the athlete is allocated, except if circumstances arise which in the opinion of the Referee justifies such alteration.
- (b) An athlete shall not compete in a lane other than the one to which the athlete is allocated, except if circumstances arise (e.g., lane(s) unduly covered by water) which in the opinion of the Referee and Arena Manager justifies such alteration.
 - (i) If such a circumstance arises, and there are sufficient vacant lanes available to cater for the affected athlete(s), they shall be given the option to run in the vacant lanes (see also CR: 3.1(b)).

9.9 HURDLES**9.9.1 General**

- (a) The hurdle shall be made of metal with the top bar of wood or other suitable material. Hurdles shall consist of two feet and two uprights supporting a cross-bar (see Diagram 1).
- (b) The hurdle cross-bar shall be adjustable in height. The cross-bar shall be 65-75mm high, 10-30mm wide and between 1170 and 1200mm in length. The end of the cross-bar shall project 25mm to 75mm outside the hurdle frame upright.
- (c) The approach side of each cross-bar shall be white in colour (painted or otherwise) and have black stripes painted or taped to the bar. The black stripes shall be 270-280mm from the mid-point of the cross-bar and shall be 95-105mm wide.
- (d) The hurdle shall be so designed that it shall just resist a force of 2-3 kilograms, applied at the top edge of the cross-bar.
- (e) The feet shall be at right angles to the cross-bar and shall be placed on the track so that the feet are on the side approached by the athlete (this is in respect of non-collapsible hurdles). Hurdles designed to collapse on contact may have feet that are designed to go on the non-approach side, or straddle the hurdle placement line.

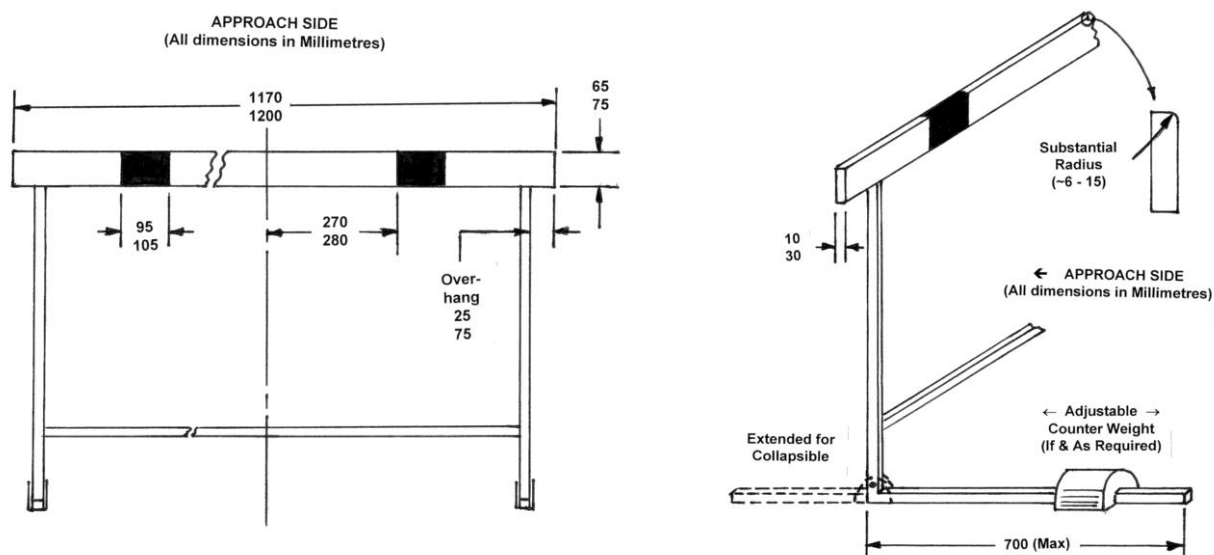


Diagram 1 : Hurdle Specifications

9.9.2 Competition

- (a) All races shall be run in lanes and each athlete shall remain entirely within their own lane throughout the race. An athlete who trails a foot or leg alongside any hurdle, or jumps any hurdle not in their own lane or in the opinion of the Referee, deliberately knocks down any hurdle by hand or foot shall be disqualified. The unintentional knocking down of hurdles shall not disqualify nor prevent a record being set.

9.9.3 Hurdle Placement, Heights and Distances

- (a) 60 Metre Hurdles - (Six Flights) Orange Track Markings

AGE-B/G	HEIGHT	RUN - IN	SPACING	RUN - OUT
9	45cm	12m	7m	13m
10 - 11	60cm	12m	7m	13m
12	68cm	12m	7m	13m

- (b) 80 Metre Hurdles - (Nine Flights) Black Track Markings

AGE-B/G	HEIGHT	RUN - IN	SPACING	RUN - OUT
9	45cm	12m	7m	12m
10 - 11	60cm	12m	7m	12m
12	68cm	12m	7m	12m
13	76cm	12m	7m	12m
14 G	76cm	12m	7m	12m

(c) 90 Metre Hurdles - (Nine Flights) White Track Markings

AGE	HEIGHT	RUN - IN	SPACING	RUN - OUT
14 B	76cm	13m	8m	13m
15 G	76cm	13m	8m	13m
16 G	76cm	13m	8m	13m

(d) 100 Metre Hurdles - (Ten Flights) Yellow Track Markings

AGE	HEIGHT	RUN - IN	SPACING	RUN - OUT
15 B	76cm	13m	8.5m	10.5m
16 B	76cm	13m	8.5m	10.5m

(e) 300 Metre Hurdles - (Seven Flights) Green Track Markings

AGE B/G	HEIGHT	RUN - IN	SPACING	RUN - OUT
13 - 15	68cm	50m	35m	40m

9.10 RACE WALKING**9.10.1 Definition**

- (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.
- (b)** 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.
- (c)** Track Umpires and Referees shall perform the same function during Walks as they do for other track events, i.e. to detect infringements but shall not adjudicate on walking rules.

9.10.2 Cautions

- (a)** A judge may caution an athlete twice, once for contact and once for knees. However once a judge has reported the athlete for an infringement a caution shall not be applied by the same judge. Cautions shall not be permitted in the last lap of an event.
- (b)** When verbally cautioning an athlete, the judge shall call out the athlete's number and the term caution shall be used e.g. 'Number 77 caution contact'.
- (c)** Cautions shall be issued as follows:
- (i) U9 - U12 Athletes:** This shall be done verbally.
- (ii) U13 - U15 Athletes:** This shall be done verbally and also by displaying a yellow indicator board (with the symbol of the offence on each side) when it is practicable to do so.

9.10.3 Reports

- (a)** A report shall be given by a Judge who determines that an athlete's mode of progression does not comply with the definition.
- (b) U9 - U10 Athletes:** Are addressed by number and the term report or reported shall be used along with the reason for the report, e.g., "Number 45 report contact".
- (c)** If a Judge believes that an athlete may not have heard the report, the Judge should repeat the report at the next sighting of the athlete.
- (d) U11 - U15 Athletes:** All reports shall be non verbal.

- (e) The report shall be recorded on the Judge's report slip or card along with the Judge's name/signature and handed to the Chief Judge in accordance with the Chief Judge's arrangements for collecting reports.
- (f) Once a Judge has reported an athlete, that Judge shall not report the same athlete again. Should a Judge report an athlete more than once, only one report shall be accepted by the Chief Judge.

9.10.4 Disqualification

- (a) An athlete shall be disqualified when reports in accordance with CR: 9.10.3, from different Judges are received during the event.
- (b) If an athlete is disqualified after an event but before issue of placings, the Chief Judge shall indicate this to the athlete orally and where possible give the reason for disqualification. The result of an event shall only become final on the clearance of the Chief Judge and Track Referee.
- (c) Where the number of Judges is seven (7) or less, the number of reports for disqualification shall be:

NO. OF JUDGES	NO. OF REPORTS NEEDED FOR DISQUALIFICATION
4, 5, 6 or 7	3
3	2

SECTION 10 - TECHNICAL RULES - FIELD EVENTS

10.1 PRACTICE TRIALS FOR FIELD EVENTS

10.1.1 Long Jump, Triple Jump, Discus, Javelin & Shot Put

- (a) Before competition commences, the Event Chief Judge may allow each athlete a practice trial(s) under the supervision of the Judges. These should be made in order of the draw with athletes called by name.

10.1.2 High Jump

- (a) Before competition commences the Event Chief Judge may allow each athlete a practice trial(s) under the supervision of the Judges with the bar set at the starting height. These should be made in order of the draw with the athletes called by name.

10.2 ORDER OF COMPETITION IN FIELD EVENTS

- (a) Except as detailed below, the order in which the athletes take their trials shall be as listed in the program (draw order) for all rounds of field events and the order shall not be changed for the final eight competitors.
- (i) A change is deemed necessary by the Field Event Chief Official or the Field Event Referee.
- (ii) Field Event Chief Official may deem such is necessary just prior (on return) to (from) a clashing Track event.
- (iii) **Triple Jump:** The draw order may be amended by the Field Event Chief Official so that athletes have their trials as listed in the program (draw order) within each mat placement.

10.3 HIGH JUMP

10.3.1 General

- (a) Except as detailed in CR: 10.2, the order in which the athletes take their trials shall be as listed in the program (draw order).
- (b) Each athlete shall be credited with the best of all their jumps, including jumps taken in a jump-off for tie splitting (see CR: 3.6.1 & 3.6.3).
- (c) Prior to the beginning of the competition, the Judges shall announce to the athletes the starting height. Subsequent heights will be announced at the beginning of each new round. At the end of each round, the bar shall be raised in increments of five (5)cm. When between four and six (4 - 6) athletes remain, the bar shall then be raised by increments of three (3)cm. When three (3) or less athletes remain, the bar shall then be raised by increments of two (2)cm.
- (d) An athlete may commence jumping at, or any increment above, the starting height and may jump at their own discretion at any subsequent increment.
- (e) Until there is only one athlete remaining, or there is a tie, (CR: 3.6.1 & 3.6.3) or an athlete is attempting to equal an existing record, the bar shall not be raised by less than two (2)cm after each round.
- (f) Even after all other athletes have been eliminated; an athlete is entitled to continue jumping until they have indicated otherwise. The height or heights to which the bar is raised shall be decided after the Chief Judge or Referee in charge of that event has consulted the athlete (see (e) above).
- (g) Once competition has begun, athletes shall not be permitted to use the competition runway for practice purposes.

10.3.2 Passing at any Height

- (a) Except in the event of a tie for first place, an athlete on passing at any particular height shall only be permitted to attempt a trial at a higher bar setting.
- (b) An athlete who leaves the high jump, with the approval of the Chief Official to compete in another event shall, on return, continue in the event at the current bar height. Other than to decide a tie, the bar shall not be lowered during normal competition.

10.3.3 Failures

- (a) Except in the event of a tie for first place, three (3) consecutive failures at the same or different heights shall prevent the athlete from further participation. A jump shall be counted as a failure, if the athlete:
- (i) Does not take off from one foot;
 - (ii) Knocks the bar off the supports or touches the ground (including the landing area beyond the plane of the uprights either between or outside the uprights), with any part of the body, without first clearing the bar;
 - (iii) An athlete shall have (in general) sixty (60) seconds (see CR: 3.2) in which to attempt a clearance (completed trial), providing the aborted trial was not caused by external factors, the expiration of the time shall cause the "non-attempt" to count as a failure.
 - (iv) If an athlete touches the bar during their jump and causes it to vibrate, the Judge(s) shall not steady it until they are certain it shall not fall as a result of the contact.
- Note:** When jumping, if an athlete touches the landing area with their foot and in the opinion of the Chief Judge no advantage is gained, the jump should not for that reason be considered a failure.

10.3.4 Runway

- (a) The maximum length of the runway is unlimited. The minimum length of the runway shall be 15m.
- (b) An athlete may place a check mark (or markers) supplied by the Organising Body on the runway area to assist them in their run-up (see also CR: 9.4).

10.3.5 Take-Off Area

- (a) The take-off area shall be level. The maximum overall inclination of the runway and take-off area shall not exceed 1:250 in the direction of the centre of the cross bar.

10.3.6 Landing Area

- (a) The landing area should measure not less than 4.5m x 2m, and may have an optional recess of not more than 0.5m x 0.5m for the positioning of uprights.

Note: The uprights and landing area should be designed so that there is a clearance of at least 100mm between them to avoid displacement of the cross-bar through a movement of the landing area causing contact with the uprights.

10.3.7 Uprights & Bar supports

- (a) Any style of uprights may be used, provided they are rigid and have supports for the cross-bar firmly fixed to them. They shall be sufficiently tall as to exceed the maximum height to which the cross-bar can be raised by at least 100mm.
- (b) The distance between the uprights shall not be less than 3.62m nor more than 4.06m.
- (c) The uprights shall not be moved during the competition unless the Referee considers the take-off or landing area unsuitable/unsafe. In such a case the change shall be made only after a round has been completed.
- (d) The supports may not be covered with rubber or with any other material which has the effect of increasing the friction between the surfaces of the cross-bar and the supports. Nor may they have any kind of springs.

10.3.8 Cross-bar

- (a) The cross-bar shall be made from a suitable material and be circular in cross-section.
- (b) The length of the cross-bar shall be between 3.6m and up to 4.04m.
- (c) The maximum weight of the cross-bar shall be 1.75kg.
- (d) The diameter of the cross-bar shall be at least 25mm but not more than 30mm. The ends of the cross-bar shall be constructed in such a way that a flat surface of 25-30mm x 150-200mm is obtained for the purpose of placing the cross-bar on the supports.
- (e) Those parts of the cross-bar which rest on the supports shall be smooth. They shall not be covered with rubber or any other material which has the effect of increasing the friction between them and the supports.

- (f) There shall be a space of at least 10mm between the ends of the cross-bar and the uprights. The supports for the cross-bar shall be flat and rectangular, 40mm wide and 60mm long, and the uprights during the jump so placed that each support faces the opposite upright.

10.3.9 Measurement of Each Jump

- (a) The measurement of a new height shall be made before athletes attempt such height.
 (b) When record attempts are being made the Judges shall check the measurements before and after the completion of the trial by the athlete.
 (c) Before starting the competition, Judges shall ensure that the underside and front of the cross-bar are distinguishable. The cross-bar shall always be replaced with the same surface uppermost and the same surface to the front.

10.4 LONG JUMP

10.4.1 General

- (a) Except as detailed in CR:10.2, the order in which the athletes take their trials shall be as listed in the program (draw order).
 (b) The number of trials shall be as follows:
 (i) **Eight (8) athletes or less:** Providing a valid trial is achieved in the first three (3) trials, each athlete shall be allowed a further three (3) trials.
 (ii) **More than eight (8) athletes:** each athlete shall be allowed three (3) trials and the athletes with the best performances to a maximum of eight (8) shall then be allowed a further three (3) trials.
 (iii) Except in the event of a tie (see CR: 3.6.1 & 3.6.3), each athlete shall be credited with the best performance of all their trials with places determined on this basis.
 (c) Except as for CR: 10.4.2, if an athlete takes off before reaching the take-off area, the jump shall not, for that reason, be counted as a failure (see CR: 10.4.6).

10.4.2 Failures

- (a) An athlete fails when they:
 (i) Touch the ground beyond the take-off line with any part of their person, i.e. any part of the foot or other part of the person, whether running up without jumping or in the act of jumping;
 (ii) Take off from outside either end of the take-off area;
 (iii) In the course of landing, touch the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump;
 (iv) Having completed a jump, walks back through the landing area;
 (v) Employ any form of somersaulting.

10.4.3 Runway

- (a) The runway shall have a minimum width of 1.22m, and a maximum of 1.50m. The maximum length provided for the runway shall be 40m. The maximum allowance for lateral inclination of the runways shall not exceed 1:100 and the overall inclination of the running direction shall not exceed 1:1000.
 (b) No marks/markers shall be placed on the runway, but an athlete may place marks/markers (supplied by the Organising Body) alongside the runway. No marks/markers shall be placed in the landing area.
 (c) Once competition has begun, athletes are not permitted to use the competition runway for practice purposes.

10.4.4 Take-Off Area

- (a) U9 - U11 Athletes
 (i) The take-off area shall measure 1.22m x 0.5m
 (ii) The take-off area may be a 1.22 metre x 0.5m piece of carpet, canvas or rubber covered with a thin layer of sand; or

- (iii) Formed by placing a template made of wood, metal, or any other rigid material on the runway and filling with damp sand to a depth of 10mm, levelling off the surface and then removing the template.
 - (iv) The front edge of the take off area should be not less than 500mm, and not more than 2 metres from the front edge of the pit.
- (b) U12 - U16 Athletes
 - (i) The take-off area shall measure 1.22m x 0.2m.
 - (ii) The take-off shall be marked by a board sunk level with the runway, or defined by a contrasting colour to the runway surface.
 - (iii) The take-off board shall be rectangular, made of wood or other suitable material, and shall be mounted in a recess in the runway not less than 1.0m, and not more than 3.0m from the front edge of the landing area; or it may be created by using paint or chalk.
 - (iv) The foul area may be indicated by a strip of damp sand, plasticine or other similar material.

10.4.5 Landing Area

- (a) The landing area shall have a minimum width of 2.75m and the runway shall, if possible, be so placed that the middle of the runway when extended coincides with the middle of the landing area.

10.4.6 Measurement of Each Jump

- (a) U9 - U11 Athletes
 - (i) All jumps shall be measured from the nearest break in the landing area (made by any part of the body or limbs) to the front edge of the imprint made by the take-off foot. The tape is then straightened and drawn tight so it lays over and is in contact with imprint made by take-off foot and the distance shall be measured to the nearest whole centimetre below the distance jumped.
 - (ii) In the case of an athlete taking off before reaching the take-off area, the jump is measured back from the landing area imprint to the centre point at the back edge of the take-off area, i.e. furthest from the pit. This allows a jump to be recorded without unduly penalising the athlete (see CR: 10.4.2).
- (b) U12 - U16 Athletes
 - (i) All jumps shall be measured 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 board (extended as necessary). The tape is then straightened and drawn tight so it lays perpendicular, i.e. 90° to the take-off board or its extension. The distance shall be measured to the nearest whole centimetre below the distance jumped.

10.5 TRIPLE JUMP**10.5.1 Definition**

- (a) The Triple Jump consists of a "Hop", a "Step" and a "Jump". The hop shall be made so that the athlete lands first upon the same foot as that from which they have taken off; in the step the athlete shall land on the other foot, from which subsequently the jump is performed.

10.5.2 Mat Placements (Take Off)

Note: The overriding factor is the safety of the athletes landing safely in the pit.

- (a) The take off area shall be set according to the following table with adjustments to be made at the discretion of the Organising Body:

AGE GROUP	FRONT EDGE OF MAT OR BOARD FROM EDGE OF PIT
U9 - U10 B & G	5m
U11 B & G , U12 G	6m
U12 B	7m
U13 B & G	7m
U14 - U15 B & G	8m

10.5.3 General

- (a) Athletes may request a change from the above measurements; however, the distance shall be in intervals of 1.0m. An athlete may change the position of their take-off once only, after the competition has commenced.
- (b) Further changes to the above take-off placements shall only be made with the approval of the Chief Official at the event, and only for safety reasons.
- (c) Except as detailed in CR: 10.2, the order in which the athletes take their trials shall be as listed in the program (draw order).

Note: To improve the efficiency of running the event, athletes may be called in order of mat placement, and within mat placement in program order (see also CR: 10.2).

- (d) The number of trials shall be as follows:
- (i) **Eight (8) athletes or less:** Providing a valid trial is achieved in the first three (3) trials, each athlete shall be allowed a further three (3) trials.
- (ii) **More than eight (8) athletes:** Each athlete shall be allowed three (3) trials and the athletes with the best performances to a maximum of eight (8) shall then be allowed a further three (3) trials.
- (iii) Except in the event of a tie (see CR: 3.6.1 & 3.6.3), each athlete shall be credited with the best performance of all their trials with places determined on this basis.
- (e) Except as for CR: 10.5.4, if an athlete takes off before reaching the take-off area, the jump shall not, for that reason, be counted as a failure.

10.5.4 Failures

- (a) It shall not be considered a failure if the athlete, while jumping, touches the ground with the "sleeping leg".
- (b) An athlete fails when they:
- (i) Take off from outside either end of the take-off area;
- (ii) In the course of landing, touch the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump;
- (iii) Having completed a jump, walks back through the landing area;
- (iv) Employs any form of somersaulting.

10.5.5 Runway

- (a)** The runway shall have a minimum width of 1.22m, and a maximum of 1.50m. The maximum length provided for the runway shall be 40m. The maximum allowance for lateral inclination of the runways shall not exceed 1:100 and the overall inclination of the running direction shall not exceed 1:1000.
- (b)** No marks/markers shall be placed on the runway, but an athlete may place marks/markers (supplied by the Organising Body) along side the runway. No marks shall be placed in the landing area.
- (c)** Once a competition has begun, athletes are not permitted to use the competition runway for practice purposes.

10.5.6 Take-Off Area

- (a)** U9 - U11 Athletes
 - (i)** The take-off area shall measure 1.22m x 0.5m
 - (ii)** The take-off area may be a 1.22m x 0.5m piece of carpet, canvas or rubber covered with a thin layer of sand; or
 - (iii)** Formed by placing a template made of wood, metal, or any other rigid material on the runway and filling with damp sand to a depth of 10mm, levelling off the surface and then removing the template.
- (b)** U12 - U15 Athletes
 - (i)** The take-off area shall measure 1.22m x 0.2m.
 - (ii)** The take-off shall be marked by a board sunk level with the runway, or defined by a contrasting colour to the runway surface.
 - (iii)** The foul area may be indicated by a strip of damp sand, plasticine or other similar material.

10.5.7 Landing Area

- (a)** The landing area shall have a minimum width of 2.75m and the runway shall, if possible, be so placed that the middle of the runway when extended coincides with the middle of the landing area.

10.5.8 Measurement of Each Jump

- (a)** U9 - U11 Athletes
 - (i)** All jumps shall be measured from the nearest break in the landing area (made by any part of the body or limbs) to the front edge of the imprint made by the take-off foot. The tape is then straightened and drawn tight so it lays over and is in contact with imprint made by take-off foot and the distance is measured to the nearest whole centimetre below the distance jumped.
 - (ii)** In the case of an athlete taking off before reaching the take-off area, the jump is measured back from the landing area imprint to the centre point at the back edge of the take-off area, i.e. furthest from the pit. This allows a jump to be recorded without unduly penalising the athlete (see CR: 10.5.3).
- (b)** U12 - U15 Athletes
 - (i)** All jumps shall be measured 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 board (extended as necessary). The tape is then straightened and drawn tight so it lays perpendicular, i.e. 90° to the take-off board or its extension. The distance is measured to the nearest whole centimetre below the distance jumped.

10.6 DISCUS**10.6.1 Specifications, Weights and Age Groups**

- (a) The body of the discus shall be circular in shape, the sides of which shall have a flat area with the cross sections of the edge rounded in a true circle. The dimension, construction and total weight shall correspond to the requirements of CR: 10.6.1. The implement may be constructed from the following materials:
- (i) Rubber or synthetic based compound as supplied by the Organising Body; or
 - (ii) Wood or other suitable material with a metal rim as supplied by the Organising Body.
- (b) Each side of the discus shall be identical and shall have no indentations, projections or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a circle (see Diagram 2).

AGE GROUP	NOMINAL WEIGHT	CONSTRUCTION	DIMENSIONS (mm)					
			A		B		C	
			Min	Max	Min	Max	Min	Max
9 & 10	500g	Without Metal Rim	130	136	30	36	22	27
11 & 12 & G 13	750g	Without Metal Rim	154	157	35	42	26	30
G 13	750g	With Metal Rim	154	157	35	42	26	30
B 13, 14, 15, 16	1000g	Without Metal Rim	180	183	50	58	37	40
G 14, 15, 16	(1.000kg)	With Metal Rim	180	183	50	58	37	40

Discus Weight Tolerance: -0.000 to +0.025kg

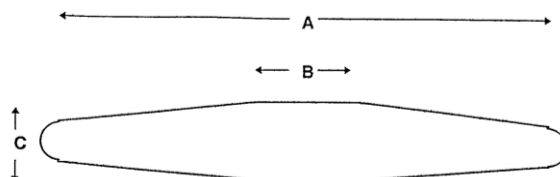


Diagram 2 : Discus Specifications

10.6.2 General

- (a) Athletes shall use the implements provided by the Organising Body.
- (b) Except as detailed in CR: 10.2, the order in which the athletes take their trials shall be as listed in the program (draw order).
- (c) The number of trials shall be as follows:
- (i) **Eight (8) athletes or less:** Providing a valid trial is achieved in the first three (3) trials, each athlete shall be allowed a further three (3) trials.
 - (ii) **More than eight (8) athletes:** Each athlete shall be allowed three (3) trials and the athletes with the best performances to a maximum of eight (8) shall then be allowed a further three (3) trials.
 - (iii) Except in the event of a tie (see CR: 3.6.1 & 3.6.3), each athlete shall be credited with the best performance of all their trials with places determined on this basis.

- (d) Once a competition has begun, athletes shall not be permitted to use the circle or ground within the sector for practice trials, with or without implements.
- (e) No markers (such as flags or boards) shall be used for indicating existing State records for Discus within the sector lines, but may be used outside the legal trial area.

10.6.3 Assistance to Athletes

- (a) No device of any kind, the use of gloves or the taping of two or more fingers together, which in any way assists an athlete when making a throw, shall be permitted. The use of tape and/or a wrist support shall only be allowed when it does not encapsulate fingers or thumbs.
- (b) An athlete shall not spray or spread any substance in the circle, on the discus or on the soles of their shoes.
- (c) In order to protect the spine from injury, an athlete may wear a belt of leather or other suitable material.

10.6.4 Competition

- (a) The discus shall be thrown from a circle. An athlete shall commence the trial from a stationary position.
- (b) The athlete shall not leave the circle until the implement has touched the ground. When leaving the circle the first contact with the top of the iron band or the ground outside the circle shall be completely behind the white line through the centre of the circle i.e. the rear half of the circle.
- (c) For a valid trial, the implement shall fall so that the point of impact is within the inner edges of lines 50mm wide, marking the sector. The ends of the lines marking the sector should be marked with suitable flags.
- (d) If the discus hits the cage or similar object and deflects back inside the sector lines it is deemed a legal throw.
- (e) An athlete is allowed to touch the inside edge of the circle.
- (f) Provided that in the course of a trial the foregoing regulations have not been infringed, an athlete may interrupt a trial once started, lay the implement down and leave the circle before returning to a stationary position and beginning a the trial again.
- (g) After a throw has been completed, the discus shall be carried back to the circle and not thrown back.

10.6.5 Failures

- (a) It shall be a foul throw and not allowed to count if, after the athlete has stepped into the circle and begun to make a throw, they touch with any part of their body, the rim of the circle or the ground outside (see CR: 3.16.4).

Note: "Body" does not include shoelaces, hats, hairpins etc.

- (b) On commencing the throw, if the discus slips/drops from the hand into the circle base it shall not be picked up to recommence the throw. This shall be a "no-throw".

10.6.6 Landing Sector

- (a) The 34.92° landing sector shall be laid out accurately and conveniently by marking the distance between the two points on the sector lines 20m from the centre of the circle exactly 12m apart. The maximum allowance for the overall downward inclination in the throwing direction of the landing area shall not exceed 1:1000. The ends of the lines marking the landing sector should be marked with suitable flags.
- (b) Sector lines shall have a minimum length of 70 metres from the edge of the circle, where practicable at the venue. Where a second ring is used for the younger age groups only, the sector lines may be reduced in length to 110% of the longest VBP for the relevant age groups using that ring.

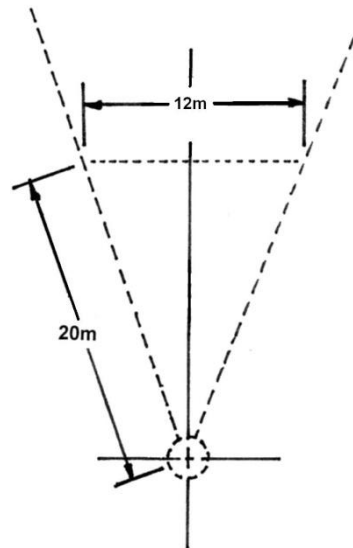


Diagram 3 : Discus Landing Sector

10.6.7 Measurement of Each Trial

- (a) The measurement of each throw shall be taken from the nearest imprint made by the discus to the inside circumference of the throwing circle, along a line from the mark made by the discus to the centre of the circle. The tape shall be straightened and pulled tight and the distance measured to the nearest whole centimetre below the distance thrown unless the reading is a whole centimetre.

10.6.8 Construction of Discus Circle

- (a) Circles shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside.
- (b) The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material. The surface of this interior shall be level and 20mm (-0 to + 6mm) lower than the upper edge of the rim of the circle.

10.6.9 Discus Circle Dimensions

- (a) The inside diameter of the circle shall measure 2.50m (-0 to +5mm).
- (b) The rim of the circle shall be at least 6mm in thickness and shall be painted white.
- (c) A portable circle meeting these specifications shall be permitted.
- (d) A white line 50mm wide shall be drawn from the top of the metal rim extending for at least 0.75m on either side of the circle. It may be made of paint, wood or other suitable material. The rear edge of the white line shall form a continuation of a theoretical line at right angles to the centre line of the throwing sector, the rear edge of which passes through the centre of the circle.

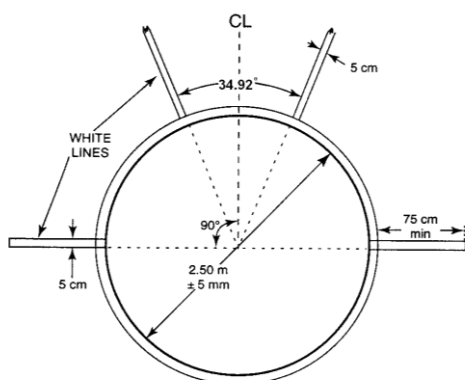


Diagram 4 : Layout of Discus Ring

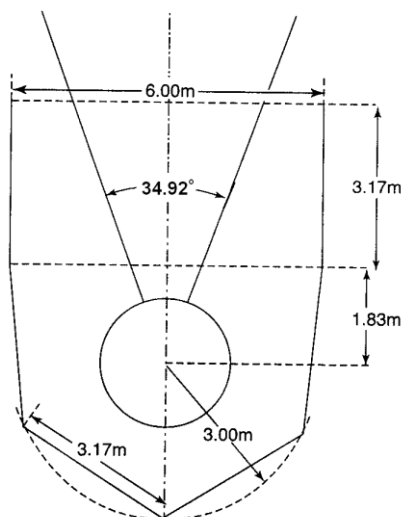


Diagram 5 : New Discus Cage Construction

10.7 JAVELIN

WARNING: A Javelin is a form of spear and as such is a lethal weapon, which can be deflected by gusts of wind. Officials in the field should be alert at all times because as the javelin comes toward them it may appear to be a smaller object than it is, and is not easily seen.

10.7.1 Specifications, Weights and Age Groups

AGE GROUP	NOMINAL WEIGHT	DIMENSIONS
B 11, 12 G 11, 12, 13	400g	1.85 - 1.95m
B 13, 14, 15 G 14, 15	600g	2.20 - 2.30m

Javelin Weight Tolerance: -0.000 to +0.025kg

10.7.2 General

- (a) Athletes shall use the implements provided by the Organising Body.
- (b) Except as detailed in CR: 10.2, the order in which the athletes take their trials shall be as listed in the program (draw order).
- (c) The number of trials shall be as follows:
 - (i) **Eight (8) athletes or less:** Providing a valid trial is achieved in the first three (3) trials, each athlete shall be allowed a further three (3) trials.
 - (ii) **More than eight (8) athletes:** Each athlete shall be allowed three (3) trials and the athletes with the best performances to a maximum of eight (8) shall then be allowed a further three (3) trials.
 - (iii) Except in the event of a tie (see CR: 3.6.1 & 3.6.3), each athlete shall be credited with the best performance of all their trials with places determined on this basis.
- (d) Once a competition has begun, athletes shall not be permitted to use the runway or ground within the sector for practice trials, with or without implements.
- (e) No markers (such as flags or boards) shall be used for indicating existing State records for Javelin within the sector lines, but may be used outside the legal trial area.

10.7.3 Assistance to Athletes

- (a) It is illegal to tape two or more fingers together unless to cover an open cut or wound. The use of gloves i.e. encapsulating the finger and / or thumb, shall not be permitted.
- (b) In order to protect the spine from injury, an athlete may wear a belt of leather or other suitable material.

10.7.4 Competition

- (a) The javelin shall be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm, and shall never be slung or hurled. Non-orthodox styles shall not be permitted.
- (b) At no time during the throw, until the javelin has been discharged into the air, shall the athlete turn completely around, so that their back is toward the throwing arc.
- (c) For a valid throw the tip of the javelin shall fall within the inner edges of the landing sector.
- (d) A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the javelin. The javelin does not have to stick in, but marking is easier if it does. When a javelin descends at a very low angle with the ground it may bounce shortly before producing what looked likely to be a fair landing. This shall be carefully watched to see if the point impacts first.
- (e) The athlete shall not leave the runway until the implement has touched the ground. When leaving the runway the first contact with the parallel lines or the ground outside the runway shall be completely behind the white lines of the arc at right angles to the parallel lines.
- (f) Provided that, in the course of a trial, the foregoing rules have not been infringed, an athlete may interrupt a trial once started; lay down the implement inside or outside the runway, leave the runway, then return to begin a fresh trial.
- (g) The javelin shall be carried back to the starting line, not thrown back.

10.7.5 Failures

- (a) It shall be a foul throw if the athlete after they have started their throw: touches (with any part of their body or limbs) the runway lines or the ground outside the runway; or improperly releases the javelin whilst making any attempt (see CR: 10.7.4).

10.7.6 Runway

- (a) The minimum length of the runway shall be 30m and the maximum 36.5m. It shall be marked by two parallel white lines, 50mm in width and 4m apart. The throw shall be made from behind the arc of the circle, drawn with a radius of 8m. The arc shall consist of a strip of paint or made of wood or metal, 70mm in width. It shall be white and flush with the ground.
- (b) Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These shall be white and should measure 750mm in length and 70mm in width.
- (c) Markers shall only be used at the side of runway if supplied by the Organising Body. If there are no markers, adhesive tape shall be used in its place.

AGE GROUP	NOMINAL WEIGHT	COLOUR CODING	DIAMETER (mm)	
			Min	Max
G 9, 10, 11, 12 B 9, 10, 11	2.000kg	BLACK	75	90
G 13,14,15 B 12, 13	3.000kg	WHITE	85	100
B 14, 15	4.000kg	RED	95	110

Shot Put Weight Tolerance: -0.000 to +0.025kg

10.8.2 General

- (a) In all Championships, athletes shall use the implement provided by the Organising Body.
- (b) Except as detailed in CR: 10.2, the order in which the athletes take their trials shall be as listed in the program (draw order).
- (c) The number of trials shall be as follows:
 - (i) **Eight (8) athletes or less:** Providing a valid trial is achieved in the first three (3) trials, each athlete shall be allowed a further three (3) trials.
 - (ii) **More than eight (8) athletes:** Each athlete shall be allowed three (3) trials and the athletes with the best performances to a maximum of eight (8) shall then be allowed a further three (3) trials.
 - (iii) Except in the event of a tie (see CR: 3.6.1 & 3.6.3),, each athlete shall be credited with the best performance of all their trials with places determined on this basis.
- (d) Once competition has begun, athletes shall not be permitted to use the circle or ground within the sector for practice trials, with or without implements.
- (e) No markers (such as flags or boards) shall be used for indicating existing State records for Shot Put within the sector lines, but may be used outside the legal trial area.

10.8.3 Assistance to Athletes

- (a) No device of any kind, the use of gloves or the taping of two or more fingers together, which in any way assists an athlete when making a put, shall be permitted. The use of tape and/or a wrist support shall only be allowed when it does not encapsulate fingers or thumbs.
- (b) An athlete shall not spray or spread any substance in the circle, on the shot or on the soles of their shoes.
- (c) In order to protect the spine from injury, an athlete may wear a belt of leather or other suitable material.

10.8.4 Competition

- (a) The trial shall be made from a circle. At the middle of the circumference, in the front half of the circle, a stop board shall be placed, firmly fastened to the ground.
- (b) An athlete shall commence the trial from a stationary position inside the circle. The shot shall be put from the shoulder with one hand only. At the time the athlete takes a stance in the ring 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, the shot shall not be brought behind the line of the shoulders.
- (c) An athlete shall be allowed to touch the inside of the iron band and the stop board.
- (d) The athlete shall not leave the circle until the implement has touched the ground. When leaving the circle the first contact with the top of the iron band or the ground outside the circle shall be completely behind the white line through the centre of the circle i.e. the rear half of the circle.
- (e) For a valid trial, the shot shall fall so that the first mark made by the fall of the shot is within the inner edges of lines, 50mm wide, marking the sector.

- (f) After the put has been completed, the shot shall be carried back to the circle and not thrown back.
- (g) Provided that in the course of a trial the foregoing regulations have not been infringed, an athlete may interrupt a trial once started, lay the implement down and leave the circle before returning to a stationary position and beginning the trial again.

10.8.5 Failures

- (a) It shall be a foul, and not allowed to count, if after the athlete has stepped into the circle and begun to make a put, touches (with any part of their body) the ground outside the circle, the top of the iron band, top of the stop board or improperly releases the shot (see CR: 10.8.4).

Note: "Body" does not include shoelaces, hats, hairpins, etc.

10.8.6 Landing Sector

- (a) The landing sector area shall consist of sand or other suitable material on which the shot makes an imprint.
- (b) The 34.92° landing sector shall be laid out accurately and conveniently by marking the distance between the two points on the sector lines 20m from the centre of the circle exactly 12m apart. The maximum allowance for the overall downward inclination in the throwing direction of the putting area shall not exceed 1:1000. The ends of the lines marking the landing sector should be marked with suitable flags.
- (c) Sector lines shall have a minimum length of 20 metres from the edge of the circle, where practicable at the venue.

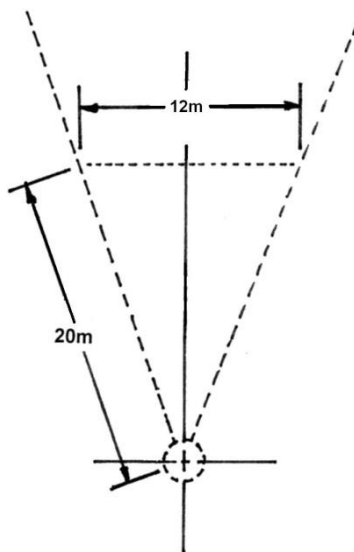


Diagram 7 : Shot Put Landing Sector

10.8.7 Measurement of Each Trial

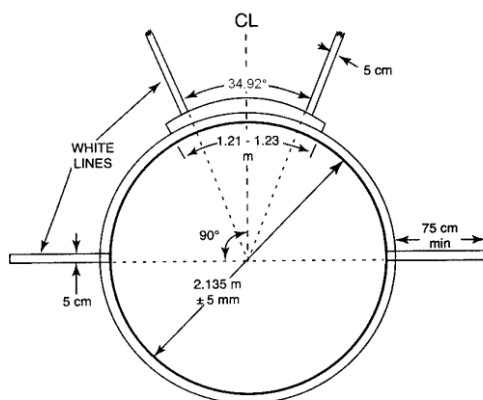
- (a) The measurement of each put shall be taken from the nearest imprint made by the shot to the inside circumference of the throwing circle, along a line from the mark made by the shot to the centre of the circle. The tape shall be straightened and pulled tight and the distance measured to the nearest whole centimetre below the distance thrown unless the reading is a whole centimetre.

10.8.8 Construction of Shot Put Circle

- (a) Circles shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside.
- (b) The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material. The surface of this interior shall be level and 20mm (-0 to +6mm) lower than the upper edge of the rim of the circle.

10.8.9 Dimensions of Shot Put Circle

- (a) The inside diameter of the circle shall measure 2.135m (-0 to +5mm).
- (b) The rim of the circle shall be at least 6mm in thickness and shall be painted white.
- (c) A portable circle meeting these specifications shall be permissible.
- (d) A white line 50mm wide shall be drawn from the top of the metal rim extending for at least 0.75m on either side of the circle. It may be made of paint, wood or other suitable material. The rear edge of the white line shall form a continuation of a theoretical line at right angles to the centre line of the throwing sector, the rear edge of which passes through the centre of the circle.
- (e) The stop board shall be made of wood or some other suitable material in the shape of an arc so that the inner edge coincides with the inner edge of the circle. It should be constructed so that it can be firmly fixed to the ground.
- (f) The stop board shall be painted white and measure 1210mm to 1230mm long on the inside, 112mm to 116mm wide and 98mm to 102mm high in relation to the level of the inside of the circle.

**Diagram 8 : Layout of Shot Put Ring**

SECTION 11 - TECHNICAL RULES - RELAYS

11.1 TRACK LAYOUT

11.1.1 Event Distance

- (a) The distance from start to finish shall be measured in such a way that the competing teams shall all run the same distance having regard to the laned and unlaned nature of both the 4 x 200 and Medley events.

11.1.2 Box Marking

- (a) **4 x 100 & Medley:** The starting line is (normally) a solid white line for 4 x 100m and Medley events with the change boxes are (normally) indicated by yellow lines.
- (b) **4 x 200:** The starting line is (normally) white with a blue section in the centre of the lane with the change boxes (normally) indicated by solid blue lines.

11.1.3 Track markings for Relays

- (a) Each change box (change-over zone) whether at a laned or unlaned change shall be a total of twenty (20)m in length.
- (b) Lines 50mm wide shall be drawn across the track to denote the scratch line. Lines 50mm wide shall be drawn ten (10)m before and after the scratch line to denote the change-over zone. These lines shall be included in the zonal measurements.

11.1.4 Crossover Points

- (a) The cross over point is the point where the athletes may leave their respective lanes and cross to the inside of the track. It shall be clearly marked by:
- (i) Bunting (or a banner) strung across the track (at a sufficient height so as not to present a danger or hindrance to the athletes), or
 - (ii) flags, clearly visible to the athletes, on the inside and outside of the track, or
 - (iii) cones or similar markers no wider than 50mm placed on each line defining the lanes.
- (b) The position of the crossover points shall be:
- (i) **4 x 200:** at the beginning of the back straight on the third leg of the event.
 - (ii) **Medley:** at the beginning of the front straight on the third leg of the event.
- Note:** Based on the IAAF standard 400m track layout (80m straights).

11.1.5 Check Marks

- (a) In those sections (legs) of any event run in lanes, athletes may place a marker (supplied or approved by the Organising Body) within the athletes' lane and clear of the lines marking the lane.

11.1.6 Acceleration Zone

- (a) The acceleration zone is a zone not exceeding ten (10)m beyond the beginning (front) of the change box where the receiving athlete may begin to accelerate prior to commencing the changeover of the baton. This mark shall be ten (10)m beyond the beginning (front) of the change box. A distinctive mark shall be made in each lane to denote this extended limit, ie, the acceleration zone.

11.2 USE OF ACCELERATION ZONE

- (a) The acceleration zone shall not be used by Under 9 & Under 10 Athletes, i.e. the receiving athletes shall take up their starting position WITHIN the change box.
- (b) Except for the U9 to U12 Mixed Age Medley, the acceleration zone may be used in U11 and above age groups at all laned changeovers i.e. all 4 x 100m change boxes, the 1st & 2nd change boxes of the 4 x 200m and 1st & 2nd change boxes of the Medley event. The receiving athletes shall take up their starting position WITHIN the change box or acceleration zone as permitted.

Note: Athletes are to be given reasonable time to set their check markers and take up their starting position.

Any athlete who wastes time will be warned and if the warning is ignored is liable to disqualification. Once an event is under the starter's control an athlete having set their marker and entered the acceleration zone or change box as the case may be is liable to disqualification should they exit the rear of the change box or acceleration zone.

11.3 BATON ISSUES

11.3.1 Baton Structure

- (a) The baton shall be a single piece smooth hollow tube, circular in cross-section made of a rigid material. Batons should be coloured to enhance visibility. Two (2) sizes of baton shall be permitted as detailed in the table below:

Circumference		Diameter		Length		Weight	
Min	Max	Min	Max	Min	Max	Min	Max
76mm	82mm	24.2mm	26.11mm	250mm	280mm	50g	60m
95mm	105mm	30.25mm	33.43mm	280mm	300mm	70g	80m

- (b) Athletes shall use the batons provided by the Organising Body.

11.3.2 Baton Passage

- (a) The baton shall be carried in the hand during the event.

11.3.3 Baton Changing

- (a) The baton change shall take place within the twenty (20)m change box (change-over zone). The position of the baton is decisive, not the athlete's body, head, feet or legs, as follows:

(i) Laned Change Overs - (4 x 100, 4 x 200 & Medley)

- (1) **Under 9 & Under 10 Athletes:** The change over commences when both athletes are in contact with the baton and is completed at the instant the baton is in the sole possession of the receiving athlete.
- (2) **Under 11 to Under 16 Athletes:** The change over commences when both athletes are in contact with the baton, such contact shall occur inside the change box, and is completed at the instant the baton is in the sole possession of the receiving athlete. The baton change over shall not commence in the acceleration zone.

(ii) Unlaned Change Overs - (Medley & 4 x 200m - 3rd Change Only)

- (1) Athletes shall be lined up in lanes 4 to 8 in lane draw order on a line three (3) metres inside the line denoting the beginning of the change over zone. The line shall be indicated by the placement of cones on the inside and outside of the track.
- (2) After incoming athletes have passed the crossover point, the awaiting athletes should take up their receiving positions in the order of the positions held by incoming athletes.
- (3) Athletes shall be free to take up their positions anywhere within the change-over zone, i.e. start, middle or end and can choose any lane.
- (4) Incoming athletes on completing the change over SHALL clear the track quickly endeavouring to ensure that no interference is caused to other teams.

Note: Officials shall not physically assist athletes during unlaned changeovers.

11.3.4 Dropping The Baton

- (a) If dropped, it shall be recovered by the athlete who dropped it. They may leave their lane to retrieve the baton provided they do not impede another athlete.

11.4 ASSISTANCE TO ATHLETES

- (a)** Any assistance provided to athletes, e.g. pacing, by pushing-off or other methods, may lead to team disqualification (see CR: 3.7).

11.5 DISTANCE TRAVELLED BY AN ATHLETE

- (a)** An athlete shall not run more than one (1) section (leg) of a Relay.

11.6 REPORTING PROCEDURE FOR OFFICIALS

- (a)** Infringements observed by any Officials shall be noted on a pre-printed form. These forms shall be collected by the Referee or Box Referees as appropriate to enable the Referee to adjudicate on the infringement.

SECTION 12 - GLOSSARY OF TERMS

12.1 ABBREVIATIONS

(a) The following abbreviations and their interpretation may appear throughout this Regulation.

<p>AG Age Group</p> <p>AGG Age group & Gender</p> <p>ALAC Australian Little Athletics Championships</p> <p>ATC Australian Teams Championship</p> <p>BOM Board of Management (LAVic)</p> <p>CR Competition Regulations</p> <p>MA Mixed Age in Relay events</p> <p>MEC Multi-Event Championship</p> <p>MS Mixed Sex in Relay events</p> <p>RR Registration Regulations</p> <p>LAVic Little Athletics Victoria</p> <p>B Boys</p> <p>G Girls</p> <p>U Under</p> <p>U14 Under 14</p> <p>cm Centimetres</p> <p>g Grams</p> <p>kg Kilograms</p> <p>m Metres</p> <p>mm Millimetres</p> <p>mm² Square Millimetres</p> <p>° Degrees</p>	<p>Disc Discus</p> <p>HJ High Jump</p> <p>Jav Javelin</p> <p>LJ Long Jump</p> <p>SP Shot Put</p> <p>TJ Triple Jump</p> <p>60mH 60 Metre Hurdles</p> <p>80mH 80 Metre Hurdles</p> <p>90mH 90 Metre Hurdles</p> <p>100mH 100 Metre Hurdles</p> <p>300mH 300 Metre Hurdles</p> <p>1100mW 1100 Metre Walk</p> <p>1500mW 1500 Metre Walk</p>
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12.2 DEFINITIONS

MS Mixed Sex	A relay event where the team is (nominally) comprised of 2 Boys & 2 Girls from the same age group
MA Mixed Age	A relay event where the team is (nominally) comprised of either one athlete from the U9, U10, U11 & U12 age groups or two athletes from the U13 and one athlete from the U14 & U15 age groups
Medley	A relay event consisting of 2x100m, 1x200m, 1x400m legs, with the event changing from laned to unlaned on the entry into the front straight, i.e. the first two baton changes are made in lanes and the third change is unlaned
4 x 100m	A relay event consisting of four 100m legs with all baton changes made in lanes
4 x 200m	A relay event consisting of four 200m legs with the event changing from laned to unlaned on the entry into the back straight, i.e. the first two baton changes are made in lanes and the third change is unlaned
Age Group	An expression which generally means a specific age group irrespective of gender
Age Group Gender	An expression which means a specific age group and gender and is only applicable to Relays because of Mixed Sex events
Spikes	The generic or colloquial term for sporting footwear (athletic shoes) designed to mount a set of interchangeable spikes or are fitted with a set of non-removable spikes
(Event) Venue Manager	A generic term which applies in one of two circumstances namely: <ol style="list-style-type: none"> 1. Refers to the management committee of the venue at which a championship event is being held, e.g. Olympic Park, which may have venue use rules which are at odds with the Competition Regulations and as such the rules of the Venue Manager take precedence over those contained in the Competition Regulations. The use of the term in this context appears in Sect 1. 2. Refers to the chief official in charge of a competition venue, e.g. High Jump, these are more generally referred to as Event Venue Managers in the Competition Regulations, however the term "event" may not have been universally applied. The use of the term in this context appears in Sect 2 & 3
Multi-Event	An event consisting of more than one athletic event (discipline) conducted on one day with the performances for each discipline scored using a set of points tables. Each athlete is obliged to attempt each discipline and is eligible to be placed providing they are not disqualified. The current set of disciplines employed is five (5) being 100m, 800m, 80/90/100m Hurdles (depending on age group gender), Long Jump & Discus.
Organising Body	COMP COMMITTEE OF LAVic COMP COMMITTEE OF REGION

12.3 SUGGESTED EQUIPMENT SPECIFICATIONS (CENTRES)**(a) Hurdles****60 Metre Hurdles - (Six Flights) Orange Track Markings**

AGE-B/G	HEIGHT	RUN - IN	SPACING	RUN - OUT
9	45cm	12m	7m	13m
10 - 11	60cm	12m	7m	13m
12	68cm	12m	7m	13m

80 Metre Hurdles - (Nine Flights) Black Track Markings

AGE-B/G	HEIGHT	RUN - IN	SPACING	RUN - OUT
9	45cm	12m	7m	12m
10 - 11	60cm	12m	7m	12m
12	68cm	12m	7m	12m
13	76cm	12m	7m	12m
14 G	76cm	12m	7m	12m

90 Metre Hurdles - (Nine Flights) White Track Markings

AGE	HEIGHT	RUN - IN	SPACING	RUN - OUT
14 B	76cm	13m	8m	13m
15 G	76cm	13m	8m	13m
16 G	76cm	13m	8m	13m

100 Metre Hurdles - (Ten Flights) Yellow Track Markings

AGE	HEIGHT	RUN - IN	SPACING	RUN - OUT
15 B	76cm	13m	8.5m	10.5m
16 B	76cm	13m	8.5m	10.5m

300 Metre Hurdles - (Seven Flights) Green Track Markings

AGE B/G	HEIGHT	RUN - IN	SPACING	RUN - OUT
13 - 16	68cm	50m	35m	40m

(b) Field Events

Long Jump

AGE GROUP	TAKE OFF AREA		
Under 6 – 8	1.0m	Mat	Minimum 500mm – Maximum 2 metres from front edge of pit
Under 9 – 11	0.5m	Mat	Minimum 500mm – Maximum 2 metres from front edge of pit
Under 12 – 16	0.2m	Board	Minimum 1 metre – Maximum 3 metres from front edge of pit

Triple Jump

AGE GROUP	FRONT EDGE OF MAT OR BOARD FROM EDGE OF PIT
U9 - U10 B & G	5m
U11 B & G , U12 G	6m
U12 B	7m
U13 B & G	7m
U14 - U16 B & G	8m

Shot Put

AGE GROUP	NOMINAL WEIGHT	COLOUR CODING	DIAMETER (mm)	
			Min	Max
6, 7	1.000kg			
8	1.500kg			
G 9, 10, 11, 12 B 9, 10, 11	2.000kg	BLACK	75	90
G 13,14,15 B 12, 13	3.000kg	WHITE	85	100
G 16 B 14, 15,16	4.000kg	RED	95	110

Discus

AGE GROUP	NOMINAL WEIGHT	CONSTRUCTION	DIMENSIONS (mm)					
			A		B		C	
			Min	Max	Min	Max	Min	Max
6, 7, 8	350g	Without Metal Rim						
9 & 10	500g	Without Metal Rim	130	136	30	36	22	27
11 & 12 & G 13	750g	Without Metal Rim	154	157	35	42	26	30
G 13	750g	With Metal Rim	154	157	35	42	26	30
B 13, 14, 15, 16	1000g	Without Metal Rim	180	183	50	58	37	40
G 14, 15, 16	(1.000 kg)	With Metal Rim	180	183	50	58	37	40

Javelin

AGE GROUP	NOMINAL WEIGHT	DIMENSIONS
B 11, 12 G 11, 12, 13	400g	1.85 - 1.95m
B 13, 14, 15 G 14, 15, 16	600g	2.20 - 2.30m
B 16	700g	2.30 – 2.40m

NOTES

ALA STANDARD EVENTS

Little Athletics Australia has established a set of standard events that are to be used to recognise Australian Best Performances (ABP). The ALA Standard Events were established by selecting the events and standards that were conducted in four or more States or Territories in Australia.

Some of the events conducted by LAVic are ALA "Standard Events". If an athlete/team exceeds the current ABP, the LAVic will lodge the appropriate claim with ALA.

THANK YOU

LAVic is sincerely grateful to the International Association of Athletics Federations for approval to use IAAF rules or parts thereof.