

**NEW ZEALAND CHILDRENS ATHLETIC
ASSOCIATION INCORPORATED**

4

**TRACK & FIELD
COMPETITION
GUIDELINES**

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**TRACK AND FIELD COMPETITION
GUIDELINES**

1. TRACK RULES

- (a) All track events to be conducted under I.A.A.F. Rules, with the exception that Relay Teams and Race Walks may be mixed where Meeting Rules so specify, and with the following additional or amending Rules. (M).
- (b) Spiked running shoes may be worn by competitors in Grades 10, 11, 12, 13 and 14. They are subject to inspection, to ensure that they comply with the requirements of the different track surfaces, and that they are not in a dangerous condition. Spiked shoes must be used only during warm up and competition. Spiked running shoes must be removed at the immediate completion of the athlete's event and before leaving the arena. (M).
No shoes capable of taking spikes can be worn by athletes in Grades 7, 8 and 9. This means track shoes capable of taking spikes, or with studs instead of spikes, cannot be worn. Track shoes with the spike sole plate replaced by a rubber sole or track shoes with moulded grips are permitted. (D)
- (c) Starting Blocks:
These may only be used by competitors in Grades 10, 11, 12, 13 and 14. (M).
- (d) Starting:
 - (i) Generally as set down in I.A.A.F. Rules.
(i.e.) Crouch starts, from blocks, for events up to 400m and standing starts for events over 400m.

- (ii) Exceptions:
Grade 10 & 11 athletes may use crouch starts without starting blocks.

PLEASE NOTE that this exception MAY NOT apply at most synthetic tracks around New Zealand - Refer to Local Rules

2. STARTING PROCEDURE GUIDELINES

- **60m to 400m, 80m Hurdles and 100m Hurdles, 4x100m Relays and Medley Relays (100m, 200m and 400m first leg runners). (M)**

- (a) All competitors must use a **CROUCH START**
- (b) **Assembly Line**
Athletes are placed on the assembly line by Starters Assistants (two metres minimum behind the start line).
- (c) **On Your Marks**
All competitors move forward to the start line.
- (i) The **CROUCH POSITION** is taken up
- (ii) An athlete shall approach the start line and assume a position completely within his or her lane and behind the start line. Both hands and at least one knee must be in contact with the ground.
If using blocks both feet must be in contact with the foot plates of the blocks.
If not using blocks both feet must be in contact with the ground.
- (d) **Set**
This is called when all competitors are still in the **'ON YOUR MARKS'** position.
- (i) The normal **SET POSITION** is adopted
- (ii) At the 'Set' command, an athlete should immediately rise to his or her final starting position.
Both hands must maintain contact with the

ground.

If using blocks both feet must maintain contact with the footplates of the blocks.

If not using blocks both feet must maintain contact with the ground.

- (e) **Gun**
This will be fired when **ALL** the field is **STILL**.

- (f) **Breaks**
Athletes, after assuming a full and final set position, shall not commence their start until receiving the report from the gun.

If, in the judgement of the Starters or Recalls, an athlete does so any earlier, it shall be deemed as a false start.

Except in Combined Events, any athlete responsible for a false start shall be disqualified.

- **800m to 1500m Races, Medley Relays (800m first leg runner), 1200m to 2000m Track Walks (M)**

- (a) **Assembly Line**
Athletes are placed on the assembly line by Starters Assistants (two metres behind the start line).
- (b) **On Your Marks**
All competitors move forward to the start line. A **STANDING START** is mandatory. The feet must be placed in the position from which they will **'PUSH OFF'** when the gun goes.
- (c) **Gun**
This will be fired when **ALL the field** is **STILL**.
- (d) **Breaks**
Athletes, after assuming a full and final set position, shall not commence their start until receiving the report from the gun. If, in the judgement of the Starters or Recalls, an athlete does so any earlier, it shall be deemed a false start.
Except in Combined Events, any athlete responsible for a false start shall be disqualified.

- **Combined Events (ie Easter Interprovincial Meeting)**
In Combined Events, only one false start shall be allowed without disqualification of the athlete(s) making the false start. Any athlete(s) making further false start in the race shall be disqualified from the race.

- At any Inter-Centre Meeting, Championship Meeting or Inter-Club Meeting, an Assistant or Recall Starter is mandatory. (M).

3. GUIDELINES ON NUMBERS IN DISTANCE RACES: (M)

- (i) 400m - one athlete per lane with a staggered start.
- (ii) 800m - Maximum of two per lane with a staggered start and run in lanes as far as the end of the first bend, using the maximum number of lanes available.

OR

800m - Maximum of 20, using a split start from the 2 curved starting lines marked on the track for 10,000m starts. Place maximum of 13 runners on the inner curved start line and a maximum from 7 runners on the outer curved start line. Mark the inner lane 5 line with small coloured cones from the inside of the outer curved line to the standard 800m break line – cones at approximately 10m centres. (D)

- (iii) 1500m - maximum field of sixteen to twenty depending.

Grade 14 at the lower number and Grade 10 at the greater number – Track Referee or Track Manager to make the decision. (D).

4. RUNNING IN LANES:

- (i) In all races run in lanes, each competitor shall keep to his or her allocated lane from start to finish. This shall apply to any portion of a race run in lanes.
- (ii) If a competitor is pushed or forced to run outside his or her lane, and if no material advantage is gained, the competitor should not be disqualified. (M)

- (iii) If a Referee is satisfied, on the report of a Judge, Umpire or otherwise, that a competitor has deliberately run outside his or her lane, the Referee shall disqualify the competitor.

However the Referee may use discretion to disqualify if of the opinion that the action was unintentional and that no material advantage was gained thereby.(M).

5. LANE DRAWS:

- (i) For all Track Events up to 800m, lanes will be drawn by ballot. (M)
- (ii) For 1500m Events, the order number will be drawn by ballot. (M).

6. HURDLES:

The following table gives the technical details for hurdle races programmed at Children’s Athletic Meetings:

Age	Distance of Race	Height of Hurdle	Distance from Startline	Distance between Hurdles	Distance from last Hurdle to finish line
G12 Girls	80m	0.762m	12m	8m	12m
G13 Girls	80m	0.762m	12m	8m	12m
G14 Girls	80m	0.762m	12m	8m	12m
G12 Boys	80m	0.762m	12m	8m	12m
G13 Boys	80m	0.762m	12m	8m	12m
G14 Boys	100m	0.840m	13m	8.5m	10.5m

7. 4 x 100m RELAYS

An Organising Committee for any Meeting can decide that athletes be named in their running order at the time of confirmation of entry on the day of competition. Any subsequent change to any of this information, must be notified to the Control Room by 1 hour prior to the event start time. Failure to follow these rules may lead to disqualification of any offending Relay Team.

8. MEDLEY RELAYS:

- (i) Teams must comprise 5 runners.

An Organising Committee for any Meeting can decide that athletes be named in their running order at the time of confirmation of entry on the day of competition. Any subsequent change to any of this information, must be notified to the Control Room by 1 hour prior to the event start time. Failure to follow these Rules may lead to disqualification of any offending Relay Team.

- (ii) Teams may race in any order, but the legs must be 2 x 100m, 1 x 200m, 1 x 400m and 1 x 800m.

- (iii) These relays will start from the 400m stagger marks and all teams may break lanes at the completion of the second curve (where athletes enter the home straight on the first lap—approximately 300m from the start). From this point, athletes carrying the baton are entitled to run in Lane 1, except when changing the baton.

- (iv) If a Grade 10 or 11 athlete competes in a Grade 12, 13 or 14 Relay, that athlete, if running the first leg, must comply with the starting rules for those Grades.

- (v) Runners are to be marshalled on the outside of the track at each change zone. Lane 1 is to be kept clear for runners not changing the baton at that zone to pass through unimpeded. Both the incoming runner and the receiver are to be in Lane 2, except for simultaneous changes where outer lanes are to be used as required. (M)

- (vi) Athletes changing the baton during the first 300m of the first lap shall be marshalled into the 4 x 100m change zones prior to the start and change in their own lane as per the 4 x 100m Relays but without the use of the acceleration zone. (Relays greater than 4 x 100m do not have acceleration zones).

Changes made after the first 300m have been run, are made in Lane 2. If there are simultaneous changes then Lanes 3, 4, 5 etc are to be used. (Again no acceleration zone is available). To assist in the athletes understanding this change area, large sized coloured cones shall be placed inside the pole line, adjacent to Lane 2 change marks at both ends of the zone. Additionally each end of the Lane 2 change zone shall be temporarily extended through Lane 3, 4 and 5 using 50mm wide light coloured tape.

- (vii) Following the point where the athletes break from lanes, subsequent team members at change zones shall, under the direction of a designated Official, place themselves in the order (inside to out) as their respective team members. This is the order their respective team members leave the area of the previous change (i.e. 80m out). The waiting athletes shall maintain this order, and shall not exchange positions at the beginning of the take-over zone.

- (viii) At all change positions the athlete shall start from a stationary position within the zone and take possession of the baton within the zone. Once the baton is solely in the possession of the outgoing runner, they may cross back into Lane 1, without causing obstruction to any athlete running through the change.

- (ix) At all changes after the first 300m is run, athletes are to be fed from the outside of the track and athletes leaving the track must go via the outside, to ensure no athlete running through in Lane 1 is interfered with.

- (x) When Medley Relays are programmed at Meetings, the Meeting Manager may double up Teams in lanes where the lead off runners are racing 800m. (M)

9. RACE WALKING

(i) Definition:

Race walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the naked eyes) loss of contact occurs.

The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

- (ii) Refer to Track & Field By-Laws Clause 3(a) for the recommended distances for track walk races for children.

(iii) Judging:

- (a) 4 walking judges (minimum) shall be appointed, one of whom shall be appointed as Chief Judge
- (b) Judges shall act in an independent capacity, and their judgements shall be based on observations made by eye.

(iv) Caution:

A competitor shall be cautioned when, by their mode of progression, they are in danger of not staying in contact with the ground or keeping the knee straight. They are not entitled to a second caution from the same Judge for the same offence. Having cautioned a competitor, the Judge shall inform the Chief Judge of his action after the competition.

A white sign indicating the reason for the caution shall be shown to the competitor when a caution is given. Each Judges white board, or bat, shall show the symbols of the offences, one on each side.

(v) Disqualification:

- (a) When a Judge observes a competitor who has a visible lack of contact with the track or a bent knee during any part of the competition, that Judge shall send a red warning card (a proposal to disqualify) to the Chief Judge using a Judges runner.

Because children's race distances are relatively short, it is probably more practical to bring the warning cards to the Chief Judge after the race.

- (b) If a competitor receives a warning from three different Judges, they shall be disqualified.

A red sign symbolises the disqualification of a competitor and that athlete shall leave the track (or course) immediately. Only the Chief Judge can use the red sign.

If it is impractical to inform the competitor of the disqualification during the race, then it shall be done by the Chief Judge as soon as possible after the race.

- (vi) To assist the Walk Judges, competitors shall be issued competition numbers for both front and back of their uniform tops.

A list of issued numbers, with the corresponding athletes name and Club/Team shall be issued to the Chief Judge.

(vii) Results:

Results of race walking events, until signed and released by the Chief Judge, shall be held by the Track Recorder and neither posted or announced.

(vii) Race Walkers Requirements:

- (a) All race walkers shall not compete in suitable flat soled shoes (i.e. no spiked shoes).
- (b) Walkers shall wear shorts that allow a clear view of the athletes knees (i.e. No long shorts or track suit pants).

FIELD RULES

A. GENERAL

- (a) All field events to be conducted under I.A.A.F. Rules, with the following additional rules. (M)
- (b) Number of attempts: The minimum number of attempts in any field event shall be:
- | | |
|-----------|---------------|
| Long Jump | 3 jumps |
| Shot Put | 3 puts |
| Discus | 3 throws (M). |
- Where the Rules of the Meeting allow, up to three further attempts may be allowed to a specified number (a maximum of 8), In the event of a tie for the last position, all those in the tie shall be allowed to continue in the competition (M).
- (c) Long Jump: Metre boards are to be used by athletes up to and including Grade 11. (M). Standard Take Off Boards are used from Grade 12 up.
- (d) High Jump: Minimum bar starting heights for Inter-Centre or Championship Competition are:
- | | |
|------------------------|-----------------------|
| Grade 10 Girls - 1.05m | Grade 10 Boys - 1.10m |
| Grade 11 Girls - 1.10m | Grade 11 Boys - 1.15m |
| Grade 12 Girls - 1.15m | Grade 12 Boys - 1.20m |
| Grade 13 Girls - 1.20m | Grade 13 Boys - 1.25m |
| Grade 14 Girls - 1.25m | Grade 14 Boys - 1.30m |
- (M)
- (e) Shot Put:
The following weight implements are to be used for the different Grades:
- | | |
|-----------|---|
| 1.000 Kgm | Grade 7 Girls & Boys |
| 1.500 Kgm | Grades 8 & 9 Girls and Boys |
| 2.000 Kgm | Grade 10 Girls and Boys,
Grade 11 Girls |
| 3.000 Kgm | Grade 11 Boys, Grade 12
Girls, Grade 12 Boys, Grade
13 and 14 Girls |

4.000 Kgm	Grade 13 Boys
5.000 Kgm	Grade 14 Boys (M).

Recommended Colour Coding:

1.000 Kgm	Navy Blue (Hart Sport Catalogue)
1.500 Kgm	Yellow (Hart Sport Catalogue)
2.000 Kgm	Orange (Hart Sport Catalogue)
3.000 Kgm	White (Hart Sport Catalogue) but have also been supplied as Light Blue
4.000 Kgm	Red
5.000 Kgm	Green

- (f) Discus:
The following weight implements are to be used for the different Grades:
- | | |
|-----------|---|
| 500 gm | Grade 7, 8, 9 Girls and Boys |
| 750 gm | Grade 10 and 11 Girls and Boys,
Grade 12 Girls |
| 1.000 Kgm | Grade 12 Boys, Grade 13 Girls and
Boys, Grade 14 Girls |
| 1.250 Kgm | Grade 14 Boys (M). |
- (i) A 500gm discus must be of rubber composition and must not exceed 140mm in diameter. Discus used in any one competition must be the same brand and diameter.
- (ii) A 750gm discus may be of rubber composition, or steel banded with either laminated wood or plastic faces. Rubber discus must not exceed 160mm in diameter. Meeting Organisers shall supply both rubber and steel banded discus at Meetings. Meeting Organisers are recommended to supply pairs of the each type, brand and diameter.
- (iii) Meeting Organisers are recommended to provide 2 of each laminated wood, steel banded and plastic faced, steel banded 1kg discus for Grade 12, 13 Boys, Grade 13, 14 Girls discus events.

Similarly, to provide 2 of each laminated wood, steel banded, and plastic faced, steel banded 1.25kg discus for Grade 14 Boys discus events.

(g) Footwear

Refer IAAF Rule 143.2.

This Rule clearly states “athletes may compete barefoot, or with footwear on one or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip on the ground”.

NZCAA strongly recommends that shoes be worn when competing in Shot Put and Discus.

B. LONG JUMP

These notes are a guide for club officials as to the rules and procedures for the proper control of the long jump. These rules shall be divided into two sections:

- (i) Normal Take off Board Grade 12 and over
- (ii) Square Metre Board Grade 7-11 inclusive

Standard Take Off Board

1. Each competitor will be allowed three jumps
2. It shall be counted as a failure if any competitor:
 - (a) Touches the ground beyond the take off board.
 - (b) Takes off from outside either end of the board, whether beyond or behind the take off line extended.
 - (c) In the course of landing touches the ground outside the landing area nearer to the take off than the nearest break in the landing area made by the jump.
 - (d) After a completed jump walks back through the landing area.
 - (e) Employs any form of somersaulting.
3. If a competitor takes off before reaching the board it shall not for that reason be counted as a failure.
4. No marks shall be placed on the runway, but

competitors may place marks alongside the runway.

5. The take off board should measure not less than 198mm wide and not more than 202mm wide and should be painted white. Where possible a plasticine indicator board should be placed in front of the take off board to record no jumps (see I.A.A.F. Rules for details). If no plasticine is available a strip of damp sand can be used.
6. All jumps shall be measured at right angles to the take off board from the nearest break in the landing area made by any part of the body to the front edge of the take off board (The front edge being the edge of the board nearest to the landing area.)
7. Officials should ensure that the sand is levelled after each jump and where possible clubs should make sure that the take off board is at the same level as the sand in the pit.

Metre Board (Colours: orange-blue-white-red-yellow)

1. The metre board should be placed in a fixed position for any one competition. The front of the white band (the central band) of the metre board should be placed 1m from the near edge of the pit for Grades 7 and 8, 1.5m for Grades 9 and 10, and 2m for Grade 11. (This is a guide only, as local physical conditions at a runway may dictate the actual positioning of the board).
2. A no jump is recorded only if a competitor's foot is placed between the front of the board and the pit on take off. Jumps are measured from the front edge of the colour in which the competitor has jumped from, to the nearest break in the sand. (The front edge being the edge nearest to the landing area).
It is necessary to have one official solely for the purpose of observing which colour a competitor has taken off from. That official shall call out the colour after each competitor has jumped.

C. HIGH JUMP

These notes are a guide for club officials as to the rules and procedures for the proper control of high jumping.

1. Competitors must take off from one foot.
2. Competitors fail if they:
 - (a) Knock the bar off the supports.
 - (b) Touch the ground, including the landing area beyond the plane of the uprights, with any part of the body without first clearing the bar.

NOTE: If a jumper touches the landing area with a foot before taking off and, in the opinion of the judge no advantage is gained, the jump should not for that reason be considered a failure.

3. Before competition begins, competitors should be notified of the starting heights and the subsequent heights to which the bar will be raised at the end of each round, until there is only one competitor remaining having won the competition, or there is a tie for first place.
4. A competitor may commence jumping at any height above the minimum height and may jump at his or her own discretion at any subsequent height. Three consecutive failures, regardless of the height at which any such failure occurs, disqualify the competitor from further competition.

Explanation:

Any competitor may forego his/her second or third attempt at a particular height (after failing at their first or second attempt) and still jump at a subsequent height. If a competitor foregoes an attempt at a certain height, he/she may not make any subsequent attempt at that height, except in the case of a tie.

5. Measurement of a new height shall be made before competitors attempt that height. In all cases of records the judges must check the

measurement after the height is cleared.

6. A mark of some sort should be placed on the centre of the cross bar so that the bar is replaced in exactly the same way for each attempt.
7. Round fibreglass crossbars may be used and are in fact recommended as they do not bend or break and cause less pain to competitors who land on them.
8. Competitors may place marks on the run up area providing they do not hinder other competitors.
9. A small handkerchief or similar object may be placed on the cross bar to assist the competitor if he or she is having difficulty sighting it.
10. TIES
 - (a) The competitor 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 competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
 - (c) If the tie concerns the first place, the athletes tying shall have one jump at the next height, determined by Rule C3, after the height last cleared by the athletes tying, and if no decision is reached, the bar shall be raised if the tying athletes were successful, or lowered if not, 2cm. They shall each attempt one jump at each height until the tie is resolved. Athletes, so tying must jump on each occasion when resolving the tie.
 - (d) If an athlete is not jumping at a height, that athlete automatically forfeits any claim to the first place. If only one other athlete then remains, that athlete is declared the winner regardless of whether a clearance is made at that height.

- (e) If no jump-off is carried out, including where the relevant athletes at any stage decide not to jump further, the tie for first place shall remain. This rule shall not apply to Combined Events.
- (f) Other placings shall be shared by the competitors.

D. DISCUS THROW

These notes are a guide for club officials as to the rules and procedures for the proper control of throwing the discus.

1. Ensure the competitor is using the correct weight as pertaining to his/her age group.
2. A competitor shall be credited with the best of all his/her throws.
3. The discus shall be thrown from within a circle and the competitor must commence the throw from a stationary position.
4. A competitor is allowed to touch the inside edge of the circle. It shall be a foul throw if the competitor after having stepped into the circle and begun to make a throw, touches with any part of his/her body, the ground outside the circle or the top edge of the circle.
5. Provided Rule 4 has not been breached a competitor may interrupt a throw once started, providing he/she lays the implement down and leaves the circle, (when leaving the circle he/she shall step out as required below) before returning to a stationary position to commence a new throw.
6. A competitor must not leave the circle after making a throw until the implement has touched the ground. The competitor must leave through the rear half of the circle.
7. For a throw to be valid, the implement must fall so that the point of impact is within the inner

edges of lines marking a 34.92 degrees sector set out on the ground so that the radii lines cross the centre of the circle.

8. A throw is measured from the nearest mark made by the fall of the discus, to the inside of the circumference of the circle; along a line from the mark made by the implement to the centre of the circle.
9. A marker must be placed at the point of landing of the discus nearest to the circle at the completion of each throw to assist in measuring.
10. Competitors must use the implements provided by the meeting organisers.
11. (a) No device of any kind which might assist a competitor, e.g. taping two or more fingers together, shall be allowed. Tape may only be used to cover an open wound.
(b) The use of gloves is not allowed. In order to obtain a better grip competitors are permitted to use a suitable substance on their hands only.
12. Competitors must not spray or spread any substances in the circle or on their shoes.
13. Implements must be carried back to the circle, never thrown.
14. See Clause A(f) for discus weights and specifications for the various age groups.
15. TIES
If a tie results for any place the second best performance of those competitors tying shall decide the tie. If the tie still remains, the third best performance shall decide, and so on.

E. SHOT PUT

These notes are a guide for club officials as to the rules and procedures for the proper control of putting the shot.

1. Ensure that you are using the correct shot as pertaining to that age group.
2. Competitors shall be credited with the best of all their puts.
3. The put shall be made from within 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. (See I.A.A.F. Rules for details).
4. Competitors must commence their puts from a stationary position.
5. The shot shall be put from the shoulder with one hand only. From the time the competitor takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the chin and the hand shall not be dropped below this position during the action of putting. The shot must not be taken behind the line of the shoulders.
6. Competitors may touch (a) the inside of the iron band; (b) the inside of the stop board.
7. It shall be a foul throw and not allowed to count if competitors, after they have stepped into the circle to commence a throw, touch with any part of their body the ground outside the circle, the top of the iron band, stop board or circle or improperly release the shot in making an attempt.
8. Provided in the course of a throw Rule 7 has not been breached a competitor may interrupt a trial once started, lay the implement down and leave the circle, (when leaving the circle he/she must step out as required below) before returning to commence a new throw.

9. Competitors must not leave the circle until the implement has touched the ground. They must then leave through the rear half of the circle.
10. For a put to be valid the shot must fall so that the point of impact is within the inner edges of lines marking a 34.92 degrees sector set out on the ground so that the radii lines cross the centre of the circle.
11. A put is measured from the nearest mark made by the fall of the shot to the inside of the circle, along a line from the mark made by the implement to the centre of the circle.
12. A marker must be placed at the point of landing of the shot, nearest to the circle, at the completion of each throw to assist with measuring.
13. Competitors must use the implements provided by the meeting organisers.
14. (a) No device of any kind which might assist a competitor, e.g. the taping of two or more fingers together, shall be allowed. Tape may only be used to cover an open wound.
(b) The use of gloves is not allowed. In order to obtain a better grip competitors are permitted to use a suitable substance on their hands only.
15. Competitors must not spray or spread any substance in the circle or on their shoes.
16. Implements must be carried back to the circle, never thrown.
17. See Clause A(e) for Shot weights and specifications for the various age groups. Also for the recommended colour coding for Shots.
18. TIES
If a tie results for any place the second best performance of those competitors tying shall decide the tie. If the tie still remains the third best performance shall decide and so on.