



LANSW RULE CHANGES FOR 2015-16

Changes to the LANSW Rules of Competition are outlined in this session

NOTE some of the changes are changes to the LAA Standard Rules of Competition which will be implemented by all States

HIGH JUMP

Starting Age

Under 9 will be the starting age group for High Jump at Association Level

SCISSORS TECHNIQUE

The Scissor technique will be the only allowable technique performed in High Jump for the Under 9 age groups at all levels of competition. This will be increased to U10 for the 2016/2017 season.

Definition of a fair scissor jump for U9's (and U10's next season)

- (a) The head of the competitor does not go over the bar before the leading foot; (the foot closest to the bar at take-off).
- (b) The head of the competitor is not below the buttocks when the buttocks clear the bar.
- (c) The competitor's Lead foot must touch the mat before any other part of the body.

JAVELIN

- Javelin has been added as a standard event for Under 11 Boys and Girls
- They will use 400 gm javelins
- They may wear spikes when competing in Javelin

LONG / TRIPLE JUMP

- A strip of plasticine or other suitable material (e.g. damp sand) may be placed immediately beyond the take-off line, to a maximum height of 7mm. This rule has been reinstated. Note at Zone Region State Track and Field Championships and other Association Championships the use of the plasticine strip is optional however if used it has to be used for all age groups not just one

The strip is used as an aid to long jump officials to determine if an athlete has stepped over the front of take-off board i.e. they can see the marks of the athlete's shoes/spikes in the strip. Where it is possible, this strip should be available for this purpose

SPIKE SHOES & STARTING BLOCKS

- **Spike Shoes Under 10 and below**

Competitors in the Under 10 and younger age groups may not wear spike shoes. (The ban on use of spikes has been increased to the under 10 age group this year.)

- **Starting Blocks Under 10 and Below**

Athletes in the under 10 (and below) age groups may not use starting blocks

800m STATE TRACK & FIELD

- The 800m events at State will be conducted as timed finals with the 12 fastest athletes (based on Region qualifying times) in the same heat

QUALIFYING STANDARDS FOR STATE TRACK & FIELD

- HIGH JUMP

To progress from Region to State in High Jump an athlete must equal the State minimum starting height for their age group at their Regional Championships

QUALIFYING STANDARDS FOR STATE TRACK & FIELD

- The qualifying standards for progression from Region to State in the 3000m and 1500m walk events for boys and girls are as follows:

1500m Walks

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

3000m

U13	13.30min	U14	13.00min	U15	12.30min	U17	12.00min
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- Athletes who cannot complete their 1500m walk or 3000m run within these time limits, at regional carnivals, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships

STATE RELAYS

- 4 x 200m, 4 x 400m and Middle Distance Relays will be conducted as timed finals