



SECTION A

STANDARD EVENTS

&

SPECIFICATIONS

1. LAA STANDARD EVENTS & EQUIPMENT SPECIFICATIONS

1.1. Standard Events

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

1.2 Guidelines for Trialling an Event

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

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

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

2. EVENT AND EQUIPMENT SPECIFICATIONS

2.1 Event Specifications

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

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

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

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

2.2 Hurdle Specifications

Table 2

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

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

2.3 Field Specifications

Table 3

Shot put	500gm	Weight		Diameter		Colour	
		<i>Minimum</i>	<i>Maximum</i>	<i>Minimum</i>	<i>Maximum</i>		
		<i>No specs as not competition</i>					Pink
		1 Kilogram	1 Kg	1.025 Kg	76mm	86mm	Blue
		1.5 Kilogram	1.5 Kg	1.525 Kg	76mm	86mm	Yellow
		2 Kilogram	2 Kg	2.025 Kg	76mm	90mm	Orange
Discus	350 gm	Weight		Diameter		Material	
		<i>Minimum</i>	<i>Maximum</i>	<i>Minimum</i>	<i>Maximum</i>		
		350 gm	375gm	119mm	121mm	Compound	
		500 gm	500 gm	525 gm	134mm	138mm	Compound
		750 gm	750 gm	775 gm	154mm	156mm	Synthetic
		1 Kilogram	1 Kg	1.025 Kg	180mm	182mm	Synthetic
1.5 Kilogram	1.5 Kg	1.525 Kg	200mm	202mm	Synthetic		
Javelin	400 gm	Weight		Length			
		<i>Minimum</i>	<i>Maximum</i>	<i>Minimum</i>	<i>Maximum</i>		
		400 gm	425 gm	1.85m	1.95m		

500 gm	500 gm	525 gm	2.00m	2.10m	
	600 gm	625 gm	2.20m	2.30m	
	700 gm	725 gm	2.30m	2.40m	
Batons	Diameter		Length		Weight
	38mm +/-1 2mm (Senior)		280mm (min)	300mm (max)	50 gm
	32mm +/-1 2mm (Junior)		280mm (min)	300mm (max)	50 gm
High Jump Bar	Diameter		Length		
	<i>Minimum</i>	<i>Maximum</i>			
	29mm	31mm	4m (+/-20mm)		2 D shaped end sections

2.4 Spike Specifications

Table 4

SPIKES	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
to be read in conjunction with Rule 5.8.1	X	X	X	X	X	✓	✓	✓	✓	✓	✓
						Laned Events only & LJ, TJ, HJ & Jav	Laned Events only & LJ, TJ, HJ & Jav	All Events & LJ, TJ, HJ & Jav Except Walks	All Events & LJ, TJ, HJ & Jav Except Walks	All Events & LJ, TJ, HJ & Jav Except Walks	All Events & LJ, TJ, HJ & Jav Except Walks

Note – Local ground rules contravene LANSW Rules

2.5 Cross Country & Road Walks Maximum Distances

Table 5

The following distances are the maximum allowable distance to be offered for each age group for the conduct of Out of Stadia Cross Country, Road Running and Road Race Walking races at all levels of competitions.

CROSS COUNTRY										
	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
Girls	1km	1km	1.5km	1.5km	2km	2km	3km	3km	3km	4km
Boys	1km	1km	1.5km	1.5km	2km	2km	3km	3km	3km	4km
ROAD WALKS										
Girls	N/A	N/A	1.2km	1.2km	1.5km	1.5km	2km	2km	3km	4km
Boys	N/A	N/A	1.2km	1.2km	1.5km	1.5km	2km	2km	3km	4km

MULTI-CLASS CROSS COUNTRY						
	U7	U8	U9/U10	U11/U12	U13/U14	U15/U17
Girls	N/A	N/A	1.5km	2km	3km	3km
Boys	N/A	N/A	1.5km	2km	3km	3km