



# SECTION C

# COMPETITIONS



# COMPETITIONS

*These rules are to be read in conjunction with the Competition Rules  
Track Events & Field Events and take precedence over the General Rules*

## 11. Zone/Region/State Track & Field

### 11.1 Eligibility

- i. All athletes must be registered with LANSW.
- ii. LANSW athletes can only enter the Zone Championships for the Zone containing their centre. "Individually registered athletes" can only enter the Zone Championships for the zone to which they have been allocated, based upon their place of residence.

Where direct entry as per 11.2 vi, has been approved for a region, LANSW athletes may only enter the region containing their centre (or zone for individually registered athletes).

- iii. Age divisions:

<b>Zone</b>	U7-U17
<b>Region</b>	U8-U17
<b>State</b>	U9-U17

- iv. Multi Class Age divisions:

All levels of competition

- U9/U10
- U11/U12
- U13/U14
- U15/U17

- v. Athletes must compete in their own age group.

### 11.2 Entry to Zone and/or Region

- i. Athletes may only compete in one LANSW Zone Championship in a season. Athletes who have entered/competed at a Zone Championships may not also enter/compete at a Region Championship via direct entry and vice versa.
- ii. A maximum of 4 athletes from each centre (or a greater number at the discretion of the Zone) in age groups from U7 to U11 are allowed in each event, and no athlete will compete in more than 4 events, excluding the relays.
- iii. In the U12 to U17 age groups, there is no restriction on the number of athletes a centre may enter in an event; however, no athlete will compete in more than 6 events, excluding the relays.
- iv. For Multi-Class events, athletes in the U9/U10 age group may compete in a maximum of 4 events; athletes in the U11/U12 age group may compete in a maximum of 5 events; and athletes in the U13/U14 and U15/U17 age groups may compete in a maximum of 6 events.
- v. Athletes must compete at and qualify for LANSW Region Championship via a LANSW Zone Track & Field Championship unless all zones within a region have agreed that 11.2 vi applies (U12 to U17 only). The number of entries per Zone will be based upon the number of Zones in the Region, which is:
  - 2 zones = first 6 in each zone plus next best 4 clear final performances over both zones;
  - 3 zones = first 4 in each zone plus next best 4 clear final performances over all zones;
  - 4 zones = first 3 in each zone plus next best 4 clear performances over all zones.

NB: "clear" means that there cannot be any ties for the next best performances (refer Section D).

**Note:**

- Any places at a zone not filled by automatic progression will not be filled by additional next best performances from the other zones.
- The centre must forward entries in the approved format to the zone coordinator for all athletes representing their centre. Little Athletics NSW must forward entries for “individually registered athletes” to the zone coordinator.

vi. **Direct Entry to Region**

Athletes are permitted direct entry into Region Championships without having to compete at a Zone Championships, providing the following conditions are met: -

- All Zones within a Region agree that direct entry to region will be the only option for athletes within their zone. This agreement must be notified to Little Athletics NSW by the close of entries for the first Zone Championships relevant to the Region Championships and is irrevocable for that season.
- A maximum of 4 athletes from each centre in age groups from U8 to U11 are allowed in each event, and no athlete will compete in more than 4 events, excluding the relays.
- In the U12 to U17 age groups, there is no restriction on the number of athletes a centre may enter in an event; however, no athlete will compete in more than 6 events, excluding the relays.
- Region entries must be through a centre on the approved form. Individually registered athletes can enter using the approved form.

vii. **Multi Class Direct Entry to Region**

- Multi-Class events, athletes in the U9/U10 age group may compete in a maximum of 4 events; athletes in the U11/U12 age group may compete in a maximum of 5 events: and athletes in the U13/U14 and U15/U17 age groups may compete in a maximum of 6 events.
- Multi Class athletes who are nominating to compete in the multi-class events at the Regional Championships may choose to also compete in able-bodied events at the Zone, Region and State Championships. Athletes, however, are not permitted to compete in both the multi-class and able-bodied of the same event. e.g., 100m able-bodied and 100m multi-class.
- Multi Class entries MUST be done online via the LANSW website.
- Late entries will not be accepted.
- Proof of the athlete’s classification will be checked against Athletics Australia’s Classification Master List, *even if the athlete has previously competed at this event in past seasons.*
- Wheelchair and Race Running athletes will be given an exemption from Zone and Region where their championships is conducted on a grass track. The exemption must be submitted via email to the LANSW Sport and Events Manager.

## 11.3 Progression to next Level of Competition

The relevant number of automatic qualifiers must be identified for progression to the next level (Zone to Region and Region and State) of competition, therefore the principle of elimination shall be used.

i. **Track Events**

- a. If there is a tie for automatic qualifiers when **timed finals** for track events have been held, then the higher placed athlete in their heat shall fill the automatic placing. If the tie remains, a random process with equal probability (e.g., A coin toss) shall be used to determine the athlete to progress as automatic qualifier.
- b. If there is a tie in a **final where heats to finals** have been conducted, the referee will arrange for the athletes who are tied to a runoff. Runoffs will not affect the original placing of the athlete. If a runoff is not possible, a random process with equal probability (e.g., A coin toss) shall be used to determine the athlete to progress as automatic.
- c. Ties in other placings shall remain.
- d. All qualifying rounds, i.e., Zone, Region to State, must adhere to these rules.

ii. **Field Events**

If there is still a tie after all countbacks have been checked, the tying athletes will be required to throw or jump off to determine which athlete progresses to the next level as automatic qualifier.

In high jump the following will apply:

- a. Athletes tying shall have 1 more jump at the last height at which any of those involved in the tie failed and if no decision is reached, the bar shall be raised if the tying athletes were successful or lowered if not.
- b. The bar shall be raised or lowered in 2cm increments.
- c. They shall then attempt 1 jump at each height until the tie is resolved. Athletes so tying must jump on each occasion when resolving the tie.

Where elimination is used the original result will not be altered in the official results.

## 11.4 Progression from Region to State – Qualifying Standards

- i. Athletes must compete at and qualify for LANSW State Track & Field championships via an LANSW Region Track & Field Championship. Regions will be restricted to 2 automatic qualifiers per event, plus the next best 8 clear final performances across all regions, to a maximum of 24. **Where the next best 8 final performances across all Regions are not clear they will be rounded down to the next clear final performance. Should this occur, there will be less than 24 competitors in the event.**

See progressions from Zone to Region and Region to State, in Section D.

### Note:

- Any places at a region not filled by automatic progression will not be filled by additional next best performances from other regions.
- If an automatic qualifier is unable to attend the next level of championships, they may be substituted by the next ranked finalist from their event. The withdrawing athlete must have completed and submitted an official withdrawal form to the zone/region coordinator, **on the weekend of the relevant championship.**

### ii. Qualifying Standard 1500m Walk and 3000m Run

- a. A maximum qualifying time for 1500m walk events for boys and girls are as follows: -

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

- b. A maximum qualifying time for 3000m races for boys and girls is as follows: -

U13	13.30min
U14	13.00min
U15	12.30min
U17	12.00min

- c. Athletes who cannot complete their 1500m walk or 3000m run within these time limits, at region carnivals, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships.

### iii. Qualifying Standard for High Jump

Athletes who cannot attain the state minimum starting height for the relevant age groups (see 11.6 ii) at region carnivals, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships.

## 11.5 Relay Events – Zone/Region/State

### i. Centre Teams

Centres may enter a maximum of 1 relay team in each division.

### ii. Divisions

- a. Boys Junior
- b. Girls Junior
- c. Boys Senior
- d. Girls Senior

iii. Team Composition

- a. Junior – 4 athletes (one athlete from U9, U10, U11 & U12)
    - U12 may be replaced by an U9, U10 or U11
    - U11 may be replaced by an U9 or U10
    - U10 may be replaced by an U9
  - b. Senior – 4 athletes (one athlete from U13, U14, U15 & U17)
    - U17 may be replaced by an U15, U14 or U13
    - U15 may be replaced by an U14 or U13
    - U14 may be replaced by an U13
    - U13 may be replaced by an U12 (**Note:** a maximum of 1 x U12 athlete may be used in a senior relay team. If an U12 is used in the Senior Relay team the same athlete cannot be a member of the Junior Relay team).
- NB. Athletes may compete in any age order. **Once a team qualifies, athletes may be replaced as required, including from different age groups, so long as the team composition still follows rule 11.5>iii above.**

iv. Eligibility

Minimum Age - Athletes must be genuine U9 and older.

v. Age Substitution

No age substitution is permitted apart from that shown in iii above.

vi. Team Progression – Zone to Region

- 2 zones = first, second and third
- 3 zones = first and second
- 4 zones = first and second

Where direct entry is used for U12 to U17 athletes, only 1 team per centre (per division) may compete in the senior divisions at the Region Championships. **Note:** This may necessitate heats and a final at Region Championships

vii. Team Progression – Region to State

1 team per division will progress from Region to State.

viii. Once the team qualifies, athletes may be replaced as required.

ix. To be eligible for the relay teams' athletes must be registered with LANSW.

## 11.6 Rules Specific to Zone/Region/State

i. Track Times

- a) The normal rules for timing an event apply, with the exception that hand times will be to the 1/100<sup>th</sup> of a second rather than 1/10<sup>th</sup>.
- b) For progression purposes manual times will be adjusted by adding: -
  - 0.24 secs to the actual time for events up to and including 200m, and
  - 0.14 secs to the actual time for events over 200m and up to and including 400m.
- c) On all result sheets at zones and regions that use handheld times, there must be a sentence advising that this adjustment will be made in order for progressing athletes to be determined.

ii. High Jump – starting heights

The starting height for high jumps will be as follows: -

	ZONE		REGION		STATE	
	Boys	Girls	Boys	Girls	Boys	Girls
<b>U9</b>	0.85	0.80	0.90	0.85	0.95	0.90
<b>U10</b>	0.95	0.90	1.00	0.95	1.05	1.00
<b>U11</b>	1.05	1.00	1.10	1.05	1.15	1.10
<b>U12</b>	1.15	1.10	1.20	1.15	1.25	1.20
<b>U13</b>	1.20	1.15	1.25	1.20	1.30	1.25
<b>U14</b>	1.25	1.20	1.30	1.25	1.35	1.30
<b>U15</b>	1.25	1.20	1.30	1.25	1.35	1.30
<b>U17</b>	1.30	1.25	1.35	1.30	1.40	1.35

ii. Increments

At Zone / Region / State Championship events the bar will be raised by 5cm increments for the first three heights thence by 5 cm until there are 6 or fewer athletes remaining and by increments of 2cms thereafter until only one athlete remains. When only one athlete remains, that athlete may choose the increments

### 11.7 Local Rules

- i. To be accepted as a local rule, rules listed in the conditions of hiring a ground, e.g., spikes, blocks etc. apply to all carnivals conducted at that ground, including zone, region, and state.
- ii. Any other local competition rules which have been submitted and approved by LANSW before they can be used at zone, region, and state. This is to be done on a carnival-to-carnival basis.

### 11.8 3000m

Zone and/or Region Coordinators are permitted to move the 3000m to suit weather conditions.

### 11.9 400m – Timed Finals

All 400m events at all Zones, Regions and the State Track & Field Championships will be conducted as timed finals.

Each timed final heat will be seeded slowest to fastest using the athletes' zone or region performances. Performances from all timed finals will be combined to determine the overall places for each age group.

### 11.10 800m – Timed Finals

All 800m events at the State Track & Field Championships will be conducted as timed finals, which will be seeded, using the athletes' performances from Regions, with the 12 fastest athletes in the same heat, which will be conducted last. Performances from both timed finals will be combined to determine the overall places for each age group.

### 11.11 200m Hurdles & 300m Hurdles – Timed Finals

All circular track hurdles, i.e., 200m & 300m hurdles at all Zones, Regions and the State Track & Field Championships will be conducted as timed finals.

Each timed final heat will be seeded slowest to fastest, using the results from the athletes' zones or region performances. Performances from all timed finals will be combined to determine the overall places for each age group.

### 11.12 Exemption from Zone Championships (U12 to U17)

Athletes in the U12-U17 age groups, who are unable to attend their Zone Championships because they have been selected to represent NSW or Australia at a clashing National or International sporting event, will be able to automatically progress to the relevant Region Championships. **The athlete MUST provide evidence in the way of results to show that they participated at the event they have been selected for. This evidence must be provided to the Sport and Events Manager at Little Athletics NSW via [competitions@lansw.com.au](mailto:competitions@lansw.com.au) as soon as possible post competition.** If for some reason they do not attend a clashing event, they will not be permitted to progress to the Region Championships.

The athlete must apply in writing (on the Application for Exemption Form, which can be found on the [www.lansw.com.au](http://www.lansw.com.au) website in the Competition/Zone/Region section) to Little Athletics NSW, prior to their Zone Championships for this automatic progression to be accepted.

The application must be accompanied by documentation verifying their selection for the clashing event. If the exemption is due to the All-Schools Athletics, the athlete does not need to attach documentation from the clashing organiser, as the list of NSW team members is supplied to Little Athletics NSW.

### 11.13 Exemption from Region Championships (U12 to U17)

Athletes in the U12-U17 age groups, who are unable to attend their Region Championships because they have been selected to represent NSW or Australia at a clashing National or International sporting event, will be able to automatically progress to the State Track & Field Championships. **The athlete MUST provide evidence in the way of results to show that they participated at the event they have been selected for. This evidence must be provided to the Sport and Events Manager at Little Athletics NSW via [competitions@lansw.com.au](mailto:competitions@lansw.com.au) as soon as possible post competition.** If for some reason they do not attend a clashing event, they will not be permitted to progress to the State Championships.

The athlete must apply in writing (on the Application for Exemption Form, which can be found on the [www.lansw.com.au](http://www.lansw.com.au) website in the Competition/Zone/Region section) to Little Athletics NSW, prior to their Region Championships for this automatic progression to be accepted.

The application must be accompanied by documentation verifying their selection for the clashing event.

### 11.14 Natural Disaster Clause

Athletes may be given special consideration for an exemption from Zone and/or Region where the athlete has been affected by environmental factors outside of their control e.g., floods, bushfires. The final decision for special consideration for exemptions will be the sole discretion of the Sport and Events Manager. Special consideration for an exemption must be put in writing (email accepted) to the Sport and Events Manager prior to the commencement of the athletes' respective championships.

### 11.15 Exempted Athletes Seeding – Timed Finals

Exempted athletes will be seeded based upon their times supplied by their Centre. If no seed time is provided athletes will be placed in the slowest heat.

### 11.16 Zone Championships – Order of Events

A standard zone program is supplied to all zone coordinators, who may change the order to suit local conditions. If the standard zone program is not used, the zone coordinator **must** provide the updated zone program to LANSW **no later than 7 days prior to the Zone Championships** for posting on the LANSW website.

### 11.17 Region Championships – Order of Events

Regions are supplied with a matrix of events per day for the State Track & Field Championships. **All Regions must supply a Timed Program (or not before times) to the Sport and Events Manager no later than 7 days prior to the Championships for posting on the LANSW website.** Regions are permitted to make changes to suit local conditions. If changes to the days that the events are held are made, they **MUST** submit their **proposed program to the Sport and Events Manager for approval.**

### 11.18 Program for Zone/Region/State

- i. A standard program at Zone / Region / State Championships to consist of: -
  - a. Heats and Finals for 70m, 100m, 200m, 60m/80m/100/110m hurdles (where there are less than 8 entries these events would be conducted as straight-out finals)
  - b. 400m, 800m, 200m Hurdles and 300m Hurdles will be conducted as timed finals.  
**NB.** Timed final heats will be seeded slowest to fastest using the athletes' zone or region performances. (The heat with the fastest athletes to be conducted last). Performances from all timed finals will be combined to determine the overall places for each age group. (**Note:** refer to 1.9 for conduct of 800m at State Track and Field Championships).
  - c. Other circular track events will be conducted as pack starts

- d. Field events (except for High Jump) will consist of 3 rounds with the top 8 (with valid performances at the end of round three) having three additional rounds. (Note the normal rules regarding ties and progression will apply).
  - e. Timed Finals
- ii. If the Championships need to be altered, due to extenuating circumstances (e.g., adverse weather conditions), a compressed program should be used. The decision to compress the carnival shall be made during the carnival if circumstances warrant the change.

A compressed program will consist of: -

- a. Timed finals for all track events.
- b. The decision to reduce a Championship carnival to a compressed carnival will be made by: -
  - Zone Championships - Zone Coordinator and Carnival Manager, in conjunction with Sport and Events Manager.
  - Region Championships – Region Coordinator and/or Carnival Manager, Region Technical Delegate, in conjunction with the Sport and Events Manager.
  - State Championships – Sport and Events Manager, in conjunction with Carnival Manager and Technical Delegate (if appointed).



## 12. State Relays Championships

*These rules are to be read in conjunction with Competition General Rules Track Events & Field Events and take precedence over the General Rules*

### 12.1 General Eligibility

- i. Track Relays will run independently of the Field Relays.
- ii. Athletes in the U8-U11 age groups may compete only in Track OR Field Relays, but not both, except for Section 5.
- iii. **Teams shall consist of registered athletes from the same centre.**
- iv. Athletes in the U12-U17 age groups may compete in both Track and Field Relays, on the express understanding that there is no clash management provided. It is the responsibility of the athletes to choose events carefully, follow the program and move between events via the appropriate call room, as and when required.
  - Team Manager reports to the track call room with non-clashing athletes (if any) and advised call room of the clash. This is recorded on the lane draw sheets that go with the athletes to the changes.
  - Non clashing athletes are marshalled as normal and proceed to the relevant start line/change area.
  - At least 5 minutes before the scheduled start time, “clashing” athletes at field events go directly to the relevant start line/change area from the field area. If all 4 athletes are not at their area by time the event is placed on the track, the referee, on notice from the change chief, will exclude the team.
- v. Athletes may compete up 1 age group (minimum age U8) to form a team, however athletes may only compete in 1 age group at the championships, and only in events / specifications offered for their own age group.
- vi. U8-U11 may only compete on the Junior Day.
- vii. To be eligible for a medal, a team must comprise 4 athletes in track relays and 3 athletes in field relays.
- viii. Field Relays placings will be determined using the Combined Carnival Points system.

### 12.2 Centre Categories

- i. Centres with a total of **200 or more** registered members from the previous season in the age groups U8 to U17 are **excluded** from entering teams in sections 2 & 5.
- ii. Centres with **less than 200** registered members for the previous season in the age groups U8 to U17 can enter teams in sections 1 & 3 plus section 4 **OR** sections 2 & 3 plus section 4.
- iii. Centres with a total of **less than 150** registered members for the previous season in the age groups U8 to U17 can enter teams as per ii. above as well as Section 5.

### 12.3 Event Sections

#### Section 1

TRACK	U8	U9	U10	U11	U12	U13	U14	U15	U17
4 x 100 metres (Boys) Team of 4 boys	✓	✓	✓	✓	✓	✓	✓	✓	✓
4 x 100 metres (Girls) Team of 4 girls	✓	✓	✓	✓	✓	✓	✓	✓	✓

#### Section 2

TRACK	U8	U9	U10	U11	U12	U13	U14	U15	U17
4 x 100 metres (Mixed) Team of 2 boys & 2 girls	✓	✓	✓	✓	✓	✓	✓	✓	✓

#### Section 3

TRACK	U8	U9	U10	U11	U12	U13	U14	U15	U17
4 x 200 metres (Mixed) Team of 2 boys & 2 girls	✓	✓	No	No	No	No	No	No	No
4 x 400 metres (Mixed) Team of 2 boys & 2 girls	No	No	✓	✓	✓	✓	✓	✓	✓
Middle Distance Junior (Girls) Team of 4 girls	✓	✓	✓	✓	No	No	No	No	No
Middle Distance Junior (Boys)	✓	✓	✓	✓	No	No	No	No	No

Team of 4 boys									
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**Note:** **Junior Middle Distance** to consist of 4 athletes from the U8 to U11 age groups, with there being only 1 x U8 athlete who will be the first runner running 700m. The remaining athletes to be from the U9 to U11 age groups, with a maximum of 1 x U11, 2 x U10 or 3 x U9 running 800m each.

TRACK	U8	U9	U10	U11	U12	U13	U14	U15	U17
Middle Distance Senior (Girls) Team of 4 girls	No	No	No	No	✓	✓	✓	✓	No
Middle Distance Senior (Boys) Team of 4 boys	No	No	No	No	✓	✓	✓	✓	No

**Note:** **Senior Middle Distance** to consist of 4 athletes from the U12 to U15 age groups, with a maximum of 1 x U15; 2 x U14; 3 x U13 or 4 x U12 all running 800m each.

#### Section 4 (centres may enter 2 teams in each event in Section 4)

FIELD	U8	U9	U10	U11	U12	U13	U14	U15	U17
Jumps Relay (Boys) Team of 3 Boys (Long Jump)	✓	✓	✓	No	No	No	No	No	No
Jumps Relay (Girls) Team of 3 Girls (Long Jump)	✓	✓	✓	No	No	No	No	No	No
Throws Relay (Boys) Team of 3 Boys, 2 x Discus, 1 x Shot	✓	✓	✓	No	No	No	No	No	No
Throws Relay (Girls) Team of 3 Girls, 2 x Discus, 1 x Shot	✓	✓	✓	No	No	No	No	No	No
Throws Relay (Boys) Shot, Discus, Javelin Team of 3 boys	No	No	No	✓	✓	✓	✓	✓	✓
Throws Relay (Girls) Shot, Discus, Javelin Team of 3 girls	No	No	No	✓	✓	✓	✓	✓	✓
Jumps Relay (Boys) Long, High, Triple Team of 3 Boys	No	No	No	✓	✓	✓	✓	✓	✓
Jumps Relay (Girls) Long, High, Triple Team of 3 Girls	No	No	No	✓	✓	✓	✓	✓	✓

#### Section 5

TRACK	
Junior 4 x 100m	A team of 4. One athlete from U/8, U/9, U/10 & U/11 & must have at least one member of either gender
Senior 4 x 100m	A team of 4. One athlete from U/12, U/13, U/14 & U/15 & must have at least one member of either gender
FIELD	
Junior 4 x Long Jump	A team of 4. One athlete from U/8, U/9, U/10 & U/11 & must have at least one member of either gender
Senior 4 x Long Jump	A team of 4. One athlete from U/12, U/13, U/14 & U/15 & must have at least one member of either gender

### 12.4 Substitutes

In Section 5, the Junior Middle Distance relays, Junior & Senior 4 x 100m relays & Junior & Senior 4 x Long Jump relays there is no age substitution permitted. Athletes must only be of the age groups specified. Therefore, reserves must be of the same age as the athlete they are replacing.

### 12.5 Timed Finals

4 x 200m, 4 x 400m events and middle-distance events will be timed finals, i.e., no heats will be conducted.

### 12.6 Field Event Athletes

- On the Junior Day, field event athletes will have an event identification mark, 1, 2 or 3 placed on their arm or leg. E.g., S1 for a Shot Put athlete.
- Each athlete is limited to 3 trials (except for High Jump).
- Athletes may only compete in one leg of a field relay, E.g., a High Jump athlete may not compete in the Long Jump or Triple Jump of the jumps relay.
- Senior athletes can compete out of round, out of order.

## 12.7 Takeover Zones

- i. 4 x 400m relay
  - a. The 1<sup>st</sup> lap will be run entirely in lanes.
  - b. The 1<sup>st</sup> runner must stay within their lane and as far as practicable within the takeover zone until all changes have been made.
  - c. 2<sup>nd</sup> runners will continue in lanes until the breakline where they may cross to any lane if it is safe to do so.
  - d. 3<sup>rd</sup> and 4<sup>th</sup> runners will be placed on the track in the takeover zone in the order their team crosses the 200m mark.
  
- ii. 4 x 200m relays
  - a. Start on the 200m staggers
  - b. The whole race to be run in lanes
  - c. A 30-metre acceleration zone is allowed.
  
- iii. 4 x 100m Relays

In the 4 x 100m each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. Athletes are permitted to make a check mark (one piece only) on the track within their own lane, however adhesive tape only may be used.
  
- iv. Middle Distance Relay Junior
  - a. Start to be on 300m /1500 pack start line.
  - b. The 1<sup>st</sup> runners **must** be the U/8 athletes who will run 700m. Athletes may cross to any lane once the gun has gone, and it is safe to do so.
  - c. 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> runners will be placed on the track in the takeover zone in the order their team member crosses the 200m mark for the second time.
  
- v. Middle Distance Relay Senior
  - a. Start to be on the 800m staggers.
  - b. The 1<sup>st</sup> runners are to run in lanes until the breakline where they may cross to any lane if it is safe to do so.
  - c. 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> runners will be placed on the track in the takeover zone in the order their team member crosses the 200m mark for the second time.
  
- vi. In all Relays the baton changeovers must be executed within the specified takeover zone or disqualification will result i.e., the **baton itself must** be within the limits of the change area.

NB. The breakline shall be an arced line, 5cm wide, across the track, marked at each end by a distinctive marker positioned outside the track. To assist athletes, identify the breakline, small cones or prisms, 5cm x 5cm and no more than 15cm high, preferably of a different colour as to the breakline & lane line, shall be placed on the lane line immediately before the intersection of the lane line and the breakline.

## 12.8 High Jump Starting Heights

- i. The starting height for the Relay high jumps will be as follows:
  - a. U10 0.95m
  - b. U11 1.05m
  - c. U12 1.15m
  - d. U13 1.20m
  - e. U14 1.25m
  - f. U15 1.25m
  - g. U17 1.30m
  
- ii. With the bar rising by 5cm increments until an athlete obtains a clear first place. If the athlete is within the vicinity of equalling or bettering the state record, the athlete shall then be offered:
  - a. To continue the competition proper.
  
  - b. i) An attempt (3 jumps) at the record by raising the bar to equal or better the record.

- ii) If this attempt falls outside of the 5cm increments i.e. (present record is 1.83m, athlete has cleared 1.80m, elects to attempt record 1.83m, if successful then the athlete may continue jumping at the next 5cm increment 1.85m).
- iii. Points to be allocated by 5cm increments only. No points will be gained by jumping between the 5cm increments.

## **12.9 Qualification to Finals**

- i. Relay finals will utilise 8 lanes.
- ii. Placings will be considered when times are equal for the last qualifiers.
- iii. In all track events the heat winners plus the next fastest times to fill the available lanes shall proceed to the final.
- iv. Where insufficient teams marshal for heats, that event shall be run as a final at the time of heats. For the Middle Distance Relays the maximum number of teams per heat will be determined by the available number of lanes times 2.
- v. Where insufficient entries are received for heats at close of entries, that event will be scheduled as a final at the time of heats.
- vi. Where there is a tie for a place in the final, the qualifiers for that place shall be decided by a draw for the qualifiers for the final subject to ii. above.
- vi. Where there have been qualifying heats, teams shall be drawn for lanes in finals according to World Athletics rules for the four highest ranked teams only. A second draw will be made to determine placings in the remaining lanes. For the purpose of determining the allocation of lanes, where teams have run in the same heat and have recorded the same time, the higher placed team shall be deemed to have run the better time.

## **12.10 Under 8 Teams**

Boys' and girls' teams entered in the 4 x 100m and 4 x 200m relays may have a representative from their centre to place runners on the track at each change, if desired.

## **12.11 Starting Rules**

For the Middle Distance Senior Relay (section 3) and the Senior 4 x 100m relay (section 5), the start rule as per U/13 to U/17 will apply.

## 13. State Combined Carnival

*These rules are to be read in conjunction with Competition General Rules  
Track Events & Field Events and take precedence over the General Rules*

### 13.1 Eligibility

Athletes **MUST** compete in their own age group.

### 13.2 Events

U7	Boys & Girls	50m; 100m; 500m pack start; long jump; shot put; discus
U8	Boys & Girls	70m; 200m; 700m pack start; long jump; shot put; discus
U9	Boys & Girls	100m; 60m hurdles; 800m; long jump; shot put; discus
U10	Boys & Girls	200m; 60m hurdles; 800m; long jump; shot put; discus
U11	Boys & Girls	100m; 80m hurdles; 800m; long jump; shot put; discus
U12	Boys & Girls	200m; 80m hurdles; 800m; long jump; shot put; discus
U13	Boys & Girls	100m; 80m hurdles; 800m; long jump; shot put; discus
U14	Girls	200m; 80m hurdles; 800m; long jump; shot put; discus
U14	Boys	200m; 90m hurdles; 800m; long jump; shot put; discus
U15	Girls	200m; 90m hurdles; 800m; long jump; shot put; high jump; javelin
U15	Boys	100m; 100m hurdles; 800m; long jump; discus; high jump; javelin
U17	Girls	200m; 100m hurdles; 800m; long jump; shot put; high jump, javelin
U17	Boys	100m; 110m hurdles; 800m; long jump; discus; high jump, javelin

### 13.3 Field Events

Athletes will receive 3 trials in field events, with no final rounds. Athletes are permitted to have 1 practice trials.

### 13.4 Competition Order

Athletes will follow the officials order for lane selection for all track events except for 800m which will be a seeded draw with the 16 leading athletes in the last heat. For field events athletes shall compete in the order as listed.

### 13.5 Track Events

There will be no finals for track events.

### 13.6 Disqualification – Track

Athletes will be disqualified for their 3rd false start. (Refer to Competitions General Rules - False Starts)

### 13.7 High Jump Starting Height

- i. U15 & U17 - 1.10m
- ii. With the bar rising by 5cm increments until an athlete obtains a clear first place. If the athlete is within the vicinity of equalling or bettering the state record, the athlete shall then be offered:
  - a. To continue the competition proper.
  - b. i) An attempt (3 jumps) at the record by raising the bar to equal or better the record.  
ii) If this attempt falls outside of the 5cm increments i.e. (present record is 1.83m, athlete has cleared 1.80m, elects to attempt record 1.83m, if successful then the athlete may continue jumping at the next 5cm increment 1.85m).
- iii. Points to be allocated by 5cm increments only. No points will be gained by jumping between the 5cm increments.

### 13.8 Point Score

- i. An athlete must attempt to start the track event; enter the circle; or respond to the long jump, high jump, or javelin official when called to be considered an athlete.
- ii. An athlete who misses an event shall not be eliminated from the competition, however, they will not be included in the final results. An athlete removed from an event based on advice from the Medical Officer to the appropriate referee or manager shall be included in the final results.
- iii. The point score used will be as approved by LANSW.
- iv. In the event of a tie for a final placing, no countback shall be applied. Tying athletes will be given an equal placing.

- v. Athletes in the U7 to U11 age group will receive minimum points if they fail to receive a measure in shot put, discus or long jump. The minimum points can be no more than those received by the lowest performed athlete in the event.

### **13.9 Instruction/Coaching at Event Areas (U7-U11)**

- i. A more relaxed attitude to these younger age groups shall occur at this Combined Carnival, with time for instruction from the event officials and/or Little Athletics NSW coaches, before and during the events. Athletes in the U7 to U11 age groups will have the opportunity to learn 'how to' throw, jump etc during and before their events. Timetable considerations have been considered, with athletes reporting to their events areas 10 minutes prior to the commencement which will allow for such instruction to occur. Athletes in these age groups will not be permitted to leave the competition area.
- ii. It is noted that athletes in the U12 and above may utilise the coaches' area for instruction (refer to Competition General Rules, Rule 4.17 Coaches Area).

## 14. State Cross Country Championships

### Section A: General Rules

#### 14.1 Eligibility

- i. Competitors may only compete in their registered age group in the Cross Country Championships.
- ii. Competitors must be registered members of Little Athletics NSW.
- iii. U7 is the minimum age for competitors.

#### 14.2 Footwear

Spike shoes with or without spikes **MAY NOT** be used in any event. Football and cleats may not be worn.

#### 14.3 Events

U7- U8	1km
U9 - U10	1.5km
U11 - U12	2km
U13 - U15	3km
U17	4km
U9 – U10 Multiclass	1.5km
U11 – U12 Multiclass	2km
U13 – U14 Multiclass	3km
U15 – U17 Multiclass	3km

Multi class athletes require a minimum of provisional classification. **U7/U8** are ineligible due to classification limitations therefore will compete with able bodied.

#### 14.4 Teams

- i. Each centre may have as many competitors per event as they wish.
- ii. The first 3 placings per centre comprises a team.
- iii. One team per centre per event.
- iv. LANSW Region Centres (R1-R4) can combine a team if the Centres are from the same region. Centre representatives must fill out a team form on the day, prior to the start of the race.
- v. At the conclusion of a race, the Judges shall decide the respective places of the scoring competitors of each competing team, add these together and the team having the lowest aggregate shall be declared the winners. In the event of a tie, then the tie shall stand.

#### 14.5 Uniforms

Athletes must wear their centre uniform as per the Rules of Competition. Exception to this being that athletes may wear long pants under their centre uniform.

#### 14.6 Medals

First, second and third place getters in both the individual and team events shall receive a state medal. Medals will be presented to all individual medallists after the conclusion of each race. Team medals for U7's – U17's will be awarded on the day.

#### 14.7 Unauthorised Use of Course

Event courses are not available for warming up / warming down during the conduct of a race. The Referee reserves the right to disqualify the athlete/s, team or teams of the offending Centre/s or take other disciplinary action as may be deemed necessary.

#### 14.8 Vehicles

In all races, no vehicles other than official cars shall accompany a runner or walker, nor park in such a way as to hinder a start or finish point.

## 15. State Road Walks Championships

### Section A: General Rules

#### 15.1 Eligibility

- i. Competitors may only compete in their registered age group in the Road Walk Championships.
- ii. Competitors must be a registered member of Little Athletics NSW.
- iii. U9 is the minimum age for competitors.

#### 15.2 Events

- U9 - U10      1.2km
- U11 - U12    1.5km
- U13 - U14    2km
- U15           3km
- U17           4km

#### 15.3 Teams

- i. Each centre may have as many competitors per event as they wish.
- ii. The first 3 placings per centre comprise a team.
- iii. One team per centre per event.
- iv. LANSW Region Centres (R1-R4) can combine a team if the Centres are from the same region. Centre representatives must fill out a team form on the day, prior to the start of the race.
- v. At the conclusion of a race, the Judges shall decide the respective places of the scoring competitors of each competing team, add these together and the team having the lowest aggregate shall be declared the winners. In the event of a tie, then the tie shall stand.

#### 15.4 Uniform

Athletes must wear their centre uniform as per the Rules of Competition.

#### 15.5 Medals

First, second and third place getters in both the individual and team events shall receive a state medal. Medals will be presented to all individual medallists after the conclusion of each race. Team medals for U9's – U17's will be awarded on the day.

#### 15.6 Unauthorised Use of Course

Event courses are not available for warming up / warming down during the conduct of a race. The Referee reserves the right to disqualify the athlete/s, team or teams of the offending Centre/s or take other disciplinary action as may be deemed necessary.