



SECTION B

COMPETITION GENERAL

& TECHNICAL RULES

3. MEDICAL RULES

3.1 Medical/Safety Services at Competitions

- a. A Medical Officer, with appropriate first aid or medical qualifications, should be appointed at each athlete competition.
- b. A Referee may call the attending Medical Officer to examine any athlete in obvious stress or pain, due to illness or injury.
 - i. If on the advice of the Medical Officer:
 - ii. Further treatment is required; and/or
 - iii. The athlete should not compete further.
 - iv. The athlete should at that point be withdrawn from the event and, if required, further events. All results up to that point remain.
- c. On advice from the Medical Officer to the appropriate Referee, an athlete may be removed from an event if they appear to be suffering from heat stress, an asthma attack or any other medical condition which poses a serious risk of injury.
- d. Asthmatics should use their inhalers prior to the event if necessary and shall be allowed to take their inhalers to the event site. Asthma inhalers may be carried by an athlete during the event but must not be held in the hand.
- e. If the inhaler is used after the event has commenced, the athlete is required to withdraw immediately and may not return to the event.
 - If following the application of Rules 3.1c & 3.1d, the athlete returns to competition and suffers a further asthma attack, they shall be immediately removed from that and all other events to seek medical treatment.
 - Use of inhalers is permitted while waiting at field events, but not during a trial.

Note: - Should an attack of asthma develop during the event, the athlete should:

- Withdraw from the event immediately and may not return to the event.
 - Use their medication.
 - Contact their family doctor as soon as possible and advise that an attack had developed and see advice.
 - Should an attack develop after the race, the athlete should follow the steps ii & iii above.
 - Any assistance given to the athlete by the Medical Officer is for medical reasons only and therefore not regarded as assistance to the athlete.
- f. When an athlete has been advised not to compete due to an injury or illness as per above sections the athlete may compete at their own risk on completion and submission of a Parent/Guardian Medical Advice Waiver form.

4. COMPETITION & TECHNICAL RULES

At any time where there is doubt about the application or interpretation of the rules, the benefit of that doubt shall be in favour of the athlete.

4.1 Officials

4.1.1 Referees

- a. Sufficient Referees shall be appointed to cover all event areas, including but not limited to, Call Room, Track Events and Field Events.
 - i. Separate Field Event Referees shall be appointed for jumps and throws.
- b. It shall be the responsibility of a Referee to:
 - i. Ensure that the field officials prepare and set up their respective areas and have them ready for inspection by the Referee a minimum of 15 minutes prior to the commencement of the first event of the day.
 - ii. Supervise the set up and verification of the check measurement prior to and at the conclusion of each event when an EDM is used.
 - iii. Ensure that the rules are observed and explained to the athletes.
 - iv. Decide any technical points that arise during the competition, including those not covered by the rules.
 - v. Ensure the Chief Judges correctly supervise the measurement of performances.
 - vi. Upon completion of each event check and sign the final result sheet and immediately hand to the Recording Area.
 - vii. Deal with any disputed points.
 - viii. Verify that records have been correctly measured and verify High Jump record attempts are measured prior to trials being taken.
- c. The appropriate Referee shall rule on any protest or objection regarding the conduct of the competition.
- d. They shall have authority to warn, or exclude from the competition, any athlete guilty of improper conduct.
- e. If in the opinion of the Referee circumstances arise at any carnival so that justice demands that any 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.
- f. If for any reason an athlete is hampered in a trial in a field event, the Referee shall have the power to award that athlete a substitute trial.
- g. Referees and judges may change their mind if their decision was incorrect.

Note:

- It is desirable that Referees visit the ground prior to the meet.
- They should check the landing areas, runways, take-off areas, circles, and boards, making sure that everything is in order throughout the competition.
- During the carnival they should move around checking measurements, observing the way officials are carrying out their duties, speeding up things where officials and/or athletes are unnecessarily slow.
- They must be familiar with the current Rules of Competition.

4.1.2 Field Judges

4.1.2.1 Appointment of Judges

- a. The Chief Judge for each field event shall: -
 - i. Allocate the duties among the officials for their respective events.
 - ii. Inspect the area they are responsible for.
 - iii. Check for any hazards that may cause injury to the athletes.
 - iv. Ensure that all facilities comply with the Rules of Competition.

4.1.3 Track Referee

4.1.3.1 Appointment

- a. A separate Referee(s) shall be appointed for the track.
- b. A Referee appointed to oversee the start is designated the Start Referee.
- c. If no Start Referee is appointed, then the Track Referee is the Start Referee at the start/finish line. Any starts away from the main start/finish line, the Track Referee can deputise the Chief Starter as the Start Referee.

4.1.3.2 Responsibilities

- a. It shall be the responsibility of the Track Referee to:
 - i. See that the rules are observed and explained to the athletes.
 - ii. Decide any technical points which arise during the meeting, and for which provision has not been made in the rules.
 - iii. Order re-runs of track events (involving only those athletes whose positions are in dispute).
 - iv. Check the final results.
 - v. Deal with any disputes/protests.
 - vi. Verify records.
- b. They should be personally satisfied as to the markings on the track (stagers, take-over zones hurdles, etc.). If any issues arise, then the Track Referee needs to consult with the Carnival Manager to amend those issues.
- c. To confer with the Chief Walk Judge and indicate any athletes who are to be disqualified for track infringements before walk results are finalised.
- d. They shall have jurisdiction to decide placing's in a race only when the Judges of the disputed place or places are unable to arrive at a decision.
- e. Referees and judges may change their mind if their decision was incorrect.
- f. The Start Referee should exercise all the powers of referee in relation to the start.

Note

- *They should be placed in a position to watch the whole race in case of obstruction, infringement, or interference on the part of any athlete.*
- *They should ensure that photographers or other unauthorised persons do not hamper the work of the Place Judges and Timekeepers at the finish. If possible, the area should be roped off.*
- *They must be familiar with the current RoC.*

4.1.4 Umpire

4.1.4.1 Duties

- a. They are assistants to the Track Referee without the power to make any final decisions.
- b. The Track Referee/Chief Umpire positions them so that they can watch the competition clearly to observe a foul or violation of the rules by any athlete or other person, other than walking rules.
- c. They should not speak to athletes.

4.1.4.2 Responsibilities

- a. The Umpires will be responsible for detecting breaches of track rules, e.g.
 - i. Deliberate impedance or interference.
 - ii. Athletes who leave their lane, the track, or the course.
 - iii. Athletes who merge prior to the break-out line.
 - iv. Athletes who cut corners.
- b. Should they observe any violation of the rules, they must immediately signal (with a yellow indicator **or radio**) and make a report to the Track Referee/Chief Umpire. This includes the supervision of take-over points in relay races.
- c. If they observe that a runner has run in a different lane from their own, the umpire should immediately indicate to the chief umpire the infringement and complete the appropriate form.
- d. In relay races they will indicate to the Referee/Chief Umpire that the baton changes were correct.

4.1.5 Place Judges

4.1.5.1 Placement

If place judges are used, then the following applies:

- a. The Place Judges determine the official placings when hand timing or gate timing is used. They may be used when a Photo Finish System is in use, but only as a back-up for system failure.
- b. Finishing posts should be painted white, be a minimum of 1.5m high and should be placed 20cm from the inside and outside edge of the track at the finish line.
- c. A Chief Judge will be appointed and will be responsible for allocating Place Judges for all placing's.
- d. Sufficient judges shall be appointed for the number of athletes entered.

4.1.5.2 Duties

Place Judges shall:

- a. Decide the order in which the athletes finish.
- b. Write down the lane number of the athlete they are placing. These numbers must be written down without the Judge taking their eyes off the finishers.
- c. Act independently from one another i.e., not discuss placing.
- d. The athletes shall be placed in the order in which any part of the torso (as distinguished from the head, neck, arms, legs, hands, or feet) reaches the vertical plane of the nearer edge of the finishing line.
- e. The Chief Judge will ensure that all athletes have been placed prior to advising the athletes of their placing.

- f. The Chief Judge will notify the Chief Timekeeper or Gate Timing Operator when all Judges are ready for the next event.
- g. The judges may reconsider any original decision made by them if it was made in error, provided the new decision is still applicable. Alternatively, or if a decision has subsequently been made by a Referee or the Jury of Appeal, they refer all available information to the Referee.

4.1.5.3 The Chief Judge

- a. The Chief Judge will ensure that all athletes have been placed prior to advising the athletes of their placing.
- b. In any case where they cannot arrive at a decision the Chief Judge shall refer the matter to the Track Referee for decision.
- c. **The Chief Track Judge may refer to the photo finish judge for assistance in determining correct placings.**
- d. The Chief Judge will notify the Chief Timekeeper when all Judges are ready for the next event.

4.1.5.4 Photo Finish Judge

- a. A photo finish judge is to be appointed at carnivals where photo finish is used for finish line places.

4.1.6 Starter(s)

- a. The Starter has entire control of the athletes on their marks and is the sole judge of any event connected with the start. Decisions made by the Starter can only be overruled by a Start Referee.

4.1.6.1 The Recaller

- a. One or more Recallers shall be assigned to assist the Starter.
- b. Recallers shall be placed so that they can see each athlete assigned to them.
- c. When the Starter has ordered the athletes to their marks the Recaller must see that no athlete has placed fingers, hands or feet on the starting line or the ground in front of it. If any difficulty arises, they must signal the Starter immediately by displaying a red card or flag.
- d. If the Recaller is of the opinion that the start was not a fair one, they shall recall the athletes by firing of a gun or activating a suitable audible sound.
- e. If there is a recalled start the Recaller shall advise the Starter of the reason for the recall. The Starter shall decide the action taken.

4.1.6.2 The Starter's Assistant

The Starter's Assistants shall:

- a. Check that the athletes are competing in the correct heat or race.
- b. Check that the athletes are wearing their centre uniform, numbers, shoes, and that shirts are tucked in where applicable and that all numbers are visible.
- c. Place each athlete in their correct lane/start order, as listed in the program, in line approximately 3m behind the starting line.
- d. An athlete shall not be allowed to compete in a heat other than the one in which their name appears, except by consent of the referee.

- e. When the Starter has ordered the athletes to their marks, the Starters Assistant must see that no athlete has placed fingers, hands or feet on the starting line or the ground in front of them.
- f. Signal the Starter that all athletes are ready.
- g. If any difficulties arise, must signal the Starter immediately by raising both hands above their head or by walking onto the track to speak to the offending athlete.
- h. Assemble the athletes again when a fresh start is ordered.
- i. Be responsible for the readiness of batons for the first runners in relay races.

4.1.6.3 Positioning

When selecting a position for starting, 3 main points must be kept in mind:

- Stand well away from the athletes.
- See all the athletes in the narrowest possible angle of vision.
- Be visible to the timekeepers.

*A loudhailer or portable amplifier is an advantage in starting 200m and 400m races.

4.1.7 Official Guidelines

4.1.7.1 Officials' guidelines for High Jump

A minimum of 4 officials is required.

- a) Official 1 (normally the Chief Judge) will:
 - i. Rule on the validity of the trial and indicate a fair jump with a white flag and a failure jump with a red flag.
 - ii. Measure the bar as it is raised and announce the new height to the athletes.
- b) Officials 2 and 3 will:
 - iii. Stand well away from the uprights during trials to avoid distracting the athletes, but in line with the plane of the uprights.
 - iv. Replace the bar as required.
- c) Official 4 will:
 - v. Call up the athletes and record the results. In marking the sheet, a jump is recorded thus:
 - 1. A clear jump shall be indicated as an 'O'.
 - 2. A failure shall be indicated as an 'X'.
 - 3. A jump not taken (pass) shall be indicated as a '-'.
 - vi. All attempts must be recorded.
 - vii. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.
- d) There is a mistaken belief that provided the jumper scrambles off the landing area before the bar falls, it does not count as a failure. This is quite wrong, and there is no rule to this effect.
- e) Officials must watch very carefully, particularly when there is a wind blowing, and must make up their mind whether the crossbar fell as a result of the jumper knocking it, or whether the wind was the true cause of it falling. Prior to an athlete making an attempt, the crossbar may be steadied by an official up to the last possible moment.

4.1.7.2 Officials' guidelines for Horizontal Jumps

- a) A minimum of 5 officials is required.
- b) Official 1 (normally the Chief Judge) will:
 - i. Act as the take-off judge, who alone will decide the validity of the jumps.
 - ii. Indicate a fair jump with a white flag and a failure jump with a red flag. **Before declaring a "failure" for a foot fault, the take-off Official must be satisfied that the athlete while taking off, breaks the vertical plane of the take-off line with any part of the take-off foot/shoe, whether running up without jumping or in the act of jumping, has been made.**
 - iii. Advise the athlete the reason for a failure.
- c) Official 2 will:
 - i. Operate in the vicinity of the take-off and will hold the tape and read off the measurements.
 - ii. Level the take-off area in the U6 to U10 age groups or repair the plasticine or other **material that may be used to assist** to indicate a foot failure in the U11 to U17 age groups.
- d) Official 3 will:
 - i. Operate on the landing area and with a spike, holding the zero end of the tape, mark the break in the sand from which the measurement is made.
- e) Official 4 will:
 - i. Rake and level the pit after each trial to ensure a smooth and even surface and landing area.
 - ii. A further assistant may be required to assist with the raking with the older age groups.
- f) Official 5 will:
 - i. Record the result on the Result Sheet and call up athletes.
 - ii. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.

4.1.7.3 Officials' guidelines for Shot Put

- a) 5 Officials are required (6 if EDM used).
- b) Official 1 – (normally the Chief Judge) will:
 - i. Watch the position of the shot throughout the trial (from about 2m from the circle and to the front) on the **side of the "putting" arm** and will read off the measurement of the throw.
 - ii. Indicate a fair put with a white flag and a failure put with a red flag.
 - iii. Advise the athlete of the reason for any failure.
- c) Official 2 will:
 - i. Stand on the opposite side of the circle and watch for infringements by the foot and also pulls the tape through the centre of the circle.
- d) Sector Officials 3 and 4 will:
 - i. Mark the fall of the shot with a spike holding the zero end of the tape or EDM prism.
 - ii. Return the shot to the athletes. (The shot must always be carried and never thrown).
- e) Official 5 will:
 - i. Record the result on the Result Sheet and call up athletes.
 - ii. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.

Note

- *The most likely infringement will be at the front of the circle where the force of the leg drive may cause the athlete to touch the top of the circle or stop board, or even go over it.*

- *Another infringement may occur at the rim, just to the left of the stop board (for a right-handed putter) caused by the right foot being driven hard against the stop board and the left foot pushed forward, and out of the circle to preserve balance.*
- *Officials should watch for the athlete who, following a poor throw touches the top of the stop board to invalidate the throw.*

f) EDM operator (where used) should:

- In conjunction with the chief judge, set up the EDM (including check marks)
- Measure each valid trial using the EDM
- Call out each valid measurement to the recorder ensuring that the measurement repeated by the recorder is the same.
- Advise chief judge when the EDM is ready for the next trial.
- Validate check mark at the beginning and end of each event.

4.1.7.4 Officials' guidelines for Discus

a) 6 officials are required (7 if EDM used).

b) Official 1 (normally the Chief Judge) will:

- Stand **outside the Discus cage** to the front of the circle and will watch for infringements, which are most likely to occur at the front.
- Indicate a fair throw with a white flag and a failure throw with a red flag and will read off the measurements.
- Advise the athlete the reason for a failure.

c) Official 2 will:

- Stand **outside the Discus cage** and to the rear of the circle.
- Watch for infringements at the rear as the thrower turns and will also pull the tape through the Centre of the circle.

d) Officials 3 & 4 will:

- Operate in the field watching the sector lines and assist in determining the point of landing.
- Return the discus to the athletes. (The discus must always be carried and never thrown).

e) Official 5 will:

- Mark the fall of the discus with a spike either holding the zero end of the tape or EDM prism.

Note

Since the landing of a discus is somewhat unpredictable the officials must observe the actual landing carefully. A discus may land in various ways:

- *On its front edge, which presents no difficulty.*
- *Absolutely flat, when it may be difficult to determine the actual point of contact, particularly on hard ground.*
- *Tilting over as it lands, with the spin imparted by the thrower causing it to cut up the turf. This may appear to be the mark, but a closer examination of the ground in the immediate vicinity will almost certainly show a curved indentation some 5-10cm behind the cut-up turf. This is the first mark made by the implement on landing, and it is from here that the measurement is taken.*

- f) Official 6 will:
- i. Record the result on the Result Sheet and call up athletes.
 - ii. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.
- g) EDM operator (where used) should:
- i. In conjunction with the chief judge, set up the EDM (including check marks)
 - ii. Measure each valid trial using the EDM
 - iii. Call out each valid measurement to the recorder ensuring that the measurement repeated by the recorder is the same.
 - iv. Advise chief judge when the EDM is ready for the next trial.
 - v. Validate check mark at the beginning and end of each event

4.1.7.5 Officials' guidelines for Javelin

- a) 6 Officials are required (7 if EDM used)
- b) Official 1 (normally the Chief Judge) will:
- i. Watch for infringements along the runway and at the front of the arc.
 - ii. Determine whether the javelin is held and thrown in accordance with the rules and ensure the javelin has landed before the athlete leaves the runway.
 - iii. Indicate a fair throw with a white flag and a failure throw with a red flag and read the measurements.
 - iv. Advise the athlete of the reason for a failure.
- c) Official 2 will:
- i. Stand approximately 8-10m behind the arc alongside the runway.
 - ii. Pull the tape through the centre of the circle of which the throwing arc is part.
 - iii. Assist Official 1 in determining that the Javelin is thrown in the correct manner.
- d) Officials 3 and 4 will:
- i. Operate in the field watching the sector lines and assist in determining the point of landing.
 - ii. Return the javelin to the athletes. (The javelin must always be carried back to the runway and never thrown).
- e) Official 5 will:
- i. Mark the spot where the point of the javelin first touched the ground.
 - ii. Move from the side without taking their eyes off the mark.
 - iii. Indicate a failure by: -
 - Pointing outside the sector line when the javelin first landed outside the sector OR
 - Waving a hand from side to side to indicate that first point of contact was not made by the metal head the javelin.
 - iv. Mark the point of landing nearest to the runway with a spike holding either the zero end of the tape or EDM prism.

Note

- *These officials should, where possible, position themselves in line with the point of landing. The actual point of landing may be difficult to find, so it is essential that these Officials watch very carefully.*
- *Officials must maintain strict control over all throwing, including 'casual' throwing during warm-up and between competition throws. Athletes also have a safety responsibility.*

f) Official 6 will:

- Record the result on the Result Sheet and call up athletes.
- Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.

g) EDM operator (where used) should:

- In conjunction with the chief judge, set up the EDM (including check marks)
- Measure each valid trial using the EDM
- Call out each valid measurement to the recorder ensuring that the measurement repeated by the recorder is the same.
- Advise chief judge when the EDM is ready for the next trial.
- Validate check mark at the beginning and end of each event.

5. GENERAL COMPETITION RULES

5.1 The Athletics Facility/Area

- a. Where possible, the venue should comply with the specifications laid out within the WA Track & Field Facilities Manual.
- b. Athletes and officials only are permitted on the Competition area. Athletes must leave the area immediately after the completion of their event.

5.2 Eligibility, Age and Gender Categories

5.2.1 Eligibility

- a. All athletes must be registered members of Little Athletics NSW or those from invited Associations.
- b. Athletes must compete in their own age group (with the exception of Zone/Region/State Relay events, and State Relays (see Competition))

5.2.2 Age Categories

- a. Little Athletics may be conducted in the age groups below.
- b. Age groups shall be based on being under the specific age (except for Tiny Tots) on 31 December in the calendar year in which the Little Athletics summer season commences.
 - Tiny Tots (children who have turned 3 years of age and who will be less than 5 years of age on 31 December in the calendar year in which the Little Athletics summer season commences) to participate in approved activities for the development of gross motor skills,”
 - Under 6 – means five years of age as at midnight on 31 December that year.
 - Under 7 – means six years of age as at midnight on 31 December that year.
 - Under 8 – means seven years of age as at midnight on 31 December that year.
 - Under 9 – means eight years of age as at midnight on 31 December that year.
 - Under 10 – means nine years of age as at midnight on 31 December that year.
 - Under 11 – means ten years of age as at midnight on 31 December that year.
 - Under 12 - means eleven years of age as at midnight on 31 December that year.
 - Under 13 – means twelve years of age as at midnight on 31 December that year.
 - Under 14 - means thirteen years of age as at midnight on 31 December that year.
 - Under 15 - means fourteen years of age as at midnight on 31 December that year.
 - Under 17 – means sixteen years of age as at midnight on 31 December that year.

5.2.3 Gender Categories

- a. Male and Female categories will be offered in all age groups.

5.3 Event Clashes

5.3.1 Clash Manager (when appointed)

- a. At no time shall an athlete leave an event on their own to compete in another event that is clashing. The athlete will be met by an Event Clash Manager who will take the athlete from one event to the other.
- b. If an athlete departs an event without an Event Clash Manager, the athlete will be unable to continue in the event, that they have departed upon return.

5.3.2 Clash of Events

- a. Except for High Jump, where a clash of events occurs, the Chief Judge may allow the athlete to compete out of round and out of order in all rounds. It is not permitted for an athlete to have two or more consecutive trials, nor can an athlete demand to have a trial that has been missed.

Note:

The first three rounds of trials must be completed, and a final eight determined prior to any other subsequent rounds of trials being commenced.

- b. For High Jump, where a clash of events occurs, the Chief Judge may allow the athlete to compete out of order. The athlete re-joins the competition at the current height of the bar.
- c. Athletes having been taken from a field event to a track event by the Clash Manager must return to the field event immediately following their release from the track event.

5.4 Order of Events

- a. The carnival manager shall have the right to alter the order of events.

5.5 Calls

- a. Each event will receive 2 calls, except for any timed carnivals.
- b. Calls will not be made of individual athlete in any event.

5.6 Call Room

- a. An athlete competing at LANSW championships carnivals must report to the designated Call Room(s) prior to joining their event. The only exemptions to this are: -
 - i. An athlete competing in clashing event who is taken to their event by an official.
 - ii. When the carnival management makes an announcement to the contrary. i.e., when an announcement is made instructing athletes to report directly to the first field event.
 - iii. If heats in any track event are condensed to a lesser number of heats or to a straight out final, no athlete may join the event once the decision has been announced.
 - iv. If an athlete does not report to the Call Room (with exception of the first field events of the day), they will not be permitted to compete in the event.

5.7 Athlete Order

- a. Athletes will compete in the order of lane selection for all track events.
- b. The lane draw for finals will be posted prior to the event.
- c. In field events, athletes shall compete in the order so drawn.

5.8 Clothing, Shoes and Athlete Bibs

5.8.1 Footwear

- a. Appropriate footwear is compulsory for all athletes in all events.
- b. No athlete may wear football boots or cleats in any event.
- c. Athletes in the U6 - U10 age group may not wear spike shoes.
- d. Athletes in the U11 - U12 age group may wear spike shoes in events run entirely in lanes only. Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.
- e. Athletes in the U13 - U17 age groups may wear spike shoes in all track events (includes laned or un-laned events) except walks. Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.
- f. All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
- g. Spike shoes cannot be worn outside the defined "Field of Play" unless all spikes are suitably covered.
- h. **Officials and Volunteers must wear enclosed shoes at all times.**

5.8.2 Dimension of Spikes

- a. Spike length (subject to any further constraint from ground policies):
 - i. Synthetic - Track - 7mm maximum
Long Jump / Triple Jump / High Jump / Javelin - 9mm maximum
 - ii. Grass - Track / Long Jump / Triple Jump / High Jump / Javelin - 12mm maximum

Note: *the organising body will advise participants of the dimensions and type of spikes allowed at the competition venue as determined by the venue management.*

5.8.3 Headwear

- a. Athletes are able to wear headwear unless they so desire to remove them during track and field events.
 - i. Should **headwear** be taken off or fall off during Javelin, Long Jump, Triple Jump, Shot Put or Discus, no penalty will be incurred.
 - ii. Should **headwear** fall off during High Jump and cause the bar to fall, then this is a foul (all children should be informed of this prior to the commencement of the event).
 - iii. Should **headwear** fall off during a track event and impedes another athlete the offending athlete may be disqualified.

5.8.4 Uniform

- a. Little Athletics NSW must approve ALL centre uniforms.
- b. All athletes must compete in their registered centre uniform. In the case of individually registered athletes, centre uniform shall be classified as the generic uniform, as determined by Little Athletics NSW.
- c. Any clothing worn below the knee in any walks event must be form fitting to ensure that the rules of competition for walks can be judged appropriately.
- d. If the uniform top has a logo, it must be no more than 5cm in height, have lettering no more than 4cm in height and not exceed a total of 30cm sq (i.e., 5cm x 6cm, 3cm x 10cm etc.), unless the logo is a centre logo or centre sponsor logo approved by LANSW.
- e. Competition singlets/shirts must not cover any compulsory number (e.g., registration number) or patches (e.g., age patch). An athlete will be asked to tuck in the singlet/shirt if it covers a compulsory number or patch and an athlete may be fouled or disqualified if they fail to comply with this request.
- f. Athletes may wear a plain shirt under their competition uniform (e.g., no graphics or pictures/logos). It is preferred that the shirt be white or a neutral colour, so it does not clash with the uniform design.
- g. All registration numbers must show the red border. No modifications can be made e.g., folded, and stitched under. If an athlete turns up to call room with a modified number, they will be required to return the number to its original design. If this is not possible, the athlete/parent will be required to pay for a replacement number prior to being allowed through the call room.

5.9 Assistance to Athletes

- a. The possession or use by athletes of music devices, mobile phones or similar devices in the competition area shall not be permitted. This includes any device that can be used to communicate with any other person. If an athlete is caught with such a device whilst on the track/field the device will be removed by an official and returned to the athlete at the conclusion of the event.
- b. Coaching by officials at an event is not permitted. It shall not be considered coaching for an official to provide factual feedback to an athlete after a trial in a field event e.g., where the athlete's foot landed in relation to the take-off area in the long jump.
- c. For the purpose of this rule the following shall not be considered as unfair aid or assistance to an athlete and are therefore allowed:
 - i. Verbal or other communication to or from an individual who is not in the competition area (e.g., a coach).
 - ii. A hands-on medical examination during the progress of an event by the Medical Officer(s) designated by the Organising Committee if it does not delay the conduct of the competition or an athlete's trial in the designated order.
- d. For the purpose of this rule, pacing in races by persons not participating in the race, by runners or walkers lapped or about to be lapped or by any kind of technical device shall be considered as assistance and therefore not allowed.
- e. The following action shall be taken where an athlete is considered as having received assistance: -

- i. Any athlete giving or receiving assistance from within the competition area during an event shall be cautioned by the Referee and warned that for any repetition, they will be disqualified from that event.
- ii. Any athlete contravening this rule during a field event must be cautioned by the Referee and warned that, for any repetition, they will be barred from further participation in that event. Any performance accomplished up to that time shall stand.
- f. Under no circumstances are Multi Class parents/carers allowed onto the competition track/field without prior written permission from the Sport and Events Manager (except T/F11 & 12 athletes who are allowed one guide). Parents/carers must apply via email to the Competitions Manager for an exemption to be on the competition track/field with the athlete.
- g. Acoustic signals are permitted for athletes in T/F11 classification in Multi Class events as specified in the following rules.
 - i. Where acoustic assistance is being used (e.g., long jump) complete silence shall be requested from the other athletes.

5.10 Disqualification

- a. The appropriate Referee (or Association equivalent) will speak to an athlete who displays unacceptable or unsporting behaviour. Any repetition of that behaviour, at that event or a subsequent event in the current season, will result in the athlete being disqualified. While speaking to the athlete, the Referee will hold up a yellow flag indicating that the athlete is being warned.
- b. If the offence is of a serious nature immediate disqualification may occur.
- c. The Meeting Manager shall notify the athlete's centre team manager. If the team manager is not present at the carnival a letter will be sent to the centre.
- d. Little Athletics NSW is to be notified by the Zone/Region Coordinator, if an athlete has been given a yellow flag. The information will be passed on to the Manager of the next Association carnival.

5.11 Team Manager

- a. Centres must nominate the name/s of the centre Team Manager/s to the Information Official of the Championships at least 30mins prior to the start of the carnival, with the exception of the State Cross Country and State Road Walk Championships. This is to be done on the Little Athletics NSW supplied form.

Note: *if only 1 family is attending from a centre, then one of the parents/guardians/carers will automatically be listed as Team Manager for that Championships. In all other circumstances, if no Team Manager is named, it will result in the centres not being able to lodge any protests. If a centre is allocated officiating duties the Team Manager will be responsible for organising those officials at the event.*

5.12 Safety Officer

- a. A Safety Officer must be appointed by the organising committee for all

Championships/Carnivals and must adhere to all LANSW safety guidelines

5.13 Wind Gauge

- a. As per World Athletics requirements, a wind gauge may be used for U13-U17 age groups, for their own qualifications, for track events up to 200m, Long Jump and Triple Jump.

5.14 Measurements

- a. The Judges shall judge, measure, and record each valid trial of the athletes.
- b. All measurements shall be made immediately after each valid trial.
- c. Where possible, all measurements must be made using Electronic Distance Measuring (EDM). When EDM is not available, a fibreglass or steel tape measure graduated in centimetres, or a graduated bar for high jump, should be used.
- d. In measuring all field events, except the High Jump, the zero end of the tape or EDM prism should be placed at the nearest edge of the mark where the implement first lands or where the athlete makes a mark in the pit closest to the take-off.
- e. Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre.
- f. In High Jump all measurements shall be made, in whole centimetres, perpendicular from the ground with a steel or fibreglass measuring bar to the lowest part of the upper (top) side of the bar.

5.15 Protests and Appeals

- a. Protests can only be lodged by the centre's nominated Team Manager
- b. Protests must be lodged with the Carnival Information Official and no more than **15 minutes** after the results have been posted. An amount of \$50 must accompany a protest.
- c. The \$50 accompanying the protest will be retained by the Carnival Information Official if the protest is deemed frivolous or if the centre has been advised by the Carnival Information Official that it is not a valid protest, and the centre still chooses to submit it.
- d. Photographic and/or video evidence from outside the arena will never be used by a Referee to decide on a protest (for track or field).
- e. To arrive at a fair decision, the Jury of Appeal only, may consult all available evidence including video evidence, however video will not be considered for any breaches of technical rules for Racewalking.
- f. The appropriate Referee may decide on the protest or may refer the matter to the Jury of Appeal.
- g. Where a protest involves disputed finish line placing, Team Managers of athletes involved may view the finish line video/photo finish solely for the purpose of ensuring that athletes are correctly identified.
- h. When a protest is lodged, the name of the protesting centre and the reason for the protest is to be announced.
- i. Two types of reasons only shall be announced – either on a technicality or on the judges' decision.

- j. The centre Team Manager, that lodged the protest, is to be informed of the result. A public announcement will then be made. The notification shall be either – dismissed, upheld or sent to the Jury of appeal.
- k. There shall be a right of appeal to the Jury, which must be lodged within 15mins after the notification of the decision. The Appeal must be in writing lodged in accordance with the above.
- l. The decision of the Jury is to be announced. The notification shall be either – dismissed or upheld.
- m. The decision of the Jury (or the Referee when not referred to the Jury) is final and cannot be overturned post Championship / carnival / event.
- n. Protests concerning the status of an athlete to compete in a carnival must be made prior to the commencement of such carnival, to the Jury of Appeal. If no jury has been appointed, then to the Referee. If that matter cannot be settled satisfactorily prior to the carnival, the athlete shall be allowed to compete “under protest”.

On-Field Protests (Field Events only)

- a. If an athlete in the U13-U17 age groups makes an immediate oral protest against having an attempt judged as a failure, the Referee and/or Chief of the event may, at their discretion, order that the attempt be measured and the result recorded, in order to preserve the rights of all concerned. At the end of the round the Referee will adjudicate on the protest.

5.16 Jury of Appeal

The Jury of Appeal will consist of a minimum of 3 people. A panel of 5-7 must be named prior to the commencement of the carnival and communicated within the carnival documentation. A minimum of 3 people will be selected from that group to act as jury as required. The makeup of both the initial panel and the Jury of Appeal will be determined by the following: -

- i. Zone Championships – Zone Coordinator (or their appointee)
- ii. Region Championships – Region Coordinator (or their appointee)
- iii. All State Championships and/or Carnivals – The LANSW Sport and Events Manager (or their appointee)

Those directly involved in the protest are ineligible to sit on the Jury of Appeal.

5.17 Coaches Areas (Field)

- a. A designated ‘coaches’ areas’ will be provided for field events at LANSW State Championships (State Relays, State Combined Event and Track & Field).
- b. At Zone and Region level, coaches’ areas may be provided at the discretion of the competition management. If they do provide this area, it must be noted that it is ONLY for athletes in the U12 to U17 age groups. It should also be noted that if NO coach’s area is provided at Zone and Region level, then NO athlete (regardless of age) may leave the event area to approach the fence to speak with their coach/parent.

Note: The coach’s area is only for athletes in the U12-U17 age groups. If the coach’s area is

- c. All equipment must comply with World Athletic Rules, LANSW Rules. The necessary Results Sheets must have been signed by the Chief Judge and Referee in charge of the event and must be retained by the Carnival Manager.

6.1.5 Field

- a. If more than one athlete records the same distance/height in a field event, which attains the state record, then all athletes shall be awarded a State Record (irrespective of final placings), at the conclusion of the event.

6.1.6 Track

- a. If more than one athlete records the same time in the same race, then only the athlete awarded first place shall be awarded a State Record. In the case of a tie for first place both athletes shall be awarded the State Record.
- b. The Carnival Manager shall forward a State Record Application Form to the LANSW office within **7 days** of the performance.
- c. For manual records a copy of the ground survey certificate, original result and timekeeper's sheets must be attached.
- d. For electronic records, a copy of the ground survey certificate and a photo finish printout (including photo) must be attached. (Carnival Manager should retain copies.)

6.2 Australian Best Performances

- a. A permanent record shall be kept of Australian Seed times (ABP) for registered athletes in the Under 9, 10, 11, 12, 13, 14 and 15 years age groups for boys and girls. For this purpose, age groups shall be based on being under the specific age on 31 December in the calendar year in which the Little Athletics summer commences.
- b. For track events one (1) set of Australian Seed times will be maintained being the quickest time obtained using either:
 - i. Electronic time (obtained using a fully automatic Photo Finish System and/or Timing Gates); or
 - ii. A standardised hand time (obtained using stopwatches and/or manually operated Timing Machines and/or Timing Gates).

Note: A standardised hand time is calculated by applying the following formula to the rounded-up hand time:

- For distances under 400m - hand held time + 0.24 seconds
- For distances of 400m or 4 x 100m relay - hand held time + 0.14 seconds
- For distances greater than 400m - no change
- A standardised time will be indicated with {S} or similar.

- iii. ABP's will be recognised, for each age group, only for those events which LAA has determined to be standard events for that age group.

6.2.1 Requirements for Acceptance

- a. The performance shall take place at a competition conducted and controlled by an affiliated Association's BOM/BOD, or at the ALAC.

- b. The ground on which the performance takes place must have been surveyed and the conducting Association (who should hold a copy of the Certificate of Survey) must be satisfied that no athlete has gained an advantage as a result of the ground layout.
- c. The watches (stopwatches and or manually operated timing machines) used to time the performance must be checked by a competent watchmaker, within thirty (30) days of the start and conclusion of the State/Territory Track & Field season and found not to be at variance by more than 0.05 seconds over twenty (20) minutes. This certification shall apply for all championships conducted or hosted by the Association during that season, including the Australian Little Athletics Championships.
- d. The Timing Gates System shall be a commercially produced system and must have been checked/calibrated/certified within 12 months prior to the competition date and a certificate supplied.
- e. Where the Timing Gates System is started and/or finished manually, the time shall be recorded to the 1/10th of a second. Unless a time is an exact 1/10th of a second, it shall be recorded to the next longer 1/10th of a second and the standardised hand timing procedure will apply.
- f. Where the Timing Gates System is started and finished fully automatically, the time shall be recorded as the time reads from the system with no adjustment as per the rule for electronic time with no rounding or standardised adjustment.
- g. All throwing implements must have been check-weighed and certified not underweight.
- h. Where possible, all measurements must be made using Electronic Distance Measuring (EDM). A steel tape is no longer required to measure an Australian Seed times when EDM is used, calibrated and the usual checks are done to confirm accuracy both prior to and after the completion (the operators would normally do this). When EDM is not available, a calibrated and verified steel tape measure graduated in centimetres, or a graduated bar for high jump, should be used.
- i. All equipment (including automated Photo Finish Systems) must comply with LAA Rules and specifications or, where no such LAA Rules and specifications exist regarding that event, with WA Rules and specifications.
- j. The necessary Results Sheets must have been signed by the Chief Referee in charge of the event and must be retained by the Association.
- k. For Track Relay Events, all members of the team must be of the same gender only. e.g., all boys or all girls
- l. Claims for an ABP shall be submitted using the LAA approved Claim Form. A copy of all supporting documentation shall be attached to the Claim Form. All claims should be forwarded to the LAA Administration and Events Manager within twenty-eight (28) days of the completion of the carnival/competition at which the performance was recorded.
- m. The affiliated Association responsible for the completion and submission of the Claim Form is determined as follows:
 - i. for ABP's set at an ALAC, LAA shall complete and submit the Claim Form; or
 - ii. for other ABP's, the affiliated Association which controls the conduct of the event shall complete and submit the Claim Form.
- n. The Athletics Operations Manager is responsible for:
 - i. ensuring that the ABP Claim Form has been correctly completed,
 - ii. ensuring that the relevant equipment was checked and so certified,

- iii. presenting all claims to the next meeting of the LAA Management Team for acceptance and ratification (end May, end August, End November, end February)
- iv. providing ABP Certificates (via the LAA office) to successful athletes.

7. TRACK EVENTS

Note: “Firing of a gun” can relate to any starting device. E.g., cap gun, revolver, electronic starting device, clap board, whistle, air horn etc.

7.1 Starting Blocks

- a. May be used at the discretion of the athlete in events run entirely in lanes. No athlete is compelled to use a crouch start at Little Athletics NSW Championships/Carnivals (subject to ground regulations).
- b. Starting blocks may be used by athletes in the U11 and above age groups for all races up to and including the 400 metres (including the first leg of all relays). NB. Athletes in the U10 and below are not permitted to use starting blocks.
- c. Personal starting blocks are not permitted where starting blocks are provided either by the venue or the Organising Committee for the Competition.
- d. This rule will not apply where it contravenes any rule(s) made by the Venue Manager on the use of starting blocks. Any advice issued by the Venue Manager must be in writing on an official letterhead.
- e. Some venues may enforce athletes who wear spikes in events run entirely in lanes up to and including 400m and the first leg of a relay to use the supplied starting blocks. E.g., SOPAC, Campbelltown. Check event FAQ’s on the LANSW website for venue rules.

7.2 Starting Techniques

- a. Athletes may use a standing start for all track events. Where a standing start is used, an athlete who, immediately after the command “set”, moves their foot to take up their final starting position shall be deemed to have complied with the rules of starting.
- b. In races run entirely in lanes the following starting methods may be used:
 - i. In a crouch start, the athlete’s feet must touch the starting blocks (if in use) and both hands must touch the ground. At the call of ‘On your marks’ the athlete must have at least one knee placed on the ground. At the call of ‘Set’ the athlete must raise **their knees** off the ground.
 - ii. In a standing start, no part of the hand or knee shall touch the ground.
- c. **If using Starting Blocks, a crouch start technique must be used.**
- d. In races not run entirely in lanes only a standing start may be used.



- e. In any event where there are more athletes than can be placed in the front row, there shall be a second or more rows as needed. Athletes shall be placed according to the draw.

- f. All races shall be started by the firing of a gun, but not before all athletes are steady “On their Marks”.
- g. After approximately 2 seconds the athlete’s concentration fades, and if it has not been possible to affect the start the athlete should be told to “Stand Up”. This order should be used whenever something has gone wrong, i.e., an athlete has indicated they are not set (by raising their hand), or when either the athlete’s or the Starter’s concentration has been broken. The order will also be used when breaks occur, especially in staggered starts when some athletes may be unaware of what has happened.

7.3 Lanes

- a. A separate lane shall be provided for each athlete in all races up to and including 400m (except for the U8 400m which will use a Pack Start. See Event Specifications – Section A).
 - i. The U8 400m may be conducted as one, or two, timed finals (two races).
 - ii. In the U8 400m Pack Start, athletes may move directly to lane one after the start of the race when safe to do so.

- b. The 800m shall be conducted in lanes as far as the break line, with up to two athletes occupying each lane.

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

- c. Where possible, pack starts will be started so that the inside athlete shall be in direct line with the extension of the straight i.e., not on a curve (except U8 400m).
- d. The 3000m may be conducted as a split start. When there are more than 12 athletes in a race, they may be divided into two groups with one group of approximately 65% on the regular arched start line and the other group on a separate arched start line marked across the outer half of the track. The other group should run as far as the end of the first bend on the outer half of the track.
- e. The separate arched start line shall be positioned in such a way that all the athletes shall run the same distance. The track shall be marked at the entrance to the finish straight for group starts in the 3000m to indicate where athletes starting in the outer group may join the athletes using the regular start.

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

7.4 The Start

- a. Before the start signal is given, the Starter shall ascertain that the timing system and judges are ready.
- b. In races run entirely in lanes the Starter shall make the following commands: ‘On your marks’, ‘Set’, and the firing of the gun.
- c. Once the command ‘On your marks’ has been given, late athletes are not permitted to join the event.
- d. In events run entirely in lanes, on the command of ‘On your marks’ all athletes shall approach the starting line. When all athletes are steady the Starter issues the command ‘Set’, upon which the athletes shall assume the position from which they will commence the race. When all athletes are again steady the Starter shall fire the gun to commence the race.

- e. In races not run entirely in lanes the Starter shall make the following commands: 'On your marks', and the firing of the gun.
- f. In events not run entirely in lanes, on the command 'On your marks' all athletes shall approach the starting line and assume the position from which they will commence the race. When all athletes are steady the Starter shall fire the gun to commence the race.
- g. No athlete may place any part of their body on the ground on or over the starting line when they are 'on their-marks'. Where a crouch start is used by the first runner of a relay race the baton may touch the ground in front of the start line, providing the preceding rules are met.
- h. If for any reason the Starter has to speak to any athlete after the athletes are 'on their marks', the Starter shall order the athletes to stand up and the Starter's Assistant shall place them on the assembly line again.

7.5 False Starts

- a. If either the Starter or their Assistant(s) are of the opinion that the start was not a fair one, they shall recall the athletes by firing a gun or activating audible signal. If the unfair start is not due to any athlete, no warning shall be given.
- b. If the Starter is of the opinion that an athlete left their mark with hand or foot after the words 'Set' (in events run entirely in their lane) or 'On your marks' (in events not run entirely in their lane) and before the gun is fired, it shall be considered a false start.
- c. An athlete, who after the command 'On your marks' disturbs other athletes in the race through sound or otherwise, may be considered to have committed a false start.
- d. If an athlete fails to comply with the 'set' command after a reasonable time this may constitute a false start.
- e. For U6 to U12 athletes, any athlete making a false start must be warned. If an athlete is responsible for 2 false starts, or 3 in the case of Combined Events, that athlete shall be disqualified.
- f. For U13 to U17 athletes, only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified. This applies to all track events including Combined Events track events.
- g. In practice, when one or more athletes make a false start, others are inclined to follow and strictly speaking any athlete who does so has also made a false start. The Starter should warn only such athletes who in their opinion were responsible for the false start.

7.6 The Race

7.6.1 Obstruction

- a. Any athlete who jostles or obstructs another athlete, so as to impede their progress, shall be liable to disqualification from that event.
- b. The Referee shall have the authority to order the race to be re-held excluding any disqualified athlete or, in the case of heats, to permit any athlete/s seriously affected by jostling or obstruction (other than the disqualified athlete) to compete in the final of the event. Normally, such an athlete should have completed the event with bona-fide effort. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if they consider it just and reasonable to do so.

7.6.2 Lane Infringement

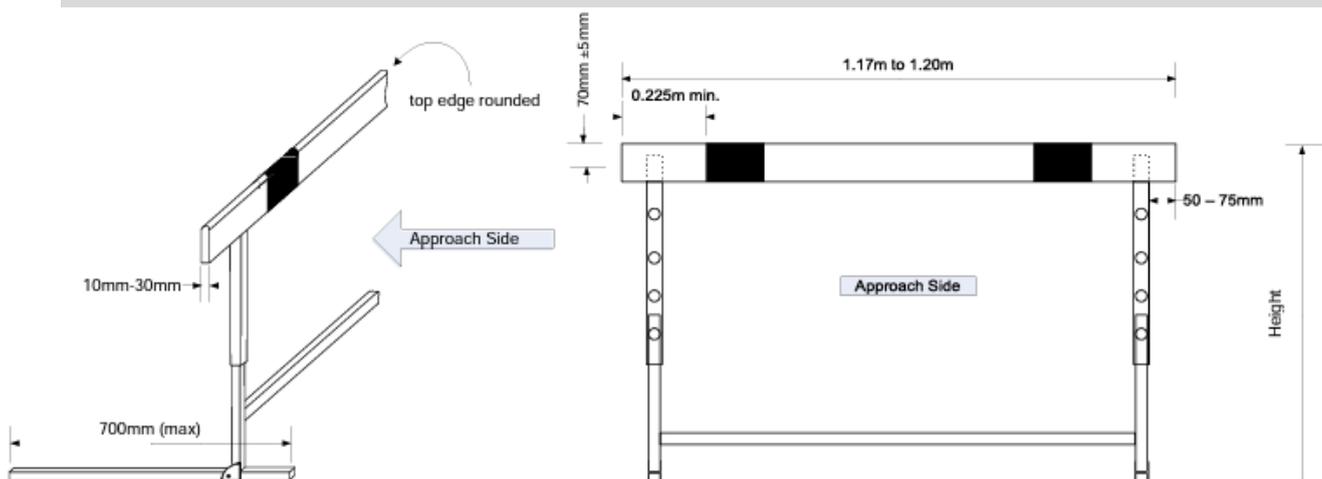
- a. In all races run in lanes, each athlete shall keep within their allocated lane from start to finish. This shall also apply to any portion of a race run in lanes. If the Referee is satisfied that an athlete has violated this rule and that a material advantage was gained over other athletes, they:
 - i. In the U6-U11 age group: May be disqualified.
 - ii. In the U12-U17 age groups: Shall be disqualified.
 - iii. An athlete shall not be disqualified if they:
 1. Are pushed or forced by another person to run outside their lane or inside the kerb; or
 2. Run outside their lane in the straight or outside their lane on a bend, with no material advantage thereby being gained and no other athlete being obstructed.
- b. The following events shall be conducted entirely in lanes: 70m, 100m, 200m, 400m, 4x100m relay and all hurdles' races. Excluding the U6 200m & U8 400m which are pack starts.
- c. The 800m shall be run in lanes as far as the near edge of the break-line marked after the first bend where athletes may leave their respective lanes. Up to two athletes may start the race in each lane.
- d. The 1500m, 1100m and 700m Race Walks and the U6 200m, U8 400m, 1500m shall not be run in lanes.
 - i. In these pack events, if the athlete runs/walks on the inside of the kerb (leaving the track) the athlete will be disqualified.
- e. An athlete, after voluntarily leaving the track, shall not be allowed to continue in the race.

7.6.3 Check Marks

- a. Except for the 4x100m relay, athletes may not place check marks on or alongside the track for their assistance.

7.7 Hurdle Races

- a. All hurdles shall comply with the specifications set out within Australian Little Athletics' Standard Events
- b. Hurdles **must** be of the collapsible type. (Collapsible type means when a hurdle is knocked down it lays flat on the track without any part of the hurdle protruding).



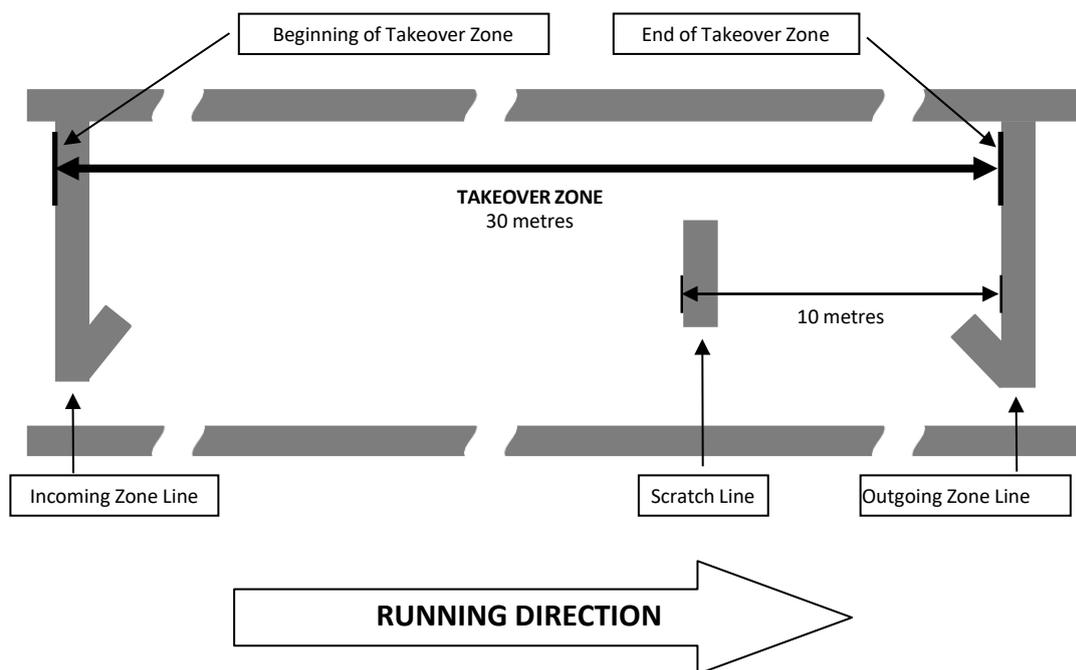
7.7.1 Hurdle Distances and Flights

- a. The hurdle shall be placed so that the edge of the bar nearest the approaching hurdler coincides with the track marking nearest the athlete.
- b. All races shall be run in lanes and each athlete shall keep to their own lane throughout.

- c. An athlete who: -
 - i. trails their foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance:
 - ii. in the opinion of the Referee deliberately knocks down any hurdle, shall be disqualified.
- d. Except as provided in the preceding clause, the knocking down of hurdles shall not result in disqualification.
- e. If a hurdler directly or indirectly knocks down, alters, moves, or changes the original position of a hurdle in another lane, they will be disqualified. But the athlete will not be disqualified if there is no effect or obstruction upon any other athlete (athletes) in the race.
- f. In straight hurdle races, the umpires must lay down the 3rd flight of hurdles for the athletes to have a practice run through. Starters to administer.

7.8 Relay Races

- a. The standard distances will be: 4x100m, 4x200m, 100m-300m-200m-400m Medley (Swedish Relay).
- b. Lines 50mm wide will be drawn across the track to mark the distances of the legs and to denote the scratch line.
- c. In the 4x100m and the 4x200m and for the first and second changes of the Medley Relay, each takeover zone will be 30m long, of which the scratch line is 20m from the start of the zone. For the third change in the Medley Relay the takeover zone will be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their take over zone.



Note: Unless a track has been specifically marked for 30m takeover zones, the existing line marked on the track to denote the acceleration line shall be used as the incoming zone line.

- d. When all or the first portion of a relay race is being run in lanes, an athlete may place one checkmark on the track within their own lane supplied or approved by the Organising Body. No other check mark may be used. The Judges shall direct the relevant athlete to adapt or remove any marks not complying with this rule. If they do not the Judges shall remove them.

- e. The relay baton will be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which must be 280mm to 300mm. The outside diameter must be 32mm ± 2mm or 38mm ± 2mm and it must not weigh less than 50g. It should be coloured to be easily visible during the race.
- f. A baton will be used for all Relay Races held in the Stadium and will be carried by hand throughout the race. Batons do not have to be numbered but should be of a different colour in neighbouring lanes where possible.
- g. Athletes are not permitted to wear gloves or to place material or substances on their hands in order to obtain a better grip of the baton.
- h. If dropped, the baton must be recovered by the athlete who dropped it. The athlete may leave their lane to retrieve it provided that, by doing so, the athlete does not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after retrieving it, must return at least to the point where it was last in their hand, before continuing in the race. Provided these procedures are adopted where applicable and no other athlete is impeded, dropping the baton shall not result in disqualification.
- i. **If an athlete does not follow this rule, the athlete's team will be disqualified.**
- j. The baton must be passed within the takeover zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete. In relation to the takeover zone, it is only the position of the baton which is decisive. Passing of the baton outside the takeover zone will result in disqualification.
- k. Until the moment when the baton is in the hand of only the receiving athlete, lane infringement rules shall be applicable only to the incoming athlete. Thereafter, it shall be applicable only to the receiving athlete. Additionally, athletes, before receiving and/or after handing over the baton, should keep in their lanes or maintain position until the course is clear to avoid obstruction to other athletes. If, however an athlete impedes a member of another team, including by running out of position or lane at the finish of their leg, obstruction rules will be applied.
- l. **To avoid doubt, receiving athletes shall position themselves within the takeover zone before the start of the race and shall not step out of the takeover zone until the athlete has completed the receiving of the baton. If an athlete steps out of the takeover zone after the start of the race the team shall be disqualified.**
- m. If during the race an athlete takes or picks up the baton of another team, the athlete's team will be disqualified. The other team should not be penalised unless an advantage is obtained.
- n. Each member of a relay team may run one leg only.
- o. Refer to the relevant Competition Regulations for any Relay team compositions.
- p. The 4x100m race will be run entirely in lanes.
- q. The 4x200m race may be run in any of the following ways.
 - i. entirely in lanes
 - ii. in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the break line (an arched line marked after the first bend across all lanes other than one), where athletes may leave their respective lanes (three bends in lanes). Athletes are to be placed onto the track in lane order for the 3rd and 4th takeover.
- r. The Medley Relay race begins at the 200 metres start area, using the 200m start line staggers with the first leg run in lanes as well as that part of the second leg up to the break line in the front straight, where athletes may leave their respective lanes. Athletes are to be placed onto the track in lane order

for the 4th takeover.

- s. If an athlete does not follow Rules 7.8 (m), 7.8 (n) or 7.8 (o) the team shall be disqualified.
- t. For all takeovers, athletes are not permitted to begin running outside their takeover zones and will start within this zone. If an athlete does not follow this rule, the athlete's team will be disqualified.
- u. In the 4x200m, the athletes running the final leg and, in the Medley Relay the athletes running the third and fourth legs will, under the direction of a designated official, place themselves in their waiting position in the order of the start list (inside to out). Once the incoming athletes have passed the break line, the waiting athletes must maintain their order, and must not exchange positions at the beginning of the takeover zone. If an athlete does not follow this rule, the athletes' team may be disqualified.
- v. In any race, when lanes are not being used for the takeover zone, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete to impede their progress. In 4 x 200m and Medley Relay, waiting athletes will maintain the order in accordance with Rule 6.8 (s). If an athlete does not follow this rule, the athlete's team may be disqualified.

7.9 Racewalking Events

7.9.1 Definition of Race Walking

- 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. 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.

Note: *The advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.*

7.9.2 Judging

- a. The appointed judges shall elect between them a Chief Judge unless one has already been appointed a Chief Judge for the relevant carnival.
- b. The number of appointed walk judges for a track event, including the Chief, shall comprise a minimum of 4 and maximum of 6.
- c. The independence of judges is extremely important and wherever possible connections between athletes and judges should be avoided. Individual Judges are required to declare their interests.
- d. The Competition Director shall have the authority to allow judges where such connections exist. Connections mean relative, coach or protégé.
 - i. This is provided there are an insufficient number of available, experienced, and qualified judges without such connection.
 - ii. It will be up to individual judges to disclose these connections and to indicate if they wish to stand down for a particular race.
 - iii. Where possible members of the same family should not serve as a judge for the same race.

7.9.3 Yellow Paddle

- a. Any judge can give a "Yellow Paddle" to an athlete when an athlete appears to be in danger of failing to comply with the rules (definition of race walking per Rule 7.9.1)
- b. Yellow Paddles are issued verbally and briefly taking care that remarks do not constitute coaching.

Note: *All remarks should be loud and clear and always in the form:*

..... e.g., "Yellow Paddle, contact or knees"

- c. For loss of contact ~ a wavy line in black on a yellow background
- d. For knees a 45° angle < also in black on a yellow background shall be used
- e. A judge can only yellow paddle an athlete once for each offence during the event
- f. A yellow paddle has no bearing on disqualification. It is possible to be yellow paddled by every judge in the race yet not receive a single Red Card.

7.9.4 Red Card

- a. A judge gives a "Red Card" for disqualification if an athlete is actually breaking the rules of race walking.
- b. For the U12 and above age groups, no verbal Red Card will be given. For other age groups, the Red Card will be given verbally at the time of detection of the actual infringement.

Note: All remarks should be loud and clear and always in the form:

.....e.g., "Red Card, contact or knees"

- c. Red Card is recorded on the judging pad and forwarded to the Chief Judge as soon as practicable.
- d. A judge may only give an athlete one Red Card during the event irrespective of the infringement.
- e. If a judge in an event requiring verbal Red Cards to be given, is not sure an athlete has heard the "Red Card" the Judge should repeat it at the next suitable opportunity.

Note: A Red Card should never be given unless there is absolute certainty the rules have been infringed. Any doubt existing must be given to the athlete and the Red Card not issued.

7.9.5 Disqualification

- a. A Red Card by 3 or more walk judges, that in their opinion an athlete's mode of progression failed to comply with the definition of race walking brings about a disqualification.
- b. Only the Chief Judge may advise an athlete of their disqualification.
- c. Where an athlete is disqualified, the Chief Judge shall indicate to such athlete verbally that they are disqualified and give the reasons for the disqualification.
- d. The result of an event shall not become final until the Chief Walk Judge and Track Referee has given all clear.

7.9.6 Methods of Judging

- a. Prior to each walking event, the Chief Judge or a judge appointed by the Chief Judge, will acquaint the athletes with the judging procedures for the event.
- b. It is imperative that during an event all judges act in an individual capacity and their judging is not influenced by the judging of another judge, per medium of conversation or messages.
- c. The Chief Judge shall allocate judges their judging position.
- d. Walk judges, recorders or messengers shall not use transceivers during the conduct of the event.
- e. The judges must adequately cover the whole of the track/course; this can be done by having approximately equal distance between judges. There should be no blind spots, judges should judge from the outside of the track/course and not encroach on an area allocated to another judge, but judge from their allotted position as walkers are passing or approaching their section.

- f. Hip numbers must be worn by all walkers as supplied by the host Association. The number must be clearly visible to all judges.

7.9.7 Track Umpires and Referees

- a. Track Umpires and Referees shall work during the event to determine the fairness of the competition other than walking rules.
- b. The Track Referee should confer with the Chief Walk Judge and indicate any athletes who are to be disqualified before walk results are finalised.

7.9.8 Walk Judge's Master Sheet

- a. The master sheet is that document which the Chief Judge records the Red Cards of the judges and them self and indicates which athletes received 3 or more Red Cards.

7.9.9 Summary of Chief Judges Duties

- a. To place judges in position as required and give them the necessary direction.
- b. To ensure that the appropriate yellow paddle indicators and documentation are issued to the judges and authorised personnel.
- c. Advise recorders and messengers of their duties.
- d. To check with each judge on completion of the event for any last-minute red cards.
- e. To re-check judging master sheets and all red cards received. To make a summary of the master sheets.
- f. Check with Track Referee to see if umpires have reported any other offences.
- g. To advise Referee of any disqualified athlete who may have crossed the finish line.
- h. To advise any disqualified athlete of their disqualification.
- i. Judging master sheets are not to be made available for general perusal. They are to be attached to the official results.

7.9.10 Summary of Judges Duties

- a. To be available at least 30mins prior to the scheduled start. This time could be varied according to the Carnival Manager.
- b. If for some reason, the Chief Judge has not already been appointed, the appointed judges shall meet and elect a Chief Judge.
- c. To follow instructions received from the Chief Judge.
- d. If requested by the Chief Judge, advise the athletes of the judging procedures, prior to the start of the event.
- e. To fill in the judging pad correctly and pass it onto the Chief Judge.
- f. To act in an individual capacity.
- g. To report to the Chief Judge after the event and confirm that all red cards have been forwarded and recorded – or hand in any last-minute red cards.
- h. To be available to answer any query raised by the Chief Judge seeking details of the reason for red cards given.

8. Timing and Finishing

- a. Three alternative methods of timekeeping shall be recognised as official within Little Athletics:
 - i. Fully Automatic Timing obtained from a Photo Finish System
 - ii. Hand Timing
 - iii. Gate Timing System

8.1 Hand Timing

- a. It is recommended that Timekeepers should be:
 - i. Placed at least 5m from, and in line with, the finish line on the outside of the track, opposite the Judges, where applicable.
 - ii. On an elevated stand in order that they may have a good view of the Starter and the finish line.
- b. Timekeepers shall act independently from one another:
 - i. Without showing their watch to each other and without discussing times.
- c. The Chief Timekeeper will record times and may examine the watches to verify the reported times.
- d. The Chief Timekeeper shall then decide what the official times are for each athlete and provide the result for publication.
- e. Sufficient timekeepers shall be appointed for the number of athletes entered; one shall be the Chief Timekeeper. The Chief Timekeeper shall allocate separate Timekeepers to record each of the minor places and where possible, shall allocate additional Timekeepers for second and third placing's.
- f. Where there are 3 watches used to time a place:
 - i. If only 2 watches agree, the times shown by the 2 shall be the official time.
 - ii. If all 3 disagree, the middle time shall be recorded as the official time.
- g. Where there are 2 watches used to time a place and they fail to agree the slower time shall be accepted as the official time.
 - i. The time shall be taken from the flash/smoke of the gun.
 - ii. Times shall be recorded to the 1/10th of a second. Unless a time is an exact 1/10th of a second, it shall be recorded to the next longer 1/10th of a second.

NOTE: For Zone/Region & State, **times** must be recorded to the 1/100th of a second

8.2 Gate Timing System

- a. The system shall be a commercially produced system and be checked/calibrated with a certificate supplied on a 12-monthly basis.
- b. The system shall be started either automatically by the Starter's gun or manually at the smoke or flash of the Starter's gun.
- c. The system must automatically record a time through the breaking of at least two adjacent infrared beams positioned on the leading edge of the finish line. The beams should be positioned at an appropriate height so that the athlete's torso is the most likely part of the body to break the beam.
- d. The system must be capable of printing out the time for each lane.

- e. Judging of the race shall take place as per Section 4.1.5 Place Judges. The time recorded for each lane shall only be referred to in the determination of places in cases of doubt, and then only at the discretion of the Chief Judge.
- f. Times from the Gate System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Gate System printout image, shall be official. Any appropriate back-up system should be appointed where any possibility exists of failure of the timing system.
- g. Where the system is started and/or finished manually, the time shall be recorded to the 1/10th of a second. Unless a time is an exact 1/10th of a second, it shall be recorded to the next longer 1/10th of a second.
- h. Where the system is started and finished fully automatically, the time shall be recorded as an electronic time with no adjustment.

NOTE: For Zone/Region & State, times must be recorded to the 1/100th of a second.

8.3 Chief Timekeeper (manual timing)

- a. Should time the winner of every event.
- b. Should check the watches of the Timekeepers timing the winner.
- c. Also decides the official time to be recorded for the other placed runners, checking the watches if there is an apparent discrepancy.
- d. Is also responsible for ensuring that the Judges and Timekeepers are ready before signalling a clearance to the Starter.
- e. Will nominate separate Timekeepers to record each of the minor placing's.
- f. Where possible, shall appoint additional Timekeepers for second and third places.
- g. Check winning times for new event records. Manual times for records are only recognised if photo finish fails, otherwise photo finish overrules hand timing.
- h. Ensure that watches for record times are not cleared prior to being verified by the Chief Timekeeper.
- i. Upon completion of each event the result sheet shall immediately be filled in and handed to the Recorder. If the result is a record the Referee must sign the result sheet.

8.4 Chief Timekeeper (automatic timing)

- a. Should time the winner of every event as a backup to the photo finish.
- b. Adhere to rules as per the manual timing.

9. SEEDING'S, DRAWS AND QUALIFICATION IN TRACK EVENTS

9.1 Lane and Heat Draws

- a. For track events where more than one round will be applied; and if seed times are provided athletes shall be seeded in heats using a zigzag distribution method. If no seed times are provided, athletes will be randomly drawn into heats.
- b. For track events where only one round of competition is applied, and progression is not necessary; and if seed times are provided, athletes shall be seeded slowest to fastest. If no seed times are provided, athletes will be randomly drawn into heats.
- c. Lanes for heats shall be randomly drawn. This includes Timed Finals.
- d. Where there are more lanes available than athletes in a heat the inside lane should always remain free.

9.2 Progression to Finals (except for State Relays)

- a. The following athletes shall progress to the final in their event:
 - i. 2 heats: 1st, 2nd, and 3rd in each heat plus the next 2 fastest times
 - ii. 3 heats: 1st and 2nd in each heat plus the next two fastest times
 - iii. 4 or more heats: 1st in each heat with the remaining lanes filled by the next fastest times.
- b. Where insufficient starters marshal for heats, that event shall be run as a final at the time of heats.
- c. In 800m events where there is more than one athlete per lane, progression from heats to finals will be at the discretion of the organising committee.
- d. Where there is a tie in determining the next fastest times, if possible both athletes shall progress through to the final. Failing that, the higher placed athlete in their heat shall progress. If the tie still remains, a random process with equal probability (e.g., a coin toss) shall be used to determine progression.
- e. Where the venue has nine or more lanes, the Competition organiser shall have the discretion to allow nine or more athletes to contest the final of an event. In such cases, Rule 9.3 a) shall be modified by increasing the number of athletes qualified due to the 'next fastest times' as appropriate.

9.3 Lane Draw for Finals

- a. Following the running of the heats, athletes shall be ranked on the following basis:
 - i. Fastest heat winner, second fastest heat winner, etc.
 - ii. Fastest 2nd place in heat, second fastest 2nd place in heat, etc.
 - iii. Concluding with: Fastest next qualifier, second fastest next qualifier
- b. Using the rank determined in Rule 9.4 a), a random draw of the priority lanes shall occur amongst the top four ranked athletes and a random draw of the non-priority lanes shall occur amongst the remaining athletes.
- c. On an eight lane track the priority lanes are 3, 4, 5 and 6, whilst on a nine-lane track, they are 4, 5, 6 and 7.
- d. Competition organisers may, at their discretion, conduct two random draws for the non-priority lanes, with the 5th and 6th ranked athletes being drawn for the outside two lanes of the track and

the 7th and 8th ranked athletes being drawn for the inside two lanes of the track.

e. Where there are more lanes than athletes, the inside lane should always remain free.

10. FIELD EVENTS

10.1 General Conditions – Field Events

10.1.1 Markers

- a. An athlete may place alongside the runway 1 or 2 markers (supplied or approved by the organisers) to assist them in their run-up and take-off.
- b. The use of sharp or pointed markers or anything considered dangerous by the Referee will be prohibited.

10.1.2 Practice Trials

- a. In field events, at the discretion of the Chief Judge or Carnival Manager, all athletes are allowed up to 2 practice trials before the competition begins.
- b. Trials are to be made, preferably in draw order, under supervision. Trials can be made by athletes out of sequence under supervision and at the discretion of the Chief to enable practice throw to occur whilst clash or other athletes arrive.
- c. Only one marker may be used for events from a circle.

10.1.3 Competition Order

- a. The order in which athletes shall take their trials shall be drawn randomly.
- b. In all events, except for the High Jump, where there are more than 8 athletes, each athlete shall be allowed 3 trials and the 8 athletes with the best valid performances may be allowed additional trials.
- c. At LANSW events, athletes will be allowed 3 additional trials, where required.
- d. In the event of a tie (after a count-back) for the 8th place, any athletes so tying may also be allowed the additional trials. (Tying means, in this case achieving the same distance).
- e. Where there are 8 athletes or fewer, each athlete shall be allowed all applicable trials regardless of the number of failures recorded.
- f. The competing order for any additional trials shall be in the reverse ranking order recorded after the first 3 rounds of trials.
- g. In all events except for High Jump, each athlete shall have a minimum of 3 trials and no more than 6 trials.

10.1.4 Commencement of Competition

- a. Competition commences with the first trial in the first round.
- b. The trials shall commence when the Official responsible indicates to the athlete that all is ready for the trial to begin, and the athlete is called.
- c. The period allowed for this trial shall commence from that moment.
- d. A round commences when the first athlete eligible to compete in the round commences their trial.
- e. A round is complete when the last athlete eligible and present to compete in the round completes their trial.

10.1.5 Completion of Trial

- a. Throws - a trial is complete when the athlete leaves the circle (discus and shot put) or runway (javelin).
- b. Long & Triple Jump - a trial is complete when the athlete leaves the landing pit.

Note: *leaving the pit is defined as the first contact made by the foot with the border or ground outside the landing area.*

- c. High Jump - a trial is complete when the Chief Judge designates a “fair/fail jump”.

10.1.6 Completion of Competition

- a. High Jump - the high jump is complete when the last remaining athlete fails or decides to stop.
- b. All other events are complete when the last round is completed.

Note: *The number of rounds in a competition must be clearly stated at the start of the competition and where possible indicated in the program.*

10.1.7 Failure

- a. In all field events if an athlete incurs a failure, they will be told the reason for the failure at the completion of the trial. The chief judge shall indicate a fair trial with a white flag and a failure with a red flag.

10.1.8 Substitute Trials

- a. If, for any reason, an athlete is hampered in a trial in a field event, the Referee shall have the power to award that athlete a substitute trial.

10.1.9 Delay

- a. Athletes in field events who unreasonably delay taking a trial shall render themselves liable to have that trial disallowed and recorded as a failure.
- b. It is a matter for the Referee to decide what is an unreasonable delay, but the following time cannot be exceeded:
 - i. Long Jump, Triple Jump, Shot, and Discus, and Javelin – 1 minute.
 - ii. High Jump – 1 minute, but when only 2 or 3 athletes continue in the competition, the time should be increased to 1.5 minutes, except in Combined Event competitions. If there is only 1 athlete left, then the time should be increased to 3 minutes.
 - iii. For consecutive trials for the above events, the time should be 2 minutes.

c. A time warning may be given to an athlete. Such a warning is indicated by a raised yellow flag, which is kept raised for the last 15 seconds prior to the disallowing of a trial for exceeding the time limit.

- d. When only one athlete (who has won the competition) remains in high jump and is attempting a record the time limit shall be increased by 1 minute beyond those set out above.

10.1.10 Absence from Competition Area

- a. Any athlete who leaves the immediate event area (as defined prior to the commencement of the competition by the Chief Judge or Referee) without permission, may be cautioned by the Chief Judge and warned that any repetition, may result in them being excluded from further participation in that event. The Referee may make the decision to disqualify the athlete. Any performance up to the time of a disqualification shall stand.

10.1.11 **Change of competition area**

- a. Referees shall have the power to change the place of the competition in any field event, if in their opinion the conditions justify a change.
- b. Such a change shall be made only after a round is completed.
- c. If a change is required because conditions are dangerous, then the round shall be restarted.

10.1.12 **Results**

- a. Upon completion of each event the final result sheet shall be checked and signed by the Referee and immediately handed to the recording area and/or key site official.

10.1.13 **Ties**

- a. In all field events, except for High Jump:
 - i. The 2nd seed times of the athletes tying shall decide the tie. If a tie remains, the 3rd best and so on.
 - ii. If athletes in field events are tied for any place after all count backs have been applied, then equal placing will be declared.

10.1.14 **High Jump ties**

- a. The athlete with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
- b. If the tie 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.
- c. If the tie remains the athletes shall be awarded the same place in the competition. There is no jump-off for placing's.
- d. If the result determines progression to the next level of competition, then a jump off should take place. This jump off will not affect placing's.

10.1.15 **Measuring**

- a. The Judges shall judge, measure, and record each valid trial of the athletes.
- b. All measurements shall be made immediately after each valid trial.
- c. Where possible, all measurements must be made using Electronic Distance Measuring (EDM). When EDM is not available, a fibreglass or steel tape measure graduated in centimetres, or a graduated bar for high jump, should be used.
- d. In measuring all field events, except the High Jump, the zero end of the tape or EDM prism should be placed at the nearest edge of the mark where the implement first lands or where the athlete makes a mark in the pit closest to the take-off.
- e. Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre.
- f. In High Jump all measurements shall be made, in whole centimetres, perpendicular from the ground with a steel or fibreglass measuring bar to the lowest part of the upper (top) side of the bar.

10.1.16 Entry to Competition

- a. No athlete may enter the competition after the completion of the 3rd round, i.e., High Jump - 3rd round equals 3rd height.
- b. No athlete may take or have recorded more than 1 trial in each round except for high jump where up to 3 trials are permitted at each height.
- c. An athlete cannot demand to have a trial that was missed due to absence.

10.2 High Jump

10.2.1 Safety

- a. The Chief Judge (or Association equivalent) shall ensure that the landing area is satisfactory and that the uprights and cross bar are in good condition.
- b. The Chief Judge (or Association equivalent) shall have the power to caution any athlete using an unsafe technique, and if necessary, not allow the athlete to continue further in the event.
- c. Restraining straps must be used for all competition (with the exception of age groups using scissor mats). The use of restraining straps on High Jump equipment avoids the problem of having the bar fall onto the landing bags under the falling body. The use of restraining straps with telescopic uprights can be dangerous as the straps catch on the upright's joints.



- d. Athletes are to be advised to jump so that they land in the Centre of the bags (landing area). If officials are concerned with the manner in which an athlete is jumping (i.e., in an unsafe manner), they should ask the athlete to cease jumping and seek coaching in the event. Officials are to warn athletes of the dangers of high jump if it is not done correctly.
- e. At all events from Centre to State Championships, high jump bags/landing area must be bound together by one-piece fabric fitted cover that binds the mats together into a single unified landing surface. An additional moveable bag is also recommended which has been adequately secured.

10.2.2 Validity of Jumps

- a. An athlete may commence jumping at any height above the minimum height and may jump at their own discretion at any subsequent height. 3 successive failures, not necessarily at the same height, disqualifies the athlete from competing further.
- b. The effect of this rule is that an athlete may forego their 2nd or 3rd jumps at a particular height (after failing 1st or 2nd time) and still jump at a subsequent height.
- c. If the bar falls off without having been knocked by the athlete (e.g., due to strong wind) the athlete is not penalised.
- d. An athlete must take off from one foot.
- e. Knocking the bar off the supports or touching the ground or landing area beyond the plane of the

uprights with any part of the body without clearing the bar shall count as a failure.

- f. However, if when jumping, an athlete touches the landing area with a foot and in the opinion of the judge, no advantage is gained, the jump for that reason should not be considered as a failure.
- g. The uprights or posts shall not be moved during competition unless the Referee considers the run up or take-off area has become unsafe. In such a case the change shall be made only after a round has been completed.

10.2.3 Measuring

- a. Before the commencement of the competition the Judge shall announce to the athletes the starting height and the subsequent heights to which the bar has been raised at the commencement of each round.
- b. The height of the crossbar should be checked at both ends to confirm it is horizontal and, in the centre, to confirm the correct height.
- c. In the case of a sagging crossbar measurement is made from the ground perpendicular to the upper edge of the crossbar at the point where it is lowest.
- d. In the case of records, the Referee and Chief Judge must check the measurement when the crossbar is placed at the record height. They must recheck the measurement before each subsequent record attempt if the crossbar has been disturbed since last measured.
- e. Even after all other athletes have failed an athlete is entitled to continue until they forfeit their right to compete further. The heights to which the crossbar is raised shall be decided after consulting with the athlete.
- f. Each athlete shall be credited with the best of all their jumps, subject to the conditions relating to ties.

NOTE: Judges should ensure, before starting the competition, that the underside and front of the crossbar are distinguishable, and that the crossbar is always replaced with the same surface uppermost and the same surface to the front.

10.2.4 Measurement of Run In

- a. Athletes may use the runway to gain their desired starting point before competition begins.
- b. Once the competition starts, athletes may only re-measure their run up with the permission of the Chief Judge. This re-measurement must be done within the allocated time for the athletes' time for the trial. The athlete may touch the upright or bar, but should the bar be dislodged, a failure must be recorded for that trial.

10.2.5 Age Restrictions

- a. Under 9 will be the starting age group for High Jump at Association level competitions in all Affiliated Associations.
- b. The Scissor technique will be the only allowable technique performed in High Jump for the Under 8, Under 9 and Under 10 age groups at all levels of competition.
- c. It shall be a valid scissor jump if all other relevant high jump rules are adhered to, and:
 - i. The head of the athlete does not go over the bar before the leading foot (the foot of the leg closest to the bar at take-off).
 - ii. The head of the athlete is not below the buttocks when the buttocks clear the bar, and

- iii. The athlete's lead foot touches the mat before any other part of the body.

Note: Restraining straps must NOT be used for athletes using the scissor mats.

- d. All athletes in the Under 11 and above age groups will have the option to use any legal jumping technique where flop mats are provided at all levels of competition.

10.2.6 Minimum Height for mats

- a. The height for scissor mats at all competition levels and in all Affiliated Associations will be between 150mm and 300mm with minimum dimensions of 5m x 3m.
- b. The minimum height for flop mats at all competition levels and in all Affiliated Associations will be 400mm with minimum dimensions of 5m x 3m.

Note: LAA recommends that 500mm mats or higher be the preferred height.

10.2.7 Countbacks

The following example illustrates the rule on countbacks.

	1.78m	1.82m	1.85m	1.88m	1.90m	1.92m	1.94m	Total Failures	Position
A	-	x0	0	x0	-	xx0	xxx	4	2=
B	0	0	0	x-	x0	xx0	xxx	4	2=
C	0	0	x-	0	xx0	xx0	xxx	5	4
D	0	-	-	xx0	xx0	x0	xxx	5	1

0 = Cleared

X = Failed

- = Did not jump or Pass

- i. A, B, C and D all cleared 1.92m and failed at 1.94m.
- ii. The rule regarding ties comes into operation, as "D" cleared 1.92m on the 2nd attempt, the others taking 3 attempts to clear that height, therefore "D" is declared the winner.
- iii. The other 3 will tie and the Judges add up the total number of failures, up to and including the height last cleared, i.e., 1.92m.
- iv. "C" has more failures than "A" or "B" and is therefore awarded 4th place. "A" and "B" share 2nd place, as there is no jump-off for placings in Little Athletics.

10.3 General Conditions – Horizontal Jumps

- a. The long jump runway and pit shall comply with the specifications set out within the WA Track & Field Facilities Manual, except as modified within this section.

10.3.1 Runway

- a. Where possible the length of the runway shall be at least 40m. There is no limitation on the maximum length of the runway.
- b. The runway should be 1.22m +/- 0.1m wide.
- c. The runway should be marked by white lines 5cm in width.
- d. The maximum allowance for lateral inclination of the runway shall not exceed 1:100 and the overall inclination in the running direction 1:1000.

10.3.2 Landing Area (Long Jump)

- a. The landing area shall have a minimum width of 2.75m and a maximum width of 3m.
- b. It shall, if possible, be so placed that the middle of the runway, if extended, would coincide with the middle of the landing area.
- c. The landing area should be filled with soft damp sand, the top surface of which shall be level with the take-off board.

10.3.3 Take-off Board (Long Jump)

a. U6 to U10

- i. A 0.5m x 1.22m mat covered with damp sand, soft earth, or any similar materials, where the footprint can be observed, to a depth of 1 to 2 centimetres.
- ii. In the long jump, the take-off area should be: -
 - o The take-off area or mat shall be placed at a maximum 0.5m from the leading edge of the landing area.

b. U11 and above

- i. A 0.2m x 1.22m area, consisting of either a board sunk level with the runway, or painted on the runway. Where possible 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. Where a board or painted take-off area is not available a mat may be used.
- ii. The edge of the board, which is nearer to the landing area, shall be called the take-off line.
- iii. The distance between the take-off board and the end of the landing area shall be at least 10m.
- iv. The take-off line shall be placed between 1m and 2m from the nearer end of the landing area.

Note 1: The take-off area shall be stable (non-slip) and not a trip hazard.

Note 2: At State Track & Field Championships, the take-off board is placed 2m back from the edge of the pit.

10.3.4 Take-off Board (Triple Jump)

- a. In the triple jump, the take-off lines shall be in whole metre increments from the edge of the pit. The Organising Committee for the competition shall determine the take-off lines to be used for each event, prior to the commencement of the competition.
- b. For LANSW triple jump events, 4 take-off boards are required, at 5, 7, 9 and 11m back from the pit. An additional 13m will be made available on request.
- c. Athletes may change their take-off board as many times as they wish, as long as they notify the officials at the event, prior to each jump.

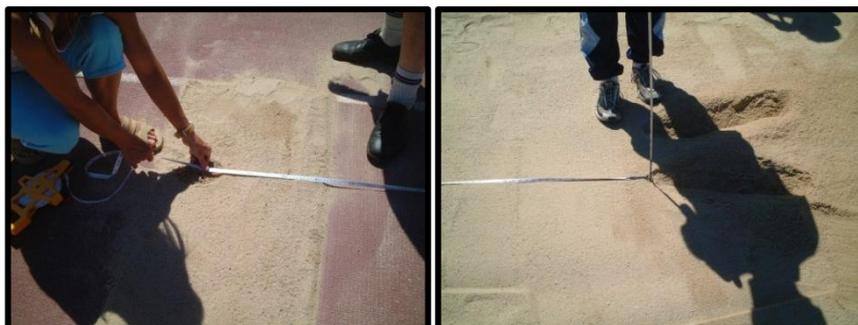
10.3.5 Distance Measurement

a. U6 to U10

Jumps can be measured 2 ways:

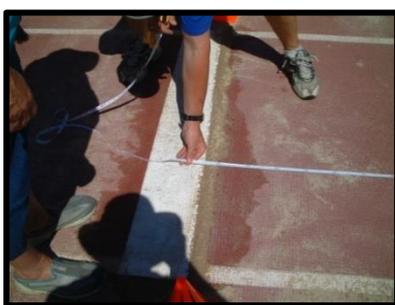
- i. When any part of the athlete's foot lands on the take-off area, the jump will be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the imprint made in the take-off area by the take-off foot.

- ii. When no part of the athlete's foot lands in the take-off area, **but is behind the take-off area**, then the jump will be measured from the nearest break in the landing area made by any part of the body or limbs to back of the mat (not take-off line) or its extension. The measurement must be taken perpendicular to the back of the mat or its extension.



b. 11 to U17

- i. The jump shall be measured as the shortest distance 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 area.
- ii. In measuring a jump, the spike with a zero end of the tape attached, is inserted perpendicularly at the break in the sand nearest the take-off line.
- iii. The feet of the athlete do not necessarily make this break; if a jumper is off balance, it may be any part of their body.
- iv. The measurement must be taken perpendicular to the take-off line or its extension.



10.3.6 Run Up Measurement

- a. Athletes may use the runway to gain their desired starting point before competition begins.
- b. Once the competition starts, athletes may only re-measure their run up with the permission of the Chief Judge. This further re-measurement must not be made on the runway, except where the Chief Judge deems the outsides of the runway unsafe.

10.3.7 Failure

In the Long Jump and the Triple Jump, it shall be counted as a failure if:

- a. they while taking off (prior to the instant at which they cease contact with the take-off board or ground), break the vertical plane of the take-off line with any part of their take-off foot/shoe, whether running up without jumping or in the act of jumping; or
- b. If an athlete takes off before reaching the take-off area it shall not, for that reason, be counted as a failure.
- c. In the course of landing, the athlete 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. When leaving the landing area, an athlete's first contact with the border or ground outside is nearer the take-off line than the nearest break in the sand made on landing.
- e. After landing, the athlete walks back through the landing area without first correctly exiting the pit.
- f. An athlete takes off from outside either end of the take-off area, whether beyond or before the extension take-off line.
- g. Any sort of somersaulting is used.

10.4 General Conditions – Throwing Events

10.4.1 Implements

- a. All implements shall conform to the specifications set out with Little Athletics Australia standard events.
- b. All implements shall be provided by the organisers of the Competition.
- c. Little Athletics NSW shall provide all implements at LANSW Championships events (with the exception of Zone & Region Championships).
- d. No athlete is allowed to use any other implements, or to take them to the competition area.
- e. In throwing events the implements must be carried back to the throwing area and never thrown.

10.4.2 Personal Safeguards & Assistance

- a. No device of any kind, which in any way assists an athlete when making a throw, shall be allowed except for:-
 - i. **Shot Put:** In order to protect the wrist from injury, an athlete may wear a bandage at the wrist.
 - ii. **Discus and Javelin:** The use of tape on the wrist will only be allowed upon the production of a doctor's certificate or authority given by the Medical Officer.
 - iii. **Javelin:** A athlete may wear elbow protection.
- b. The use of tape on the hand to cover an open cut.
- c. In order to obtain a better grip, athletes in throwing events are permitted to use an adhesive substance on their hands only.
- d. An athlete may not spray or spread any substance in the circle.
- e. In order to protect the spine from injury, an athlete may wear a belt of leather or other suitable material.
- f. Once the competition has begun, athletes are not permitted to use the circle or ground within the sector for practice trials, with or without implements.

10.4.3 Throwing Area and Landing Sector

- a. The dimensions of the circles used for shot put and discus, and the runway used for javelin, shall conform to the specifications set out in the World Athletics Track & Field Facilities Manual.
- b. Circles shall be made of a band of iron, steel or other suitable material, the top of which shall be flush with the ground outside.
- c. The interior of the circle may be constructed on concrete, asphalt, or other firm, but not slippery, material.

- d. The surface of the interior shall be level and 14mm-26mm lower than the upper edge of the rim of the circle.
- e. The inside diameter of the circle shall be 2.50m (+/-5mm) in Discus and in Shot 2.135m (+/-5mm). The rim of the circle shall be at least 6mm thick.
- f. A white line 5cm wide shall be drawn from the top of the metal rim extending for at least 75cm on either side of the circle. It may be painted or made of wood or other suitable material. The rear edge of the white line shall form a prolongation of a theoretical line through the centre of the circle at right angles to the centre line of the throwing sector.

10.4.4 Landing Sector

- a. The landing sector should be extended well in excess of the best thrower.
- b. The maximum allowance for the overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000 for Shot and Discus.
- c. Except for the Javelin, the landing sector shall be marked with white lines 5cm wide at an angle of 34.92° such that the lines, if extended would pass through the centre of the circle.
- d. The 34.92° sector may be laid out accurately and conveniently by making the distance between the two points on the sector lines 20m from the centre of the circle exactly 12m apart.
- e. For Javelin, the landing sector shall be marked with white lines 5cm wide such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the parallel lines marking the runway and intersect at the centre of the circle of which the arc is part. The sector is thus 28.95°.
- f. The sector may be accurately laid out by making the distance between the two sector lines 20m at a point 40m distance from the centre of the throwing arc along one of the sector lines.
- g. The sector lines should be continued for a minimum of 65m in Discus, Javelin and 20m in Shot, and their ends marked with red flags.

10.4.5 Safety Considerations in Javelin and Discus

- a. After each throw, the implement should be carried back and not thrown back to the throwing area.
- b. As these events are usually taking place simultaneously with other track and/or field events, care must be taken in locating the events.
- c. Where the javelin cannot be conducted away from the competition area, it is recommended that the javelin runway and flight path be directly parallel and midway between the 2 straights of the track.
- d. All participating athletes and spectators must be kept to the side and well away from these events in case of an inaccurate throw. Only officials should be in the sector and in close proximity to the competition areas.

10.4.6 Record Markers

- a. In all competitions where and Australian Seed times or a State Seed times (State Record) can be broken a marker shall be placed indicating the current ratified record. When record markers are used, they should be placed outside the sector.

10.4.7 Validity of Throws

- a. In throwing events from a circle:
 - i. An athlete must commence the throw from a stationary position. **Note that stationary**

refers to both feet of the athlete, not the hands, arms or other parts of the athlete's body.

- ii. The athlete is allowed to touch the inside of the iron band of the circle or stop board.

- b. It shall be a failure if in leaving the circle the athlete, after entering the circle and commencing to make a throw, touches with any part of the body the top of the circle or the ground outside or improperly releases the implement in making the attempt.

Note: It, however, will not be considered a failure if the touch happens during the rotation, backward of the white line which is drawn outside the circle running, theoretically, through the centre of the circle.

- c. If the discus hits the net/cage and falls within the sector lines, it shall not be recorded as a failure
- d. It shall be a failure if the shot or discus in contacting the ground when it first lands touches the sector line or ground or any object outside the sector line.
- e. It shall be a failure if in leaving the circle the athlete leaves the circle before the implement has touched the ground, or
- f. If in leaving the circle, the athlete's first contact with the top of the rim or ground outside the circle is not completely behind the white line which is drawn outside the circle running theoretically, through the centre of the circle.

Note: The first contact with the top of the rim or ground outside the circle is considered leaving.

10.4.8 Interruption of a Trial

- a. Provided that in the course of a trial, the rules relative to each throwing event have not been infringed, an athlete may interrupt a trial once started, may lay the implement down inside or outside the circle or runway and may leave the circle or runway.

b. Dropping an Implement

- i. It is not a failure if an athlete drops an implement and it does not touch the ground outside the throwing circle or runway, provided no other rule is breached.
- ii. In the case of 10.4.8 b) i. above, the athlete can retrieve the implement and continue the trial within their allocated time.
- iii. If the implement touches the ground outside the circle or runway it becomes a failure.

10.4.9 Measurements

- a. All measurements shall be made immediately after each valid trial.
- b. The measurement of each throw will be made from the nearest mark made by the fall of the implement to the inside of the circumference of the circle, along a line from the mark to the centre of the circle.
- c. For a valid trial, the implement must fall completely within the inner edges of the landing sector.
- d. In Javelin, the measurement of each throw will be made from where the tip of the metal head of the javelin first struck the ground, to the inside edge of the arc, with the tape being pulled through the point 8m back on the run-up, that being the centre of the circle of which the arc is a part.



Leaving the discus circle (on completion of the trial)

10.5 Shot Put

In this event there are some special points to be watched. World Athletics Rules state that the shot shall be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting.

With the lighter shot used it is possible to “throw” rather than “put” it, and this would gain a material advantage. The position of the shot in relation to the chin therefore needs careful watching.

At the moment when the athlete begins to drive with the arm, the head (with it the chin) does turn slightly away from the shot. The shot is in exactly the same position as it has been throughout, though it will not be in as close proximity to the chin as in the earlier stage. The athlete should not be penalised on this account.



Obviously, the deciding factor is the hand. If the shot is withdrawn in order to give extra drive, then the hand (and with it the arm and elbow) must move downwards and backwards. If the hand remains stationary, then the delivery is a fair one.

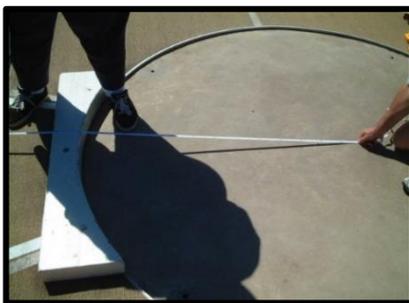
10.5.1 Putting the Shot

- a. The shot shall be put from the shoulder with one hand only.
- b. At the time the athlete takes a stance (i.e., stationary position) in the circle 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.
- c. The shot shall not be taken behind the line of the shoulders.
 - i. Close proximity shall be at the discretion of the Chief Judge, but a guide would be that such distance should be about the thickness of a finger (allowing for the athlete to hold their finger(s) between the shot and their neck), and probably not be more than 10mm.

- ii. The words “the shot shall be put from the shoulder with one hand only”, does not mean that the implement has to touch the shoulder prior to release.
- d. Cartwheeling techniques are not permitted.
- e. Failure to comply with any of the Rules 10.5.1 a) to d) shall result in the trial being recorded as a failure.

10.5.2 Stop Board Construction

- a. The board shall be painted white and made of wood or other suitable material in the shape of an arc so that the inner edge coincides with the inner edge of the circle. It shall be placed mid-way between the sector lines and be so made that it can be firmly fixed to the ground.
- b. The board shall measure 112mm to 300mm wide, 1.21m to 1.23m (+/- 1cm) long on the inside and 98mm to 102mm high in relation to the level of the inside of the circle.



10.6 Discus

10.6.1 Discus Cage

- a. All discus throws must be made from an enclosure or cage to ensure the safety of spectators, officials, and athletes.
- b. The cage should be designed, manufactured, and maintained so as to stop the discus so there is no danger of it ricocheting off fixed members of the cage, back towards the athlete or over the top of the net.
- c. The minimum breaking strain should be 40kg.
- d. The cage should be U-shaped in plan. Provided it satisfies this, any form of cage design and construction can be used.
- e. Provision should be made in the design and construction of the cage to prevent a discus forcing its way through any joints in the cage or the netting or underneath the netting panels.
- f. The netting for the cage can be made from suitable natural or synthetic fibre cord or, alternatively, from mild or high tensile steel wire. The maximum mesh size shall be 50mm for steel wire and 44mm for cord netting. The minimum size of cord or wire depends on the construction of the cage.

10.7 Javelin

- a. Must be held at the grip with one hand only and thrown over the shoulder or upper part of the throwing arm and must not be slung or hurled.
- b. The sector may be accurately laid out by making the distance between the two sector lines 20m at a point 40m distance from the centre of the throwing arc along one of the sector lines.

- c. A throw shall be valid only if the metal head strikes the ground before any other part of the javelin. The javelin is not required to stick in the ground.
- d. For a valid throw, the metal head of the javelin must fall completely within the inner edges of the landing sector.
- e. It shall be a failure if the athlete, after starting their throw, touches with any part of their body or limbs, the lines marking the runway, the ground outside the runway, or crosses the throwing arc marking the end of the runway.
- f. It is not a failure if the end of the javelin touches the ground during the run up.
- g. At no time during the throw, until the javelin has been discharged into the air, may the athlete turn completely around, so that their back is towards the throwing arc.
- h. It shall be a failure if the athlete leaves the runway before the implement has touched the ground, or, if, when leaving the runway, the athlete's first contact with the parallel lines or the ground outside the runway is not completely behind the white line of the arc, or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly, upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, 4 metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, he shall be considered to have left the runway correctly.
- i. An athlete may interrupt a trial once started, may lay the implement down inside or outside the runway and may leave the runway (as required above), before returning to the runway to continue their throw within the time limit.

10.7.1 Runway

- a. Shall be marked by 2 parallel lines, 4m apart, and the throw shall be made from behind an arc, or a circle drawn with a radius of 8 m. Such arc shall consist of a strip made of paint, wood, or metal 7cm in width, painted white and shall be flush with the ground.
- b. The runway shall be level and a minimum length of 30m.
- c. The javelin is thrown from an arc at the end of a runway 30m to 36.5m long.
- d. The runway shall be marked by 2 parallel white lines 5cm wide and 4m apart.
- e. The arc at the end of the runway will be from that of a circle drawn with a radius of 8m.
- f. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be white, 75cm long and 7cm wide.
- g. The maximum allowance for lateral inclination of the runway shall be 1:100 and the overall inclination in the running direction is 1:1000.

10.7.2 Layout

- a. Measure 8 m from each of the throwing ends of the runway lines to an imaginary line through the centre of the runway. Mark the point where these lines intersect which will be the centre of the throwing arc.
- b. From this point, tension an 8m length of string and scribe an arc at the end of the runway.
- c. Mark this arc twice to produce a line of width 7cm where the arc meets the sides of the runway, extend the arc ends at right angles to the runway edges for 75cm. Once again mark these lines twice to produce a line 7cm wide.

- d. All lines on the entire field are 5cm wide except those that mark the throwing arc for the javelin.

10.7.3 Implement Construction

- a. The shaft of the javelin shall be constructed completely of metal.
- b. The surface of the shaft shall have no dimples or pimples, grooves or ridges, holes or roughness, and the finish shall be smooth and uniform throughout.
- c. The shaft shall have fixed to it a metal head terminating in a sharp point.
- d. A grip shall cover the centre of gravity and shall not exceed the shaft by more than 8mm. The grip shall be of uniform thickness.