



SECTION A

STANDARD EVENTS

&

SPECIFICATIONS

1. LAA STANDARD EVENTS & EQUIPMENT SPECIFICATIONS

1.1. Standard Events

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

1.2 Guidelines for Trialling an Event

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

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

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

2. EVENT AND EQUIPMENT SPECIFICATIONS

2.1 Event Specifications

Table 1 – all events up to 12's listed in this table are aligned with LAA Rules and as described in Rule 1 above.

Age groups are reflective of LAA Under age I.E. 6's are Under 6 at 31st December in the year of registration.

The 6's to 7's are recommended standard events that may be offered. Events in these age groups must not exceed the distances and/or specifications listed.

The 8's to 17's (U18) are standard events that may be offered at a Centre level but must be offered at Zone, Region & State Championships. Events in these age groups must not exceed the distances and/or specifications listed.

The U20's are standard events that may be offered at a Centre, Zone and Region level. Events in these age groups must not exceed the distances and/or specifications listed.

| TRACK | CENTRE ONLY | CENTRE & ZONE ONLY | CENTRE, ZONE & REGION | CENTRE, ZONE, REGION & STATE | | | | | | | | | |
|--|-----------------|--------------------|-----------------------|------------------------------|------------------|------------------|------------------|------------------------|---------------------------|---------------------------|-----------------------------|-----------------------------|-------------------------|
| | 6's | 7's | 8's | 9's | 10's | 11's | 12's | 13's (U14) | 14's (U15) | 15's (U16) | 16's (U17) | 17's (U18) | U20 |
| 50 metres | ✓ | ✓ | | | | | | | | | | | |
| 70 metres | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | | | |
| 100 metres | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 200 metres | ✓ Pack Start | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 400 metres | | | ✓ Pack Start | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Pack Start | 300m | 500m | 700m | | | | | | | | | | |
| 800 metres | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 1500m | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 3000m | | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Walk (participation – zone, region, state) | | | | 700m | 1100m | 1100m | 1500m | 1500m | 1500m | 1500m | 1500m | 1500m | 1500m |
| Walk (competition – state only) | | | | | | | | 3000m | 3000m | 3000m | 5000m | 5000m | 5000m (F) 10000m (M) |
| Sprint Hurdles | | | 60m | 60m | 60m | 80m | 80m | 80m (F) 90m (M) | 90m (F) 100m (M) | 90m (F) 100m (M) | 100m (F) 110m (M) | 100m (F) 110m (M) | 100m (F) 110m (M) |
| Long Hurdles | | | | | | | | 200m | 300m | 300m | 400m | 400m | 400m |
| Relay Jnr | | | | | | | | | | | | | |
| 4 x 100m | | | | ✓ | ✓ | ✓ | ✓ | | | | | | |
| Relay Snr | | | | | | | | | | | | | |
| 4 x 100m | | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| FIELD | 6's | 7's | 8's | 9's | 10's | 11's | 12's | 13's (U14) | 14's (U15) | 15's (U16) | 16's (U17) | 17's (U18) | U20 |
| Scissor High Jump | | | | ✓ | ✓ | | | | | | | | |
| High Jump | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Long Jump | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Triple Jump | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Discus | 350gm | 350gm | 500gm | 500gm | 500gm | 500gm | 750gm | 750gm | 1kg | 1kg | 1kg (F) 1.5kg (M) | 1kg (F) 1.5kg (M) | 1kg (F) 1.75kg (M) |
| Shot Put | 500gm | 1kg | 1.5kg | 2kg | 2kg | 2kg | 2kg | 3kg | 3kg (F) 4kg (M) Red | 3kg (F) 4kg (M) Red | 3kg (F) 5kg (M) Green | 3kg (F) 5kg (M) Green | 4kg (F) 6kg (M) |
| Javelin | | | | | | 400gm | 400gm | 400gm (F) 600gm (M) | 500gm (F) 700gm (M) | 500gm (F) 700gm (M) | 500gm (F) 700gm (M) | 500gm (F) 700gm (M) | 600g (F) 800g (M) |
| Total # Events | 8 events | 8 events | 9 events | 11 events | 11 events | 13 events | 13 events | 15 events | 15 events | 15 events | 15 events | 15 events | 15 events |

| MULTI-CLASS | TRACK | Further event specs information in Section E | ZONE/REGION/STATE | | | | |
|-------------|-----------|--|-------------------|----------|-------------|-------------|-----|
| | | | 9-10 | 11-12 | 13-14 (U15) | 15-17 (U18) | U20 |
| | 100m | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | 200m | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | 400m | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | 800m | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | 1500m | | | Optional | Optional | Optional | ✓ |
| FIELD | TRACK | Further event specs information in Section E | 9-10 | 11-12 | 13-14 (U15) | 15-17 (U18) | U20 |
| | Long Jump | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Shot Put | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Discus | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Javelin | | | ✓ | ✓ | ✓ | ✓ |

2.2 Hurdle Specifications

Table 2

Sprint Hurdles – Zone, Region and State

| Age group | Distance | Run in | Separation | Run out | Flights | Height |
|-------------------|------------|-----------|------------|-------------|---------|--------|
| 8's Male | 60 metres | 12 metres | 7 metres | 13 metres | 6 | 45 cm. |
| 8's Female | 60 metres | 12 metres | 7 metres | 13 metres | 6 | 45 cm. |
| 9's Male | 60 metres | 12 metres | 7 metres | 13 metres | 6 | 45 cm. |
| 9's Female | 60 metres | 12 metres | 7 metres | 13 metres | 6 | 45 cm. |
| 10's Male | 60 metres | 12 metres | 7 metres | 13 metres | 6 | 60 cm. |
| 10 Female | 60 metres | 12 metres | 7 metres | 13 metres | 6 | 60 cm. |
| 11's Male | 80 metres | 12 metres | 7 metres | 12 metres | 9 | 60 cm. |
| 11's Female | 80 metres | 12 metres | 7 metres | 12 metres | 9 | 60 cm. |
| 12's Male | 80 metres | 12 metres | 7 metres | 12 metres | 9 | 68 cm. |
| 12's Female | 80 metres | 12 metres | 7 metres | 12 metres | 9 | 68 cm. |
| 13's (U14) Female | 80 metres | 12 metres | 7 metres | 12 metres | 9 | 76 cm. |
| 13's (U14) Male | 90 metres | 13 metres | 8 metres | 13 metres | 9 | 76 cm. |
| 14's (U15) Female | 90 metres | 13 metres | 8 metres | 13 metres | 9 | 76 cm. |
| 15's (U16) Female | 90 metres | 13 metres | 8 metres | 13 metres | 9 | 76 cm. |
| 16's (U17) Female | 100 metres | 13 metres | 8.5 metres | 10.5 metres | 10 | 76 cm. |
| 17's (U18) Female | 100 metres | 13 metres | 8.5 metres | 10.5 metres | 10 | 76 cm. |

Sprint Hurdles – Participation Pathway (Zone, Region, State*) 14's – U20's Male and U20's

| Age group | Distance | Run in | Separation | Run out | Flights | Height |
|--|------------|--------------|-------------|--------------|---------|--------|
| 14's (U15) Male | 100 metres | 13 metres | 8.5 metres | 10.5 metres | 10 | 76 cm. |
| 15's (U16) Male | 100 metres | 13 metres | 8.5 metres | 10.5 metres | 10 | 76 cm. |
| U20 Female | 100 metres | 13 metres | 8.5 metres | 10.5 metres | 10 | 76 cm. |
| 16's (U17) Male | 110 metres | 13.72 metres | 9.14 metres | 14.02 metres | 10 | 76 cm. |
| 17's (U18) Male | 110 metres | 13.72 metres | 9.14 metres | 14.02 metres | 10 | 76 cm. |
| U20 Male | 110 metres | 13.72 metres | 9.14 metres | 14.02 metres | 10 | 76 cm. |
| 16's (U17) Male where no 110m track is available | 100 metres | 13.72 metres | 9.14 metres | 13.16 metres | 9 | 76 cm. |
| 17's (U18) Male where no 110m track is available | 100 metres | 13.72 metres | 9.14 metres | 13.16 metres | 9 | 76 cm. |
| U20 Male where no 110m track is available | 100 metres | 13.72 metres | 9.14 metres | 13.16 metres | 9 | 76 cm. |

* state direct entry for 16's and above will be at competition specifications

Sprint Hurdles – Competition Pathway (State) 14's, 15's, 16's, 17's Male – U20's Male and Female

| Age group | Distance | Run in | Separation | Run out | Flights | Height |
|-----------------|------------|--------------|-------------|--------------|---------|--------|
| 14's (U15) Male | 100 metres | 13 metres | 8.5 metres | 10.5 metres | 10 | 84 cm. |
| 15's (U16) Male | 100 metres | 13 metres | 8.5 metres | 10.5 metres | 10 | 84 cm. |
| U20 Female | 100 metres | 13 metres | 8.5 metres | 10.5 metres | 10 | 84 cm. |
| 16's (U17) Male | 110 metres | 13.72 metre | 9.14 metre | 14.02 metre | 10 | 91 cm. |
| 17's (U18) Male | 110 metres | 13.72 metre | 9.14 metre | 14.02 metre | 10 | 91 cm. |
| U20 Male | 110 metres | 13.72 metres | 9.14 metres | 14.02 metres | 10 | 99 cm. |

Long Hurdles – Zone, Region and State

| Age group | Distance | Run in | Separation | Run out | Flights | Height |
|-------------------|------------|-----------|------------|-----------|---------|--------|
| 13's (U14) Female | 200 metres | 20 metres | 35 metres | 40 metres | 5 | 76 cm. |
| 13's (U14) Male | 200 metres | 20 metres | 35 metres | 40 metres | 5 | 76 cm. |
| 14's (U15) Female | 300 metres | 50 metres | 35 metres | 40 metres | 7 | 76 cm. |
| 14's (U15) Male | 300 metres | 50 metres | 35 metres | 40 metres | 7 | 76 cm. |
| 15's (U16) Female | 300 metres | 50 metres | 35 metres | 40 metres | 7 | 76 cm. |
| 15's (U16) Male | 300 metres | 50 metres | 35 metres | 40 metres | 7 | 76 cm. |
| 16's (U17) Female | 400 metres | 45 metres | 35 metres | 40 metres | 10 | 76 cm. |
| 17's (U18) Female | 400 metres | 45 metres | 35 metres | 40 metres | 10 | 76 cm. |
| U20 Female | 400 metres | 45 metres | 35 metres | 40 metres | 10 | 76 cm. |

Long Hurdles – Participation Pathway (Zone, Region) 16's, 17's and U20's Male

| Age group | Distance | Run in | Separation | Run out | Flights | Height |
|--|------------|-----------|------------|-----------|---------|--------|
| 16's (U17) Male | 400 metres | 45 metres | 35 metres | 40 metres | 10 | 76 cm. |
| 17's (U18) Male | 400 metres | 45 metres | 35 metres | 40 metres | 10 | 76 cm. |
| U20 Male | 400 metres | 45 metres | 35 metres | 40 metres | 10 | 76 cm. |
| 16's (U17) Female where no 400m track is available | 300 metres | 50 metres | 35 metres | 40 metres | 7 | 76 cm. |
| 16's (U17) Male where no 400m track is available | 300 metres | 50 metres | 35 metres | 40 metres | 7 | 76 cm. |
| 17's (U18) Female where no 400m track is available | 300 metres | 50 metres | 35 metres | 40 metres | 7 | 76 cm. |
| 17's (U18) Male where no 400m track is available | 300 metres | 50 metres | 35 metres | 40 metres | 7 | 76 cm. |
| U20 Female where no 400m track is available | 300 metres | 50 metres | 35 metres | 40 metres | 7 | 76 cm. |
| U20 Male where no 400m track is available | 300 metres | 50 metres | 35 metres | 40 metres | 7 | 76 cm. |

Long Hurdles – Competition Pathway (State) 16's – U20's Male

| Age group | Distance | Run in | Separation | Run out | Flights | Height |
|-----------------|------------|-----------|------------|-----------|---------|--------|
| 16's (U17) Male | 400 metres | 45 metres | 35 metres | 40 metres | 10 | 84 cm. |
| 17's (U18) Male | 400 metres | 45 metres | 35 metres | 40 metres | 10 | 84 cm. |
| U20 Male | 400 metres | 45 metres | 35 metres | 40 metres | 10 | 91 cm. |

2.3 Field Specifications

Table 3

| Shot | Weight | Weight | | Diameter | Diameter | | Colour |
|------|--------------|-----------------------------|----------|----------|----------|---------|--------|
| | | Minimum | Maximum | | Minimum | Maximum | |
| | 500gm | No specs as not competition | | | | | Pink |
| | 1 Kilogram | 1 Kg | 1.025 Kg | 76mm | 86mm | | Blue |
| | 1.5 Kilogram | 1.5 Kg | 1.525 Kg | 76mm | 86mm | | Yellow |
| | 2 Kilogram | 2 Kg | 2.025 Kg | 76mm | 90mm | | Orange |
| | 3 Kilogram | 3 Kg | 3.025 Kg | 85mm | 110mm | | White |
| | 4 Kilogram | 4 Kg | 4.025 Kg | 95mm | 110mm | | Red |
| | 5 Kilogram | 5 Kg | 5.025 Kg | 100mm | 120mm | | Green |
| | 6 Kilogram | 6 Kg | 6.025 Kg | 105mm | 125mm | | |

| | | Weight | | Diameter | | Material |
|--------|---------------|---------|----------|----------|---------|-----------|
| | | Minimum | Maximum | Minimum | Maximum | |
| Discus | 350 gm | 350 gm | 375gm | 119mm | 121mm | Compound |
| | 500 gm | 500 gm | 525 gm | 134mm | 138mm | Compound |
| | 750 gm | 750 gm | 775 gm | 154mm | 156mm | Synthetic |
| | 1 Kilogram | 1 Kg | 1.025 Kg | 180mm | 182mm | Synthetic |
| | 1.5 Kilogram | 1.5 Kg | 1.525 Kg | 200mm | 202mm | Synthetic |
| | 1.75 Kilogram | 1.75 Kg | 1.725 Kg | 210mm | 212mm | Synthetic |

| | | Weight | | Length | |
|---------|--------|---------|---------|---------|---------|
| | | Minimum | Maximum | Minimum | Maximum |
| Javelin | 400 gm | 400 gm | 425 gm | 1.85m | 1.95m |
| | 500 gm | 500 gm | 525 gm | 2.00m | 2.10m |
| | 600 gm | 600 gm | 625 gm | 2.20m | 2.30m |
| | 700 gm | 700 gm | 725 gm | 2.30m | 2.40m |
| | 800g | 800 gm | 825 gm | 2.60m | 2.70m |

| | | Diameter | | Length | | Weight |
|-----------|-----|-----------------------|---------|--------------|-------------|-------------------------|
| | | Minimum | Maximum | Minimum | Maximum | |
| Batons | | 38mm +/- 2mm (Senior) | | 280mm (min) | 300mm (max) | 50 gm |
| | | 32mm +/- 2mm (Junior) | | 280mm (min) | 300mm (max) | 50 gm |
| High Jump | Bar | Diameter | | Length | | 2 D shaped end sections |
| | | Minimum | Maximum | Minimum | Maximum | |
| | | 29mm | 31mm | 4m (+/-20mm) | | |

2.4 Spike Specifications

Table 4

| SPIKES | 6's | 7's | 8's | 9's | 10's | 11's | 12's | 13's (U14) | 14's (U15) | 15's (U16) | 16's (U17) | 17's (U18) | U20 |
|---|-----|-----|-----|-----|------|---|---|---|---|---|---|---|---|
| to be read in conjunction with Rule 5.8.1 | X | X | X | X | X | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | |
| | | | | | | Laned Track Events only + LJ, TJ, HJ & JT | Laned Track Events only + LJ, TJ, HJ & JT | All Track Events Except Walks + LJ, TJ, HJ & JT | All Track Events Except Walks + LJ, TJ, HJ & JT | All Track Events Except Walks + LJ, TJ, HJ & JT | All Track Events Except Walks + LJ, TJ, HJ & JT | All Track Events Except Walks + LJ, TJ, HJ & JT | All Track Events Except Walks + LJ, TJ, HJ & JT |

Note – Local ground rules may contravene LANSW Rules

2.5 Cross Country & Road Walks Maximum Distances

Table 5

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

| CROSS COUNTRY | | | | | | | | | | | | |
|---------------|-----|-----|-------|-------|------|------|------------|------------|------------|------------|------------|-----|
| | 7's | 8's | 9's | 10's | 11's | 12's | 13's (U14) | 14's (U15) | 15's (U16) | 16's (U17) | 17's (U18) | U20 |
| Female | 1km | 1km | 1.5km | 1.5km | 2km | 2km | 3km | 4km | 4km | 4km | 4km | 8km |
| Male | 1km | 1km | 1.5km | 1.5km | 2km | 2km | 3km | 4km | 4km | 6km | 6km | 6km |

| ROAD WALKS | | | | | | | | | | | | |
|------------|-----|-----|-------|-------|-----|-----|-----|-----|-----|-----|-----|-----|
| Female | N/A | N/A | 1.2km | 1.2km | 2km | 2km | 3km | 3km | 5km | 8km | 8km | N/A |
| Male | N/A | N/A | 1.2km | 1.2km | 2km | 2km | 3km | 3km | 5km | 8km | 8km | N/A |

| MULTI-CLASS CROSS COUNTRY | | | | | | | |
|---------------------------|-----|-----|----------|-----------|------------------------|--------------------------|-----|
| | 7's | 8's | 9's/10's | 11's/12's | 13's/14's (U14/U15) | 15's-17's (U16 – U18) | U20 |
| Female | N/A | N/A | 1.5km | 2km | 3km | 3km | 3km |
| Male | N/A | N/A | 1.5km | 2km | 3km | 3km | 3km |