

INDEX OF RULES THAT APPLY TO LITTLE ATHLETICS

CONTENTS

PREFACE	1
SECTION A. – STANDARD EVENTS AND SPECIFICATIONS	6
1.1 STANDARD EVENTS	7
1.2 GUIDELINES FOR TRIALLING AN EVENT.....	7
2 - EVENT AND EQUIPMENT SPECIFICATIONS	9
2.1 EVENT SPECIFICATIONS.....	9
2.2 HURDLE SPECIFICATIONS.....	10
2.3 FIELD SPECIFICATIONS.....	11
2.4 SPIKE SPECIFICATIONS.....	12
2.5 CROSS COUNTRY & ROAD WALKS MAXIMUM DISTANCES.....	13
SECTION B. – COMPETITION GENERAL AND TECHNICAL RULES	14
3 - MEDICAL RULES	15
3.1 MEDICAL/SAFETY SERVICES AT COMPETITION.....	15
4 - COMPETITION & TECHNICAL RULES	16
4.1 OFFICIALS.....	16
4.1.1 REFEREES.....	16
4.1.2 FIELD JUDGES.....	17
4.1.3 TRACK REFEREE.....	17
4.1.4 UMPIRE.....	18
4.1.5 PLACE JUDGES.....	18
4.1.6 STARTER(S).....	19
4.1.7 OFFICIALS GUIDELINES.....	20
5 - GENERAL COMPETITION RULES	25
5.1 THE ATHLETICS FACILITY/AREA.....	25
5.2 ELIGIBILITY, AGE AND GENDER CATEGORIES.....	25
5.3 EVENT CLASHES.....	26
5.4 ORDER OF EVENTS.....	26
5.5 CALLS.....	26
5.6 CALL ROOM.....	26
5.7 ATHLETE ORDER.....	26
5.8 CLOTHING, SHOES, AND ATHLETE BIBS.....	27
5.9 ASSISTANCE TO ATHLETES.....	28
5.10 WARNINGS AND DISQUALIFICATION.....	29
5.11 TEAM MANAGER.....	29
5.12 SAFETY OFFICER.....	29
5.13 WIND GUAGE.....	29
5.14 MEASUREMENTS.....	30
5.15 PROTESTS AND APPEALS.....	30
5.16 JURY OF APPEAL.....	31
5.17 COACHES AREAS (FIELD).....	31
6 - LANSW STATE RECORDS AND AUSTRALIAN PERFORMANCES	32
6.1 LANSW STATE RECORDS.....	32
6.2 AUSTRALIAN BEST PERFORMANCES.....	33
7 - TRACK EVENTS	35
7.1 STARTING BLOCKS.....	35
7.2 STARTING TECHNIQUES.....	35
7.3 LANES.....	36

7.4 THE START.....	36
7.5 FALES STARTS.....	37
7.6 THE RACE.....	37
7.7 HURDLE RACES.....	38
7.8 RELAY RACES.....	39
7.9 RACEWALKING EVENTS.....	41
8 - TIMING AND FINISHING.....	45
8.1 HAND TIMING.....	45
8.2 GATE TIMING SYSTEM.....	45
8.3 CHIEF TIMEKEEPER (MANUAL TIMING).....	46
8.4 CHIEF TIMEKEEPER (AUTOMATIC TIMING).....	46
9 - SEEDING'S, DRAWS AND QUALIFICATION IN TRACK EVENTS.....	47
10 - FIELD EVENTS.....	48
10.1 GENERAL CONDITIONS – FIELD EVENT.....	48
10.2 HIGH JUMP.....	51
10.2 GENERAL CONDITIONS – HORIZONTAL JUMPS.....	53
10.4 GENERAL CONDITIONS – THROWING EVENTS.....	56
10.5 SHOT PUT.....	59
10.6 DISCUS.....	60
10.7 JAVELIN.....	60
SECTION C. – COMPETITIONS.....	62
11 - ZONE/REGION/STATE TRACK & FIELD.....	63
11.1 PROGRESSION FROM REGION TO STATE – QUALIFYING STANDARDS.....	63
11.2 RULES SPECIFIC TO ZONE/REGION/STATE.....	63
11.3 LOCAL RULES.....	64
11.4 3000M.....	64
11.5 400M – TIMED FINALS.....	64
11.6 800M – TIMED FINALS.....	64
11.7 200M HURDLES, 300M HURDLES & 400M HURDLES – TIMED FINALS.....	64
11.8 EXEMPTED ATHLETES SEEDING – TIMED FINALS.....	64
11.9 NATURAL DISASTER CLAUSE.....	65
11.10 ZONE CHAMPIONSHIPS – ORDER OF EVENTS.....	65
11.11 REGION CHAMPIONSHIPS – ORDER OF EVENTS.....	65
11.12 PROGRAM FOR ZONE/REGION.....	65
SECTION D. – ZONE TO REGION PROGRESSION.....	66
SECTION E. – MULTI CLASS GUIDELINES, COMPETITION RULES, EVENTS & SPECIFICATIONS.....	69
12 - CLASSIFICATION GUIDELINES.....	70
13 - MULTI CLASS STANDARD EVENTS.....	71
14 - MULTI CLASS IMPLEMENTS.....	72
15 - BASELINE SCORING.....	78
16 - MULTI CLASS ATHLETES.....	79
17 - VISUALLY IMPAIRED ATHLETES – CLASSIFICATION 11, 12, 13.....	80
18 - WHEELCHAIR ATHLETES – CLASSIFICATION 31-34, 51-57.....	82
19 - LIMB DEFICIENCY ATHLETES (WHO COMPETE STANDING).....	85
20 - HEARING, INTELLECTUAL, SHORT STATURE AND TRANSPLANT ATHLETES.....	85
21 - CLASSIFICATION INFORMATION.....	86

PREFACE

These Rules set down the requirements for competition for all carnivals conducted on behalf of Little Athletics NSW and are to be used as a guide to centre competition.

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

Little Athletics Standard Rules

Little Athletics competitions in Australia are conducted in accordance with the WA Technical Rules (TR), Competition Rules (CR) and Medical Rules (MR) currently in force with modifications provided for in these Rules.

Where it has been decided that the WA Rules are not indicative or correct for athletes in the standard age groups covered by Little Athletics Australia (LAA), the WA Rule or part thereof has been rewritten to reflect the nature and abilities of athletes in the various age groups.

Where a whole WA Rule or part of an WA Rule is modified, the modification will be listed.

That the following rules must be applied for all Competitions conducted within Little Athletics by Affiliated Associations and are applicable to the Standard Events of Australian Little Athletics. Except as otherwise provided in these rules, all competition will be conducted in accordance with the World Athletics (WA) rules of competition. The exceptions to the WA Rules stated in these rules have been modified to be age appropriate for children and young people from the age of Under 7 and above.

Affiliated Associations must seek written approval from the LAA Management Team or BOD to modify the standard rules at affiliated competitions.

These rules apply to National and Association competitions.

There are several rules relating to Affiliated Associations Championships and their processes which are not covered by WA, and these have been incorporated in this document. Each LAA Association will be expected to adopt the LAA Standard Rules for Competition and may make Association-based additions to satisfy their local requirements.

For Athletes and Officials participating in competitions covered under these rules, you will need to understand BOTH the WA Rules booklets and this document.

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

From time-to-time World Athletics, Athletics Australia, Little Athletics Australia, and other bodies may release new versions of the Rules or Technical documents. The LAA National Technical Committee will first assess these changes and make recommendations to the LAA Management Team and then will update these rules to reflect any changes if required.

Individual Association Grievance procedures will deal with any dispute related to competitions

under these rules where processes have been exhausted through these rules.

WA Competition Rule Book

Online copies of the current WA Rule Book can be downloaded from the following website: <http://www.worldathletics.org>

Click on the menu option at the top right of the page (three stacked lines), click on LIBRARY. At the top of the page click on Constitution and Book of Rules. The main tab to use will be Book C - Competition. The rules consist of two documents – C1.1 Competition Rules and C2.1 Technical Rules.

WPA Competition and Classification Rule Books Online copies of the current WPA Rule Books can be downloaded by clicking following links:

[World Para Athletics Rules and Regulations](#)

<https://www.paralympic.org/athletics/rules>