

RULES OF COMPETITION – SUMMARY OF CHANGES 2020

SECTION A – COMPETITION GENERAL RULES

1. GENERAL COMPETITION

1.18 ii. Unacceptable Behaviour.

- ii. While speaking to the athlete, the Referee will hold up a yellow flag indicating that the athlete is being warned. Any repetition of that behaviour, either at that **event** or at a subsequent **event in the current season**, the athlete will be disqualified.

SECTION B – TRACK EVENTS

1. GENERAL RULES

1.1 Ties/Progressions to Next Level

This point has been moved to Section D, 1.2 Progression to Next Level.

1.6 Relay Races

Complete rule from LAA Standard Rules now included.

SECTION C – FIELD EVENTS

1. GENERAL RULES

3.1 Horizontal Jumps

3.1.3 Take-off Board (Long Jump)

i. U6 to U10

- a. A 0.5m x 1.22m mat covered with damp sand, soft earth or any similar materials, where the foot print can be observed, to a depth of 1 to 2 centimetres.
- b. In the long jump, the take-off area should be: -

The take-off area or mat shall be placed at a maximum 0.5m from the leading edge of the landing area

ii. U11 and above

- a. 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 (eg. damp sand) may be placed immediately beyond the take-off line, to a maximum height of 7mm. Where a board of painted take-off area is not available a mat may be used.
- b. The edge of the board, which is nearer to the landing area, shall be called the take-off line.
- c. The distance between the take-off board and the end of the landing area shall be at least 10m.
- d. 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.

Explanation

Adjust to comply with Standard rule change

RULES OF COMPETITION – SUMMARY OF CHANGES 2020

3.1.7 Failure

Delete

- vi. Both feet make a mark in the 0.5m x 1.22m board (U6 to U10)
- vii. The athlete does not take off from 1 foot (U11 to U17)

Explanation

As per Standard Rules.

3.2 High Jump

3.2.6 Increments

The bar to be raised by 5cm increments (for the first 3 heights) then continue to be raised by 5cm increments until there are six or fewer athletes remaining and then by increments of 2cm thereafter until only 1 athlete remains. When only one athlete remains, that athlete may choose the increments.

Explanation

Note: the shaded area above is the LAA Standard Rules. LANSW have added 'for the first 3 heights' as per the RoC 2017.

SECTION D - COMPETITIONS

1. Zone, Region & State

1.2 vi. Direct Entry to Region

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

- All Zones within a Region agree that direct entry to region will be the only option for athletes within their zone. This agreement must be notified to Little Athletics NSW by to the close of entries for the first Zone Championships relevant to the Region Championships and is irrevocable for that season.
- A maximum of 4 athletes from each centre (or a greater number at the discretion of the Zone) in age groups from U7 to U11 are allowed in each event, and no athlete will compete in more than 4 events, excluding the relays.
- In the U12 to U17 age groups, there is no restriction on the number of athletes a centre may enter in an event; however, no athlete will compete in more than 6 events, excluding the relays.
- For Multi-Class events, athletes in the U9/U10 age group may compete in a maximum of 4 events; athletes in the U11/U12 age group may compete in a maximum of 5 events; and athletes in the U13/U14 and U15/U17 age groups may compete in a maximum of 6 events.

Region entries must be through a centre on the approved form. Individually registered athletes can enter using the approved form.

RULES OF COMPETITION – SUMMARY OF CHANGES 2020

1.3 Progression to next Level of Competition

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

i. Track Events

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

ii. Field Events

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

In high jump the following will apply:

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

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

1.12 Exemption from Zone Championships (U12 to U17)

Athletes in the U12-U17 age groups, who are unable to attend their Zone Championships because they have been selected to represent NSW or Australia at a clashing National or International sporting event OR at the Athletics NSW Club Championships, will be able to automatically progress to the relevant Region Championships. The athlete **MUST** actually participate at the event they have been selected for. If for some reason they do not attend a clashing event, they will not be permitted to progress to the Region Championships.

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

The application must be accompanied by documentation verifying their selection for the clashing event. If the exemption is due to the All Schools Athletics, the athlete does need to attach documentation from the clashing organiser, as the list of NSW team members is supplied to Little Athletics NSW.

RULES OF COMPETITION – SUMMARY OF CHANGES 2020

1.13 Exemption from Region Championships (U12 to U17)

Athletes in the U12 to U17 age group (One Sport athletes), may be approved as a “Wild Card” entry into the LANSW State Track & Field Championships, if they have been unable to compete at the Region Championships due to a clashing Athletics Australia event OR an Athletics NSW Permit Meet, and would normally have qualified in the relevant events though to the State Championships based on their level of performance.

The athlete must apply in writing (email would suffice), to Little Athletics NSW, prior to their Region Championships for this automatic progression to be accepted.

The application must be accompanied by documentation verifying their selection for the clashing event, along with their performance for the events they wish to receive a wild card entry for.

1.17 Program for Zone/Region/State

- i. A standard program at Zone / Region / State Championships to consist of: -
 - a. Heats and Finals for 70m, 100m, 200m, 60m/80m/100/110m hurdles (where there are less than 8 entries these events would be conducted as straight out finals)
 - b. 400m, 800m 200m Hurdles and 300m Hurdles will be conducted as timed finals.
NB. Timed final heats will be seeded slowest to fastest using the athletes’ zone or region performances. (The heat with the fastest athletes to be conducted last). Performances from all timed finals will be combined to determine the overall places for each age group. (**Note:** refer to 1.9 for conduct of 800m at State Track and Field Championships).
 - c. Other circular track events will be conducted as pack starts
 - d. Field events (with the exception of High Jump) will consist of 3 rounds with the top 8 (with valid performances at the end of round three) having three additional rounds. (Note the normal rules regarding ties and progression will apply)
- ii. If the Championships need to be altered, due to extenuating circumstances (eg. adverse weather conditions), a compressed program should be used. The decision to compress the carnival shall be made during the carnival if circumstances warrant the change.
A compressed program will consist of: -
 - a. Timed finals for all track events.
 - b. Field events (except for high jump) consisting of three rounds plus one additional round for the top eight.
 - c. The decision to reduce a Championship carnival to a compressed carnival will be made by: -
 - 1) Zone Championships - Zone Coordinator and Carnival Manager, in conjunction with Head of Competition.
 - 2) Region Championships – Region Coordinator and/or Carnival Manager, Region Technical Delegate, in conjunction with Head of Competition.
 - 3) State Championships – Head of Competition, in conjunctions with Carnival Manager and Technical Delegate (if appointed).

RULES OF COMPETITION – SUMMARY OF CHANGES 2020

3. Combined Events

3.1 Point Score

- i. An athlete must attempt to start the track event; enter the circle; or respond to the long jump, high jump or javelin official when called to be considered a athlete.
- ii. An athlete who misses an event shall not be eliminated from the competition, however, they will not be included in the final results. An athlete removed from an event based on advice from the Medical Officer to the appropriate referee or manager shall be included in the final results.
- iii. The point score used will be as approved by LANSW.
- iv. In the event of a tie for a final placing, no countback shall be applied. Tying athletes will be given an equal placing.
- v. Athletes in the U7 to U11 age group will receive minimum points if they fail to receive a measure in shot put, discus or long jump. The minimum points can be no more than those received by the lowest performed athlete in the event.

SECTION E – MULTI-CLASS (INCLUDING REGIONAL CHAMPS)

There are quite a few changes, so the whole section should be read it in its entirety.