

RULES OF COMPETITION – SUMMARY OF CHANGES 2021

Please note that there have been some typographical errors in the RoC issued 2021. See website for further details.

1 EVENT AND EQUIPMENT SPECIFICATIONS

2.1 EVENT SPECIFICATIONS

U6 200m – is now a Pack Start

U8 400m – is now a Pack Start

The above amendments have been brought in line with the Little Athletics Australia National Rules of Competition.

5 GENERAL COMPETITION RULES

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 U9 - 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.

The above amendments have been brought in line with the Little Athletics Australia National Rules of Competition.

7 TRACK EVENTS

7.2 Starting Techniques

- a) 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 the knee off the ground.

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The wording of 'at least' has been added.

1 COMPETITIONS (SECTION)

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, will be able to automatically progress to the relevant Region Championships. **The athlete MUST provide evidence in the way of results to show that they participated at the event they have been selected for. This evidence must be provided to the Competitions Manager at Little Athletics NSW via competitions@lansw.com.au as soon as possible post competition. If for some reason they do not attend a clashing event, they will not be permitted to progress to the Region Championships.**

The athlete must apply in writing (on the Application for Exemption Form, which can be found on the www.lansw.com.au 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 not need to attach documentation from the clashing organiser, as the list of NSW team members is supplied to Little Athletics NSW.

1.13 Exemption from Region Championships (U12 to U17)

Athletes in the U12 to U17 age group, 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 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. 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.

The athlete MUST then provide evidence in the way of results to show that they participated at the event they have been selected for. This evidence must be provided to the Competitions Manager at Little Athletics NSW via competitions@lansw.com.au as soon as possible post competition.