

# LAANSW – GENERAL CHAMPIONSHIP RULES

## Section “A” – Competition General Rules

### 1. General Competition

#### 1.1 Objects

These Rules set down the requirements for competition for all Carnivals conducted on behalf of the Association and are to be used as a guide to centre competition. All Carnivals are to be conducted under the rules set down in the IAAF Handbook, or as otherwise stated in the following rules.

#### 1.2 Eligibility

- i. All competitors up to and including U12 must be registered members of LAANSW Inc.
- ii. Under 13, 14 and 15 competitors must be a registered member of either LAANSW Inc or ANSW.
- iii. Competitors **MUST** compete in their own age group (with the exception of Relay events [Section D 1.7 v], State Relays [Section D 2.1 iii], Cross Country [Section D 4.1 i] and Roadwalks [Section D 5.1 i]. Each ANSW athlete must furnish proof of age with the nomination or entry form.
- iv. Age of Competitors is calculated as at Midnight on the 30<sup>th</sup> September each year.
- v. Protests concerning the status of an athlete to compete in a meeting must be made prior to the commencement of such meeting to the Jury of Appeal, or if no jury has been appointed, the Carnival Manager. If the matter cannot be settled satisfactorily prior to the meeting, the athlete shall be allowed to compete “under protest” (IAAF 146.1).

#### 1.3 Uniform

- i. The Association must approve **ALL** LAANSW centre uniforms.
- ii. **ALL** LAANSW competitors must compete in their registered Centre uniform (IAAF 143.1). Clothing displaying non-approved **logos** must not be worn.
- iii. **ALL** singlets or “T” shirts must be tucked in when in the competition area. If the singlet or “T” shirts come out during the event it will not be a foul. A Competitor must be warned prior to being fouled for not having singlet or “T” shirt tucked in.
- iv. Individual “sponsors” registration numbers are to be worn by **ALL** LAANSW competitors firmly affixed to the front of the uniform top.
- v. “Sponsors” Centre numbers are to be worn by **ALL** LAANSW competitors firmly affixed to the back of the uniform.
- vi. Individual and Centre numbers **must not** be modified and **must** clearly show the sponsor’s name and the number.
- vii. Age numbers are to be worn on the front left hand side of the uniform.
- viii. Competitors registered with ANSW must compete in their approved Club uniform and have their individual registration number firmly affixed to the front and back of their uniform top.
- ix. Approved Centre/ANSW uniform must be worn on the presentation dais.

#### 1.4 Footwear - Spikes

- i. Is compulsory for **ALL** competitors in **ALL** events.
- ii. Spike shoes **MAY NOT** be used in any U6 to U8 event or in any event not entirely run in lanes.
- iii. Competitors in U9 - U15 age groups may wear spikes in events run entirely in lanes, Javelin, Long jump, Triple jump and High jump.

- iv. Any competitor **must not** wear spike shoes with the spikes removed in any event.
- v. Spike shoes must only be worn during the event and **are not** to be worn to and from the event.
- vi. Spike length:
  - a. Synthetic - Track High/Long/Triple/Javelin 7mm Maximum  
9mm Maximum
  - b. Grass - 12mm Maximum

**or** according to ground requirements.

Further Reading - IAAF 143.3, 143.4, 143.5

### 1.5 Starting Blocks

- i. May be used at the discretion of the competitor in events run entirely in lanes. No competitor is compelled to use a crouch start in LAANSW Inc. carnivals (subject to ground regulations).
- ii. Personal blocks are not permitted when starting blocks are provided by the venue.

### 1.6 Lanes

- i. A separate lane shall be provided for each competitor in all races up to and including 400m.
- ii. The 800m shall be conducted in lanes as far as the break out line, with two competitors occupying each lane.
- iii. Where possible pack starts will be started so that the inside competitor shall be in a direct line with the extension of the straight i.e. not on a curve.

### 1.7 Hurdles

All hurdles used are to be 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).

### 1.8 Order of Events

The Carnival Manager shall have the right to alter the order of events.

### 1.9 Competition Area

Competitors and officials only are permitted on the Competition area. Competitors **must** leave the area immediately after the completion of their event.

### 1.10 Calls

- i. Each event will receive 2 calls only.
- ii. Calls **will not** be made for individual competitors for any event.

### 1.11 Competitor Order

- i. Competitors will compete in the order of lane selection for all track events.
- ii. The lane draw for finals will be posted prior to the event.
- iii. In field events, competitors shall compete in the order so drawn.

### 1.12 Assistance to Athletes

- i. At competitions organised by LAANSW, the use by athletes of cassette recorders, radios, CD's, radio transmitters, mobile phone or similar devices in the competition area shall not be permitted (IAAF 144.2).
- ii. For the purpose of this rule the following shall not be considered as unfair aid or assistance:

- a. A hands-on medical examination during the progress of an event by the Medical Officer(s) designated by the Organising Committee provided that it does not delay the conduct of the competition or a competitor's trial in the designated order.
  - b. Verbal or other communication, without the use of any technical device, from an individual who is not in the competition area, but athletes may not engage in verbal or other communication with persons outside the competition area.
  - c. Any athlete contravening these rules 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.
- iii. For the purpose of this Rule the following shall be considered as assistance, though not allowed:
- a. 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.
  - b. use of video or cassette recorders, radios, CD, radio transmitters, mobile phone or similar devices in the arena.
- iv. 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, he will be disqualified from that event.

### 1.13 Protests

- i. Protests must be made by the Team Manager, in writing, within 30 minutes of completion of or posting of the results of the event to the Information Officer, accompanied by a deposit of \$50.
- ii. The deposit will be forfeited if the protest is considered to be frivolous.
- iii. The Referee may decide on the protest or may refer the matter to the Jury of Appeal.
- iv. If the Referee makes a decision, there shall be a right of appeal to the Jury, which must be made within 15 minutes after notification of the Referee's decision.
- v. Where a protest involves disputed finish line placing, Team Managers of athletes involved may view the finish line video solely for the purpose of ensuring that athletes are correctly identified.
- vi. When a protest is lodged, the name of the protesting Centre and the reason for the protest is to be announced.
- vii. Two types of reasons only shall be announced - either on a technicality or on the judges' decision.

### 1.14 Use of Asthma Inhalers

- i. Asthmatics should use their inhalers prior to each event.
- ii. It is advised that inhalers be carried on the person but **MUST NOT** be held in the hand during the running of an event.
- iii. Should an attack of asthma develop during the event, the competitor should:
  - a. Withdraw from the event immediately and may not return to the event.
  - b. Use their medication.
  - c. Contact their family doctor as soon as possible and advise that an attack had developed and seek advice.
- iv. Should an attack develop after the race, the competitor should follow steps b and c above.
- v. Use of inhalers is permitted while waiting at field events, but not during a trial.

### **1.15 Medical Officer**

Medical Officers are appointed by the Competition Manager and must have appropriate first aid or medical qualifications.

### **1.16 Injuries**

- i. The Referee or Manager may call the attending Medical Officer to attend and examine any athlete in obvious stress or pain, due to illness or injury.
- ii. If on the advice of the Medical Officer:
  - a. further treatment is required, and/or
  - b. the athlete should not compete

the athlete should at that point be withdrawn from the event and further events if required. All results up to that point remain.
- iii. Any assistance given to the athlete by the Medical Officer is for medical reasons only and therefore not regarded as assistance to the athlete.

### **1.17 Heat Stress**

On advice from the Medical Officer to the appropriate Referee or Manager, an athlete may be removed from an event, if they appear to be suffering from heat stress.

### **1.18 Ultraviolet Protection**

- i. Australia has the highest frequency of skin cancer in the world. Little Athletics is a summer sport; therefore we need to play an active role in protecting children and officials by setting a good example.
- ii. LAANSW advises all Centre and Carnival Management Committees and parents that it recommends to all parents that during day time competition:
  - a. All children wear suitable hats, unless they so desire to remove them during track and field events.
    - Should the hat be taken off or fall off during Javelin, Long Jump, Triple Jump, Shot Put or Discus no penalty will be incurred.
    - Should the hat 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.)
    - Should the hat fall off during a track event and impedes another athlete the offending athlete may be disqualified.
  - b. Competitors may wear a plain "T" shirt under their competition uniform. (The colouring of such a "T" shirt must be of a neutral colour so that it does not clash with the uniform design or colour. A white "T" shirt would be preferred).
  - c. Officials, parents and children should apply sunscreen to all exposed areas every 2 hours.

### **1.19 LAANSW State Records**

#### **i. Age Groups**

A permanent record shall be kept of LAANSW State Records in the U7 to U15 year's age groups for boys and girls.

ii. **Qualifying Events**

The events at which an LAANSW State Record will be recognised shall be:

- Regional Track & Field Championship provided Association implements are used. (Individual and Relay).
- State Track & Field Championship. (Individual and Relay).
- State Multi Event Championship (Individual and Multi).
- State Relay Championship (Individual {Field} and Relay).
- Trans Tasman Trial (Individual).
- Trans Tasman Challenge (Individual).

iii. **Requirements for Acceptance**

The ground on which the performance takes place must have been surveyed (compliant with IAAF Rule 160) and the Carnival Manager (who should hold a copy of the current certificate of survey) must be satisfied that no athlete has gained an advantage as a result of the ground layout.

- All equipment must comply with IAAF Rules, LAA of NSW Inc Rules and the LAA of NSW Inc Quality Assurance system.
- 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.
- 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).
- The Carnival Manager shall forward a State Record Application Form to the LAANSW Chief Executive Officer, seeking recognition of the record, within **7 days** of the performance. Attached must be a copy of the ground survey certificate and original result and timekeeper's sheets for verification. (Carnival Manager should retain copies.)

**1.20 Unacceptable Behaviour**

- i. The appropriate Referee will speak to an athlete who displays unacceptable or unsporting behaviour. 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 carnival or at subsequent carnivals, the athlete will be disqualified.
- ii. The Carnival Manager will 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.
- iii. If the offence is of a serious nature then immediate disqualification may occur as per IAAF 145.
- iv. The Association is to be notified by the Zone Co-ordinator, if an athlete has been given a yellow flag. The information will be passed on to the Manager of the next Association carnival.