

Section “D” – Competitions

These rules are to be read in conjunction with Section “A” Competition General Rules, Section “B” – Track Events and Section “C” – Field Events.

1. ZONE/REGION/STATE TRACK & FIELD CHAMPIONSHIPS

1.1 Eligibility

- i. All athletes must be registered with LAANSW or ANSW.
- ii. LAANSW athletes can only enter the Zone Championships for the Zone containing their Centre.
- iii. The Centre must forward entries to the Zone Coordinator.
- iv. ANSW (Dual Registered) athletes, must enter through the Zone Co-Ordinator nearest their registered ANSW Club or their home address and produce proof of age at the time of nominating.
- v. Athletes may only compete in one LAANSW Zone Championship in a season.
- vi. Athletes must qualify for LAANSW Regional Championship via a LAANSW Zone Track & Field Championship. The number of entries per Zone will be based upon the number of Zones in the Region.
- vii. Athletes must qualify for LAANSW State Track & Field Championships via an LAANSW Regional Track & Field Championship. Regions will be restricted to three entries per event, however each Region has a rotational turn at qualifying four competitors through to State. The order of rotation being:

Region 1	2002/2003
Region 3	2003/2004
Region 5	2004/2005
Region 2	2005/2006
Region 4	2006/2007

- viii. Regions will be restricted to one relay team, however three nominated Regions may enter one additional team per event as follows:

Regions 3, 4 & 5	2002/2003
Regions 1, 2 & 3	2003/2004
Regions 4, 5 & 1	2004/2005
Regions 2, 3 & 4	2005/2006
Regions 5, 1 & 2	2006/2007

1.2 Entry Restriction by Athletes at Zone Track & Field

- i. A maximum of 4 competitors from each Centre in age groups from U7 to U12 are allowed in each event, and no competitor will compete in more than 4 events, excluding the relays.
- ii. In the U13, U14 and U15 age groups, there is no restriction on the number of competitors a Centre may enter in an event, however no competitor will compete in more than 4 events, excluding the relays.
- iii. Age divisions:

Zone	U7-U15
Region	U8-U15
State	U9-U15.
- iv. Competitors must compete in their own age group.
- v. To be eligible for the relay teams competitors must be registered with LAANSW Inc.

1.3 High Jump

The starting height for high jumps will be as follows:

	Zone	Region	State
U9	0.85m	0.90m	0.95m
U10	0.95m	1.00m	1.05m
U11	1.05m	1.10m	1.15m
U12	1.15m	1.20m	1.25m
U13	1.20m	1.25m	1.30m
U14	1.25m	1.30m	1.35m
U15	1.25m	1.30m	1.35m

1.4 Reserves to Finals

- i. Two reserves are to be nominated for all track finals for which heats have been contested at Zone, Region and State Championships.
- ii. A lane draw for the eight finalists will be posted, with a first and second reserve nominated below the draw. If a reserve is required, due to a finalist withdrawing from the event, then that reserve will compete in the lane allocated to the withdrawing finalist, except in the circumstance of a withdrawing finalist notifying recording prior to the lane draw being posted on the board.
- iii. All listed finalists and reserves attend the marshalling for all final track events.
- iv. A reserve can take their place in the event due to the absence of any listed athlete. An athlete is deemed absent by formally withdrawing from the event or by not reporting prior to the close of marshalling.
- v. Marshalling is deemed closed when the marshal has completed the paperwork and the competitors are released from the marshalling area.

1.5 Heat Stress

Zone and/or Region Co-ordinators are permitted to schedule the 3000m to suit conditions.

1.6 Local Rules

As they may apply, **but they must not contradict** Association Rules.

1.7 Relay Events – Rules of entry

- i. Centre Teams
Centres may enter a maximum of 1 relay team in each division.
- ii. Divisions
 - a. Boys Junior
 - b. Girls Junior
 - c. Boys Senior
 - d. Girls Senior
- iii. Team Composition
 - a. Junior - one athlete from U9, U10, U11 & U12
 - b. Senior - one athlete from U12, U13, U14 & U15
- iv. Eligibility
 - a. Minimum Age - Athletes must be genuine U9 and older.
 - b. Under 12 Years - There must be **different** U12 athletes from the same Centre in the Junior and Senior teams.

- v. Age Substitution
 - a. If a Centre does not have any competitors in one of the specified age groups, actually competing at the Zone Championships, a competitor from the age group below (minimum U9) is allowed to go up one age group for the purpose of entering a relay team. If the team qualifies, the competitor is eligible to progress to Region and State.
 - b. If a centre has no U12 athlete competing at Zone separate U11 athletes may substitute in both the Junior and Senior Relays

1.8 Team Progression - Zone to Region

- i. The Region Co-ordinator, in conjunction with the Zone Co-ordinators may determine the number of relay teams from each Zone Championship that qualify to Region.
- ii. Once the team qualifies athletes may be replaced as required. Replacement athletes must be from the appropriate age grouping i.e. U15 for U15.

1.9 State March Past

- i. In the March Past at the State Track & Field Championships, all teams **must** be in their approved Centre uniform.
- ii. During adverse weather conditions, children are allowed to wear protective clothing authorised by their Centre.
- iii. The Carnival Manager will make the declaration of adverse weather conditions.

2. STATE RELAY CHAMPIONSHIPS

These rules are to be read in conjunction with Section "A" Competition General Rules, Section "B" – Track Events and Section "C" – Field Events.

2.1 Eligibility

- i. Track Relays will run independently of the Field Relays.
- ii. Athletes who compete in the Track Relays **cannot** compete in the Field Relays and vice versa.
- iii. Competitors may compete up 1 age group (minimum age U8) to form a team, however competitors may only compete in 1 age group on the day, and only in events offered for their own age group.
- iv. Athletics NSW Clubs are permitted to enter teams in this Championship, however LAA Centres, where dual registered athletes are concerned, have first call on their own registered athletes.
- v. Centres with a total of **more than** 200 registered members in the age groups U8 to U13 **may not** enter teams in the mixed 4 x 100m relays at next year's State Relay Championships in the age groups U8 to U13.
- vi. Centres eligible to compete in the mixed 4 x 100m Relays may enter a team either in the 4 x 100m mixed or the boys/girls 4 x 100m. They cannot enter a team in both the mixed and the boys/girls event. i.e. 1 team per Centre, per age group, per gender per event.

2.2 Entry Cards

- i. Entry cards must be lodged with the Information Officer by Team Managers 30 minutes prior to the 1st event and must include the competitor's individual LAANSW or ANSW registration number.
- ii. Changes can only be made with the permission of the Carnival Manager up to 30 minutes before the nominated event.

2.3 Uniform

- i. Sponsor's Centre numbers are to be worn by LAANSW and ANSW registered athletes.
- ii. These numbers are to be worn on the front of the Centre uniform top affixed at each corner.

2.4 Substitutes

Reserves nominated on team cards are permitted to compete in the finals of any track event, provided that the Information Officer is notified prior to the running of the event.

2.5 Field Event Competitors

- i. Field Event competitors will have an identification mark, 1, 2, 3 or 4.
- ii. Each competitor is limited to 3 trials (except for High Jump).
- iii. Competitors may only compete in one leg of the paired relays.

2.6 Takeover Zones

- i. 4 x 400m relay
 - a. The first lap will be run entirely in lanes.
 - b. 2nd runners will continue in lanes until the entrance of the back straight where they may cross to any lane if it is safe to do so.
 - c. The first runner must stay within their lane and as far as practicable within the takeover zone until all changes have been made.
 - d. 3rd and 4th runners will be placed on the track in the takeover zone in the order their team crosses the 200m mark.

- ii. 4 x 200m relays
 - a. Start to be on 800m staggers.
 - b. The 1st runner to run in lanes for the 1st bend only. Athletes may cross to any lane, once they enter the back straight, provided it is safe to do so. White hats should be used to help direct the runners into the takeover area.
 - c. 1st change at 200m marks to be in the order of the lane draw for that event.
 - d. 2nd change - 'pack start' formation at the 'start/finish line'.
 - e. 3rd change - 'pack start' formation at the '200m line'.
 - f. Runners at the 2nd and 3rd changes are to be placed on the track, in the order of the incoming runners as they enter the straight.
- iii. In the 4 x 100m Relay a 10 metre acceleration zone is allowed. Competitors are permitted to make a check mark on the track within their own lane, however adhesive tape only may be used.
- iv. In all Relays the baton changeovers must be executed within the specified takeover zone or disqualification will result i.e. the **baton itself must** be within the limits of the change area.

2.7 High Jump

- i. The starting height for the Relay high jumps will be as follows:

a.	U10	0.95m
b.	U11	1.05m
c.	U12	1.15m
d.	U13	1.25m
e.	U14	1.30m
f.	U15	1.30m
- ii. With the bar rising by 5cm increments until an athlete obtains a clear first place. If the athlete is within the vicinity of equalling or bettering the state record, the athlete shall then be offered:
 - a. To continue the competition proper.
 - b. An attempt (3 jumps) at the record by raising the bar to equal or better the record.
 - c. If this attempt falls outside of the 5cm increments i.e. (present record is 1.83m, athlete has cleared 1.80m, elects to attempt record 1.83m, if successful then the athlete may continue jumping at the next 5cm increment 1.85m).
- iii. Points to be allocated by 5cm increments only. No points will be gained by jumping between the 5cm increments.

2.8 Qualification to Finals

- i. In 4 x 100m and 4 x 200m events the heat winners plus the next fastest times shall proceed to the final.
- ii. Placings will be taken into account when times are equal for the last qualifiers.

2.9 Under 8 Teams

Boys' and girls' teams entered in the 4 x 100m and 4 x 200m relays may have a representative from their Centre to place runners on the track.

2.10 Events

TRACK	U8	U9	U10	U11	U12	U13	U14	U15
4 x 100 metres (Boys)	✓	✓	✓	✓	✓	✓	✓	✓
4 x 100 metres (Girls)	✓	✓	✓	✓	✓	✓	✓	✓
4 x 100 metres (Mixed)	✓	✓	✓	✓	✓	✓	✓	✓
4 x 200 metres (Mixed)	✓	✓	No	No	No	No	No	No
4 x 400 metres (Mixed)	No	No	✓	✓	✓	✓	✓	✓
FIELD	U8	U9	U10	U11	U12	U13	U14	U15
Long Jump and Shot Put	✓	No	No	No	No	No	No	No
4 x Discus	✓	No	No	No	No	No	No	No
4 x Long Jump	No	✓	No	No	No	No	No	No
Discus and Shot Put	No	✓	✓	✓	✓	✓	✓	✓
High Jump and Long Jump	No	No	✓	✓	✓	✓	✓	✓

3. STATE MULTI-EVENT

These rules are to be read in conjunction with Section "A" Competition General Rules, Section "B" – Track Events and Section "C" – Field Events.

3.1 Eligibility

Competitors **MUST** compete in their own age group.

3.2 Events

U7	100m; pack start; long jump; discus
U8	100m; pack start; long jump; shot put; discus
U9/12	200m; 60m hurdles; 800m; long jump; shot put; discus
U13	200m; 80m hurdles; 800m; long jump; shot put; discus; high jump
U14G	200m; 80m hurdles; 800m; long jump; shot put; discus; high jump
U14B	200m; 90m hurdles; 800m; long jump; shot put; discus; high jump
U15G	100m; 90m hurdles; 800m; long jump; shot put; discus; high jump
U15 B	100m; 100m hurdles; 800m; long jump; shot put; discus; high jump

3.3 Field Event Competitors

Competitors will receive 3 trials in field events, with no final rounds.

3.4 Track Event Competitors

There will be no finals for track events.

3.5 Disqualification – Track

Competitors will be disqualified for their 3rd false start.

3.6 High Jump Starting Heights

- i. U13 - 1.00m U14 - 1.05m U15 - 1.10m
- ii. The bar shall rise by 5cm increments until:
 - a. In the U13 age group, the height of 1.40m has been attained
 - b. In the U14 and U15 age group, the height of 1.45m has been attained
 - c. Then it shall rise by 3cm increments.

3.7 Point Score

- i. A competitor must attempt to start; enter the circle; or respond to the long jump official when called to be considered a competitor.
- ii. A competitor who misses an event is eliminated from the competition.
- iii. The point score used will be as approved by LAANSW.
- iv. In the event of a tie for a final placing, no countback shall be applied. Tying competitors will be given an equal placing.

4. STATE CROSS COUNTRY

These rules are to be read in conjunction with Section "A" Competition General Rules, Section "B" – Track Events and Section "C" – Field Events.

4.1 Eligibility

- i. Competitors may compete up one age group to form a team, however they may only compete in one age group at the Championships.
- ii. Competitors to be eligible to compete, unless a new registration, must have been a member of the Centre as from May 31st of the current year.
- iii. U7 is the minimum age for competitors.

4.2 Footwear

Spike shoes with or without spikes **MAY NOT** be used in any event.

4.3 Events

U7- U8	800m
U9 - U10	1500m
U11 - U13	2000m
U14 - U15	3000m

4.4 Teams

- i. Each Centre may have as many competitors per event as they wish.
- ii. The 1st 3 placings per Centre comprise a team.
- iii. One team per Centre per event.

5. STATE ROAD WALKS

5.1 Eligibility

- i. Competitors may compete up one age group to form a team, however they may only compete in one age group at the Championships.
- ii. **Competitors to be eligible to compete, unless a new registration, must have been a member of the Centre as from May 31st of the current year.**
- iii. U9 is the minimum age for competitors.

5.2 Events

U9 - U10	1200m
U11 - U13	1500m
U14 - U15	2000m

5.3 Teams

- i. Each Centre may have as many competitors per event as they wish.
- ii. The 1st 3 placings per Centre comprise a team.
- iii. 1 team per Centre per event.

6. TRANS TASMAN TRIALS

These rules are to be read in conjunction with Section "A" Competition General Rules, Section "B" – Track Events and Section "C" – Field Events.

6.1 Eligibility

- i. Only U11 and U12 athletes may compete.
- ii. All athletes must be registered members of LAANSW Inc or ACTLAA.
- iii. Competitors must compete in their own age group.

6.2 Uniform

ACT competitors must wear uniform and numbers as required by their Association.

6.3 Team Selection

- i. Selection for the Trans Tasman Team will be based on the standard of performance of each competitor in each event at the Trials.
- ii. LAANSW Association Selectors will choose a team comprising:
 - **Home Tour**
32 boys from U11 age group + 4 reserves
32 girls from U11 age group + 4 reserves
32 boys from U12 age group + 4 reserves
32 girls from U12 age group + 4 reserves
 - **Away Tour**
36 boys from U11 age group + 4 reserves
36 girls from U11 age group + 4 reserves
36 boys from U12 age group + 4 reserves
36 girls from U12 age group + 4 reserves
- iii. Each country may have up to 12 competitors in the Track, up to 16 in the Shot Put, Discus and High Jump and up to 20 in the Long Jump, with each country nominating the events for the competitors, providing the competitor has at least 2 events and not more than 4 events excluding the relay.
- iv. A maximum of 2 distance events (400m, 800m, 1500m) excluding relays may be competed in by any athlete.

6.4 Events

100m; 200m; 400m; 800m; 1500m; High Jump; Long Jump; Shot Put; Discus.

6.5 Entry Conditions

- i. Athletes can nominate in:
 - a. 2 track and 3 field events or
 - b. 3 track and 2 field events or
 - c. 2 track and 2 field events
- ii. Athletes must compete in a minimum of 2 track and 2 field events to be considered for selection.

6.6 Track Events

- i. Each race is a separate time trial.
- ii. Selection will be based on each individual's performance.
- iii. There will be no finals for track events.
- iv. Competitors will be disqualified for 2 false starts.

6.7 Field Events

- i. Competitors in Long Jump, Shot Put or Discus will have 3 jumps or throws only.
- ii. High Jump
 - a. The bar shall be raised in 5cm increments until 15 competitors remain, then 2cm increments.
 - b. All High Jump competitors must attend the start of the High Jump.
 - c. 3 consecutive failures, regardless of the height at which any of such failures occur, disqualify a competitor from further jumping.

6.8 Qualifying Standards

- i. When competition is a Home tour
 - a. Shot Put
 - U11 Boys & U11 Girls (2kg) - 6m
 - U12 Girls (2kg) - 7m
 - U12 Boys (3kg) - 7m
 - b. Discus (750g)
 - U11 Boys - 19m
 - U11 Girls - 15m
 - U12 Girls - 19m
 - U12 Boys - 23m
 - c. Long Jump
 - U11 Boys & Girls - 3.50m
 - U12 Boys & Girls - 4.00m
 - d. High Jump starting heights
 - U11 Boys & U11 Girls - 1.15m
 - U12 Boys & U12 Girls - 1.25m
- ii. No qualifying standards for away Tours.

6.9 Field Event Venues

- i. Venues for morning field events (Events Nos. 1, 2, 5, 6, 13, 14, 15, 16) will be open between 9.00am and 11.30am.
- ii. Afternoon field events (Event Nos. 21, 22, 23, 24, 27, 28, 31, 32) will be open between 12pm and 2.30pm.
- iii. Competitors in field events should give priority to their track events and complete their field events during the times referred to above.

7. TRANS TASMAN CHALLENGE

These rules are to be read in conjunction with Section "A" Competition General Rules, Section "B" – Track Events and Section "C" – Field Events.

7.1 Rules

All events shall be conducted under the Rules of Competition of the IAAF, or as amended by the host country. In addition the following Rules shall apply.

7.2 Teams

i. Home Tour

a. Each country shall nominate a team comprising:

- 32 boys from U11 age group + 4 reserves
- 32 girls from U11 age group + 4 reserves
- 32 boys from U12 age group + 4 reserves
- 32 girls from U12 age group + 4 reserves

b. Each country may have up to 12 competitors in the Track and up to 16 in the Field, with each country nominating the events for the competitors, providing the competitor has at least 2 events and not more than 4 events excluding the relay.

c. A maximum of 2 distance events (400m, 800m, 1500m) excluding relays may be competed in by any athlete.

ii. Away Tour

a. Each country shall nominate a team comprising:

- 36 boys from U11 age group + 4 reserves
- 36 girls from U11 age group + 4 reserves
- 36 boys from U12 age group + 4 reserves
- 36 girls from U12 age group + 4 reserves

b. Each country may have up to 12 competitors in the Track and up to 16 in the Field, with each country nominating the events for the competitors, providing the competitor has at least 2 events and not more than 4 events excluding the relay.

c. A maximum of 2 distance events (400m, 800m, 1500m) excluding relays may be competed in by any athlete.

7.3 Finals

i. 800m shall be a straight-out final with a split start with 2 start lines.

ii. 1500m shall be a straight-out final with a pack start.

7.4 Trials

i. In respect of the Long Jump, Shot and Discus events, excepting relays, all competitors may have 3 trials, and the best 8 and all ties for 8th place, shall be entitled to 3 further trials.

ii. High Jump

a. The starting heights are:

- U11 years 1.05m
- U12 years 1.15m

b. The high jump bar is to be a round fibreglass type.

c. The bar shall be raised in increments of 5cm until 6 competitors remain, after which it will be raised in increments of 2cm.

iii. Long Jump

The take off area shall be that used as per the host country.

7.5 Relays

i. Track Relays

- a. Competitors may take part in one relay only if selected.
- b. Each country may enter 2 teams in each of the 4 x 100m and 4 x 400m events.

ii. Field Relays

- a. Each country may enter 2 teams, each comprising of 6 competitors.
- b. Each team member shall compete in the Long Jump, Shot Put and Discus sections and shall have one trial at each venue.
- c. The distances attained will be converted into points using the Point Score as approved by LAANSW.
- d. In each event the lowest scoring competitor's points to be deleted from the team's score.

7.6 Substitutions

Event substitution from within the team (inclusive of a maximum number of 4 nominated reserves as per age/sex/group ie. total 16 athletes) may be made at the discretion of the Team Managers, for reasons of genuine illness or injury in all events of the injured/ill athlete, up until the Conference.

7.7 Footwear

Shoes with moulded spikes protruding from the sides of the shoes are absolutely banned.

7.8 Protests

- i. May be submitted in writing only on the Protest Form provided and submitted to the appropriate Referee by the Team Manager/Manageress, and shall be lodged within 30 minutes of the completion of the event.
- ii. The Referee may make a decision on the protest, or may refer the matter to the Jury of Appeal.
- iii. The Jury of Appeal shall consist of three persons, the Carnival Manager, the appropriate Referee and a nominee from the visiting country.
- iv. If the Referee's decision is not accepted, there shall be a right of appeal to the Jury.

7.9 Officials

The visiting country shall be invited to provide one Official at each field event and one for each Track position.

8. SCAMPER

These rules are to be read in conjunction with Section "A" Competition General Rules, Section "B" – Track Events and Section "C" – Field Events.

8.1 Eligibility

- i. Only Tiny Tots, Under 6, 7 and 8 athletes may participate.
- ii. All athletes must be registered members of LAANSW Inc.
- iii. Competitors must compete in their own age group.

8.2 Track Events

The starter or the starter's assistant will allocate competitors lanes.

8.3 Field Events

Field events will consist of 3 trials only.

8.4 Acknowledgement

All athletes will be given an indication of their performance at the conclusion of each event.

8.5 Protests

In keeping with the spirit of the day, no protests will be entertained.