

Little Athletics Association of New South Wales Rules of Competition

Section “A” – Competition General Rules

1.	General Competition	A - 1
1.1	Objects	
1.2	Eligibility	
1.3	Uniform	
1.4	Footwear – Spikes	
1.5	Starting Blocks	A - 2
1.6	Lanes	
1.7	Hurdles	
1.8	Order of Events	
1.9	Competition Area	
1.10	Calls	
1.11	Competitor Order	
1.12	Assistance to Athletes	
1.13	Protests	A - 3
1.14	Use of Asthma Inhalers	
1.15	Medical Officer	A - 4
1.16	Injuries	
1.17	Heat Stress	
1.18	Ultraviolet Protection	
1.19	State Records	
	i. Age Groups	
	ii. Qualifying events	A - 5
	iii. Requirements for Acceptance	
1.20	Unacceptable Behaviour	

Section “B” – Track Events

1.	General Rules	B - 1
1.1	Ties/Progression to Next Level	
1.2	Disqualification	
1.3	Competition	
1.4	Qualifications to Finals	
1.5	Relay Races	B - 2
1.6	Hurdle Races	
1.7	Walks	
	i. Definition of Race Walking	
	ii. Judging	B - 3
	iii. Caution	
	iv. Warning	B - 4
	v. Disqualification	
	vi. Methods of Judging	
	vii. Track Umpires and Referees	B - 5
	viii. Walk Judge Master Sheets	
	ix. Uniforms and Numbers	
	x. Summary of Chief Judge Duties	
	xi. Summary of Judges Duties	B - 6
	xii. Notes for Judges	
1.8	Road Races (Walks)	

2. Timekeepers	B - 7
2.1	Positioning	
2.2	Independence	
2.3	Timing	
2.4	Chief timekeeper	B - 8
3. Place Judges	B - 9
3.1	Positioning	
3.2	Judging	
3.3	The Chief Judge	
4. Starting Panel	B - 10
4.1	The Starter	
4.2	The Recall Starter	
4.3	The Starter's Assistant	B - 11
4.4	The Start	
4.5	False Starts	B - 12
4.6	Positioning	
5. Track Referee	B - 13
5.1	Appointment	
5.2	Responsibilities	
6. Umpires	B - 14
6.1	Duties	
6.2	Responsibilities	

Section "C" – Field Events

1. General Rules	C - 1
1.1	Appointment of Judges	
1.2	Markers	
1.3	Practice Trials	
1.4	Competition Order	
1.5	Clash of Events	
1.6	Competition	C - 2
1.7	Delay	
1.8	Foul	C - 3
1.9	Measuring	
1.10	Ties	
1.11	Progression to Next Level of Competition	
1.12	Absence (from Area of Competition)	C - 4
1.13	Obstruction	
1.14	Results	
1.15	Change of Competition Area	
2. Throwing Events	C - 5
2.1 General Rules		
2.2.1	Implements	
2.2.2	Personal Safeguards	
2.2.3	Throwing Circle	
2.2.4	Landing Sector	C - 6
2.2.5	Safety Considerations in Javelin and Discus	
2.2.6	Record Markers	
2.2.7	Validity of Throws	
2.1.8	Javelin	C - 7
2.1.9	Measuring	C - 8

2.2	Shot Put Specific Rules	C - 9
2.2.1	Putting the Shot	
2.2.2	Officials	
2.2.3	Stop Board construction	C - 10
2.3	Discus Specific Rules	C - 11
2.3.1	Officials	
2.3.2	Discus Cage	
2.4	Javelin Specific Rules	C -13
2.4.1	Officials	
2.4.2	Runway	C - 14
2.4.3	Layout	
2.4.4	Implement Construction	
3.	Jump Events	C - 15
3.1	Long and Triple Specific Rules	
3.1.1	The Runway	
3.1.2	The Landing Area	
3.1.3	Measuring of Run-up	
3.1.4	Validity of Trials- U6 through to U12 – 0.5m x 1.22	
3.1.5	Validity of Trials- U13 through to U15 – 20cm board	
3.1.6	Triple Jump	C - 16
3.1.7	Take Off Area	
	i. U6 to U12	
	ii. U13 to U15	
3.1.8	Construction	
3.1.9	Measuring	C - 17
3.1.10	Officials	
3.2	High Jump Specific Rules	C - 19
3.2.1	Judge	
3.2.2	Validity of Jumps	
3.2.3	Safety	
3.2.4	Measuring	C - 20
3.2.5	Countbacks	C - 21
3.2.6	Officials	
4.	Field Referee	C - 22
4.1	Appointment of Duties	

Section “D” – Competitions

1.	Zone/Region/State Track & Field Championships ...	D - 1
1.1	Eligibility	
1.2	Entry Restriction by Athletes at Zone Track and Field	
1.3	High Jump	D - 2
1.4	Reserves to Finals	
1.5	Heat Stress	
1.6	Local Rules	
1.7	Relay Events – Rules of Entry	
	i. Centre Teams	
	ii. Divisions	
	iii. Team Composition	
	iv. Eligibility	
	v. Age Substitution	D - 3
1.8	Team Progression – Zone to Region	
1.9	State March Past	

2. State Relay Championships	D - 4
2.1 Eligibility	
2.2 Entry Cards	
2.3 Uniform	
2.4 Substitutes	
2.5 Field Event Competitors	
2.6 Takeover Zones	
i. 4 x 400 metres	
ii. 4 x 200 metres	D - 5
iii. 4 x 100 metres	
iv. Baton Changeovers	
2.7 High Jump	
2.8 Qualifications to Finals	
2.9 Under 8 Teams	
2.10 Events	D - 6
3. State Multi-Event	D - 7
3.1 Eligibility	
3.2 Events	
3.3 Field Event Competitors	
3.4 Track Event Competitors	
3.5 Disqualification – Track	
3.6 High Jump Starting Heights	
3.7 Point Score	
4. State Cross Country	D - 8
4.1 Eligibility	
4.2 Footwear	
4.3 Events	
4.4 Teams	
5. State Road Walks	D - 8
5.1 Eligibility	
5.2 Events	
5.3 Teams	
6. Trans Tasman Trials	D - 9
6.1 Eligibility	
6.2 Uniform	
6.3 Team Selection	
6.4 Events	
6.5 Entry Conditions	
6.6 Track Events	
6.7 Field Events	D - 10
6.8 Qualifying Standards	
6.9 Field Event Venues	
7. Trans Tasman Challenge	D - 11
7.1 Rules	
7.2 Teams	
i. Home tour	
ii. Away tour	
7.3 Finals	
7.4 Trials	
i. Number	
ii. High Jump	
iii. Long Jump	D - 12
7.5 Relays	
7.6 Substitutions	
7.7 Footwear	
7.8 Protests	
7.9 Officials	

8. Scamper	D - 13
8.1	Eligibility	
8.2	Track events	
8.3	Field events	
8.4	Acknowledgement	
8.5	Protests	

Section “E” – Event and Equipment Specifications

1. Events	E – 1
2. Hurdles	E – 2
3. Field Equipment		