

Little Athletics Association of New South Wales Rules of Competition

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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 30th 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.

Section “B” – Track Events

These rules are to be read in conjunction with Section “A” Competition General Rules.

1. General Rules

1.1 Ties/Progression to Next Level

- i. In the event of a tie in any heat which affects the qualification of competitors to compete in the final, where practicable, the tying competitors shall both qualify, failing which the tying competitors only shall run off to decide who progresses to the final.
- ii. Where a required number of competitors need to be arrived at, the Referee will arrange for the competitors so tying to run off. All qualifying rounds, ie. Zone, Region to State, must adhere to this rule.
- iii. Run offs will not affect the original placing of the athlete.
- iv. Ties in other placings shall remain (IAAF 167).

1.2 Disqualification

- i. Any competitor jostling, running across or obstructing another competitor so as to impede their progress shall be liable to disqualification (IAAF 163.2-4. Also refer Section A 18 ii [hats]).
- ii. The Referee shall have power to order the race to be re-run excluding the disqualified competitor or, in the case of a heat, to permit any competitors affected by jostling or obstruction (other than a disqualified competitor) to compete in a subsequent round of the race
- iii. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have authority to order the race to be re-run if it is considered just and reasonable to do so (IAAF 124.5).
- iv. The Referee shall have authority to warn, or exclude from the competition, any competitor guilty of improper conduct (IAAF 124.4).

1.3 Competition

- i. In all races run in lanes each competitor shall keep to their allotted lane from start to finish (NFGO Umpire 1.iii and IAAF 163.3).
- ii. A competitor after voluntarily leaving the track or course shall not be allowed to continue in the race (IAAF 163.6).
- iii. Except as provided in IAAF 144, no competitor shall receive assistance during the progress of an event. Assistance is direct help conveyed by any means and includes pacing in races by persons not participating in the race, by runners or walkers lapped or about to be lapped.
- iv. Except in the case of relay races run in lanes, competitors may not make check marks or place objects on or alongside the running track for their assistance (IAAF 163.7 & 170.11).
- v. The following shall not be considered as unfair assistance:
 - a. A hands-on medical examination during the progress of an event by the Medical Officer(s).
 - b. Verbal or other communication, without the use of any technical device, from an individual who is not in the competition area (IAAF 144.2).

1.4 Qualification to Finals

2 heats – 1st, 2nd & 3rd placing plus next 2 fastest times shall proceed to final.

3 heats – 1st & 2nd placing plus next 2 fastest times shall proceed to final.

4 heats - 1st & 2nd in each heat.

5 heats - heat winners plus the next 3 fastest times shall proceed to final.

- i. Placings will be taken into account when times are equal for the last qualifiers.
- ii. Where insufficient starters marshal for heats, that event shall be run as a final at the time of heats.
- iii. Where there is a tie for a place in the final, the qualifier for that place shall be decided by a run-off.
- iv. Where there have been qualifying heats, athletes shall be drawn for lanes in finals according to IAAF 166.2&3. For the purposes of determining the allocation of lanes, where athletes have run in the same heat and have recorded the same time, the higher placed athlete shall be deemed to have run the better time.

1.5 Relay Races

- i. Lines shall be drawn 10m before and after the scratch line to denote the take-over zone within which lines the baton must be passed.
- ii. In races up to 4 x 200m, members of a team other than the first runner may commence running not more than 10m outside the take-over zone. This area is known as 'the acceleration zone' and is denoted by a distinctive mark (IAAF 170.7).
- iii. The passing of the baton commences when it is first touched by the receiving runner and is completed at the moment it is in the hand of the receiving runner only. Within the take-over zone, it is only the position of the baton that is decisive and not the position of the body or the limbs of the competitor (IAAF 170.14).
- iv. When a relay race is being run in lanes, a competitor may make a check-mark on the track within their own lane, eg. by scratching with their shoe, but may not place marking objects on or alongside the track. Where the track is of a material which will not permit scratching with a shoe, adhesive tape only may be used, not chalk or a similar substance (IAAF 170.11).
- v. The baton must be carried by hand throughout the race.
- vi. If dropped, the athlete who dropped it must recover the baton. The athlete may leave their lane to retrieve the baton. Provided this procedure is adopted and no other athlete is impeded, dropping the baton shall not result in disqualification (IAAF 170.13).
- vii. Competitors after handing over the baton should remain in their lanes until the course is clear.
- viii. Should any competitor wilfully impede a member of another team by running out of their lane at the finish of their stage they are liable to cause the disqualification of their team (IAAF 170.15).
- ix. No competitor may run 2 sections for a team.

1.6 Hurdle Races

- i. The hurdle shall be placed so that the edge of the bar nearest the approaching hurdler coincides with the track marking nearest the athlete.
- ii. All races shall be run in lanes and each competitor shall keep to their own lane throughout (IAAF 168.6).
- iii. A competitor who trails their foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance, or jumps any hurdle not in their own lane, or in the opinion of the Referee deliberately knocks down any hurdle by hand or foot, shall be disqualified (IAAF 168.7). Except as provided in the preceding sentence the knocking down of hurdles shall not result in disqualification (IAAF 168.8).

Further Reading - IAAF 126, 144, 163, 170, 168

1.7 Walks

- i. **Definition Of Race Walking**
 - a. Race walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs.
 - b. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position (IAAF 230.1).

Note

- The advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.
- The advancing leg shall be straightened (ie. not bent at the knee) from the moment of first contact with the ground.
- The vertical upright position.

ii. Judging

- a. The appointed judges of racewalking shall elect between them a Chief Judge unless the Officer for Officials has already appointed a Chief Judge for the relevant meeting.
- b. All judges shall act in an individual capacity and their judgements shall only be based on observations by the human eye (IAAF 230.2c).
- c. The number of appointed walk judges for an event, including the Chief, shall comprise a minimum of 4 and maximum of 6 for track, and a minimum of 6 and maximum of 9 for roadwalks.
- d. The independence of judges is extremely important and wherever possible connections between athletes and judges should be avoided.
 - The Carnival Manager shall have the authority to allow judges where such connections exist. Connections means relative, coach or protégé.
 - This is provided there are an insufficient number of available, experienced and qualified judges without such connection.
 - It will be up to individual judges to disclose these connections and to indicate if they wish to stand down for a particular race.
 - At State Championships conducted by LAANSW, members of the same family should not serve as a judge for the same race.
 - This should permit Centres, Zones, Regions etc., to conduct walk events where the only source of judges is local or participating families.

iii. Caution

Any judge can give a "CAUTION" to a competitor when a competitor appears to be in danger of failing to comply with the rules (definition of race walking per 7 i a & 7 i b above).

Note

- Cautions are issued verbally and briefly taking care that remarks do not constitute coaching.
- All remarks should be loud and clear and always in the form
EG "CAUTION No..... for loss of contact or knees"
- A yellow sign or baton shall also be used to indicate that a 'CAUTION' has been given, to ensure that the athlete is aware of the caution.
- For loss of contact ~ a wavy line in black on a yellow background.
- For knees a 45° angle < also in black on a yellow background shall be used.
- A judge can only caution a competitor once for each offence during the event.
- A caution has no bearing on disqualification. It is possible to be cautioned by every judge in the race yet not receive a single warning. This advice is only to indicate to a competitor that their action is deteriorating to a dangerous state.

iv. Warning

- a. A judge gives a "WARNING" for disqualification if a competitor is actually breaking the rules of race walking.
- b. The warning should be given verbally (except U13, U14 & U15 where non-verbal warnings are given) at the time of detection of the actual infringement.
- c. The competitor is to be addressed by their walk number (leg No.) and the word "Warning" is to be used and the reason for the warning given.

EG. No.... WARNING FOR LOSS OF CONTACT or
No.... WARNING FOR KNEES (not straightening leg)
- d. The warning is recorded on the judging pad and forwarded to the Chief Judge as soon as practicable.
- e. A judge may only give a competitor one warning during the event irrespective of the infringement.
- f. If a judge in an event requiring verbal warnings to be given, is not sure a competitor has heard the "WARNING" the Judge should repeat it at the next suitable

Note

- A warning should never be given unless there is absolute certainty the rules have been infringed. Any doubt existing must be given to the competitor and the warning not issued.
- Normally a warning is only given after a caution, however if a competitor is in blatant disregard of the rules, a caution may not be given.
- There are non-verbal warnings for U13, U14, and U15 athletes at all walking events at all Association Carnivals

v. Disqualification

- a. The warning by 3 or more walk judges, that in their opinion a competitor's mode of progression failed to comply with the definition of race walking brings about a disqualification.
- b. Only the Chief Judge may advise a competitor of their disqualification.
- c. Where a competitor is disqualified the Chief Judge shall indicate to such competitor verbally that they are disqualified and give the reasons for the disqualification.
- d. The result of an event shall not become final until the Chief Walk Judge and Track Referee has given the all clear.

vi. Methods of Judging

- a. Prior to each walking event, the Chief Judge or a judge appointed by the Chief Judge, will acquaint the competitors with the judging procedures for the event.
- b. It is imperative that during an event all judges act in an individual capacity and their judging is not influenced by the judging of another judge, per medium of conversation or messages.
- c. The Chief Judge shall allocate judges their judging position.
- d. Walk judges, recorders or messengers shall not use transceivers during the conduct of the event.
- e. If it is so desired, the Chief Judge may have assistance from other people who shall act as recorders and/or messengers. The functions of these messengers/recorders are:
 - To listen carefully to the Chief Judge and record the correct information onto the Chief Judge's master sheet.

- When the Chief Judge so directs, a messenger may be used to collect warnings from the other walk judges stationed around the track/course.
- f. The judges must adequately cover the whole of the track/course, this can be done by having approximately equal distance between judges. There should be no blind spots, judges should judge from the outside of the track/course and not encroach on an area allocated to another judge, but judge from their allotted position as walkers are passing or approaching their section.
- g. If a judge in an event requiring verbal warnings to be given is not sure a competitor has heard the "WARNING" the Judge should repeat it at the next suitable opportunity.
- vii. Track Umpires and Referees**
- a. Track Umpires and Referees shall work during the event to determine the fairness of the competition other than walking rules.
- b. The Track Umpires will be responsible for detecting deliberate impedance or interference by competitors who leave their lane, the track or the course, or who cut corners and reporting it to the Track Referee.
- c. The Track Referee should confer with the Chief Walk Judge and indicate any athletes who are to be disqualified before walk results are finalised.
- viii. Walk Judge's Master Sheet**
- a. A copy of the master sheets of each walk event will be posted on the notice board with the result sheet.
- b. The master sheet is that document which the Chief Judge records the warnings of the judges and themselves and indicates which competitors received three or more warnings.
- c. Judges should be indicated by number and not by name on the notice board copy of the sheet.
- ix. Uniforms and Numbers**
- a. Competitors will comply with the current uniform and number rules of LAANSW or ANSW (in the case of a dual registered athlete).
- b. In addition to this an individual number may be required to be placed on the outside leg of the competitor to assist the judges in competitor identification.
- x. Summary of Chief Judge's Duties**
- a. To place judges in position as required and give them the necessary direction.
- b. To ensure that the appropriate Caution indicators and documentation are issued to the judges and authorised personnel.
- c. Advise recorders and messengers of their duties.
- d. To check with each judge on completion of the event for any last minute warnings.
- e. To re-check judging master sheets and all warnings received. To make a summary of the master sheets. This summary to be placed on the notice board.
- f. To advise Referee, Finish Judges and/or Chief Timekeeper, as may be required, of any disqualified competitor who may have crossed the finish line.
- g. To advise any disqualified competitor of his disqualification.
- h. Judging master sheets are not to be made available for general perusal. They are to be attached to the official results.
- i. Check with Track Referee to see if umpires have reported any other offences.

xi. Summary of Judges' Duties

- a. To be available at least 30 minutes prior to the scheduled start. This time could be varied according to the Carnival Manager.
- b. If for some reason, the Chief Judge has not already been appointed, the appointed judges shall meet and elect a Chief Judge.
- c. To follow the instructions received from the Chief Judge.
- d. If requested by the Chief Judge, advise the competitors of the judging procedures, prior to the start of the event.
- e. To fill in the judging pad correctly and pass it on to the Chief Judge.
- f. To act in an individual capacity.
- g. To report to the Chief Judge after the event and confirm that all warnings have been forwarded and recorded - or hand in any last minute warnings.
- h. To be available to answer any query raised by the Chief Judge seeking details of the reason for warnings given.

xii. Notes for Judges

- a. Do not believe that the proof of a good judge is in how many warnings they give. A good judge can assist more competitors to finish by the judicial use of a caution before an infringement of the rules takes place.
- b. Do not believe that most of the competitors are breaking the rules. Only a small percentage in each race will actually warrant a warning for a disqualification.
- c. The rules of walking are designed to protect a competitor's opponents. Therefore if you form an opinion, act on it immediately. Do not hesitate or you will lose confidence in your judging and become regularly hesitant to act.
- d. Remember, what a competitor may do today is not necessarily what that competitor will do next week. Because a competitor is disqualified today do not pre-judge that competitor for next week.
- e. Do not be influenced by outside opinions. Avoid getting into conversation during the race with judges and spectators as to your opinion, or this could influence the other judges.
- f. In a track race, judge from outside the track position and not from the grass area inside, as often the edge of the track can obscure your view.
- g. Do not let your judging border on intimidation by running close beside the walker and watching. Keep well back, move alongside the competitor, if you wish, but keep your distance.
- h. Lying down on the track is a waste of time, as one can see nothing from this point. The human eye is not fast enough to detect a slight loss of contact from this angle and it is only from some metres back that the full view can be seen and an effective opinion formed.

Further Reading - IAAF 230

1.8 Road Races – Walks (IAAF 240)

The organisers of walking events held on roads must ensure the safety of competitors and where possible, should ensure that the roads used for the competition are closed in both directions and not open to motorised traffic.

2. Timekeepers

2.1 Positioning

It is recommended that the Timekeepers should be:

- placed at least 5m from, and in line with, the finish on the outside of the track, opposite the Judges
- on an elevated stand in order that they may have a good view of the starter and the finish line (IAAF 165.2).

(See photograph 'Timekeepers')

2.2 Independence

- i. The Timekeepers shall act independently from one another:
- ii. Without showing their watches to each other and without discussing times.
- iii. The Chief Timekeeper will record times, and may examine the watches to verify the reported times (IAAF 165.7).
- iv. The Chief Timekeeper shall then decide what are the official times for each competitor and provide the result for publication (IAAF 165.10).

2.3 Timing

- i. Sufficient timekeepers shall be appointed for the number of competitors entered, one shall be the Chief Timekeeper. E.g. 9 athletes 11 timekeepers.
- ii. Three official timekeepers (one of whom shall be the Chief Timekeeper) shall time the winner of every event.
- iii. Where there are 3 watches used:
 - a. If only 2 watches agree, the times shown by the 2 shall be the official time.
 - b. If all 3 disagree, the middle time shall be recorded as the official time.
- iv. Where 2 watches are used and they fail to agree; the slower time shall be accepted as the official time (IAAF 165.9).
- v. The time shall be taken from the flash/smoke of the gun to the moment at which any part of the body of the competitor (ie. "Torso", as distinct from the head, neck, arms, legs, hands or feet) reaches the perpendicular plane of the nearer edge of the finish line (IAAF 165.5).
- vi. For all races timing shall be recorded to one-tenth of a second.
- vii. All times not ending in zero in the second decimal shall be rounded to the next longer 1/10th second, ie. 10.11 shall be read as 10.2 (IAAF 165.8).

2.4 Chief Timekeeper

- i. Should time the winner of every event.
- ii. Should check the watches of the Timekeepers timing the winner.
- iii. Also decides the official time to be recorded for the other placed runners, checking the watches if there is an apparent discrepancy.
- iv. Is also responsible for ensuring that the Judges and Timekeepers are ready before signalling a clearance to the Starter.
- v. Will nominate separate Timekeepers to record each of the minor placing's
- vi. Where possible, shall appoint additional Timekeepers for second and third places.
- vii. Check winning times for new event records.
- viii. Ensure that watches for record times are not cleared prior to being verified by the Chief Timekeeper.
- ix. Upon completion of each event the result sheet shall immediately be filled in and handed to the Recorder (IAAF 124.6). If the result is a record the Referee must sign the result sheet.

Further Reading - IAAF 127, 165

3. Place Judges

3.1 Positioning

- i. The Place Judges must always operate from the same side of the track, preferably from the inside.
- ii. They should be placed on elevated platform at least 5m away from, and in line with, the finish line.

(See photograph 'Place Judges')

3.2 Judging

- i. A Chief Judge will be appointed and will be responsible for allocating Place Judges for all placings.
- ii. Sufficient judges shall be appointed for the number of competitors entered. E.g. 9 athletes 10 judges.
- iii. Place Judges shall:
 - a. Decide the order in which the competitors finish.
 - b. Write down the lane number of the competitor they are placing. These numbers must be written down without the Judge taking their eyes off the finishers.
 - c. Act independently from one another i.e. not discuss placing.
- iv. The competitors shall be placed in the order in which any part of the torso (ie. "Torso", as distinct from the head, neck, arms, legs, hands or feet) reaches the line across the track. Many competitors employ the "dip" finish in which the body is dipped forward just before reaching the tape. They must be sure that in this case the torso has reached the line, not merely the head (IAAF 164.3).

3.3 The Chief Judge

- i. The Chief Judge will ensure that all competitors have been placed prior to advising the competitors' of their placing.
- ii. In any case where they cannot arrive at a decision the Chief Judge shall refer the matter to the Track Referee for decision (IAAF 125.2).

The Chief Judge will notify the Chief Timekeeper when all Judges are ready for the next event.

4. Starting Panel

4.1 The Starter

- i. The Starter has entire control of the competitors on their marks, and is the sole judge of any event connected with the start (IAAF 128.1).
- ii. There is no one to appeal to when difficult decisions have to be made. The Starter's decision is final and not even the Track Referee can overrule it.
- iii. Before the start signal is given, the Starter shall ascertain that the timekeepers and place judges are ready.
- iv. The Starter, who is of the opinion that the start was not a fair one, shall recall the competitors with a shot. If the unfair start is not due to any competitor, no warning shall be given (IAAF 162.8).

4.2 The Recall Starter

- i. One or more Recall Starters shall be assigned to assist the Starter.
- ii. Recall Starters shall be placed so that they can see each competitor assigned to them.
- iii. When the Starter has ordered the competitors to their marks the Recall Starter must see that no competitor has placed fingers, hands or feet on the starting line or in front of it. If any difficulty arises they must signal the Starter immediately (IAAF 129.4) by displaying a red card or flag.
- iv. If the Recall Starter is of the opinion that the start was not a fair one they shall recall the competitors with a shot.
- v. If there is a recalled start the Recall Starter shall advise the Starter of the reason for the recall. The Starter shall decide the action taken.
- vi. The starter may only apply any warning or disqualification.

4.3 The Starter's Assistant

The Starter's Assistants shall:

- i. Check that the competitors are competing in the correct heat or race.
- ii. Check that they are correctly wearing numbers (IAAF 129.1 & 143.7) and footwear and that shirts are tucked in.
- iii. Place each competitor in their correct lane, as listed in the programme, in line approximately 3m behind the starting line.
- iv. A competitor shall not be allowed to compete in a heat other than the one in which their name appears, except by consent of the referee (IAAF 166.5).
- v. Signal the Starter that all is ready.
- vi. Assemble the competitors again when a fresh start is ordered (IAAF 129.2).
- vii. Be responsible for the readiness of batons for the first runners in relay races (IAAF 129.3).

4.4 The Start

- i. In any event where there are more competitors than can be placed in the front row, there shall be a second or more rows as needed. Competitors shall be placed according to draw.
- ii. All races will be started by the report of a gun, but not before all competitors are quite still on their marks (IAAF 162.2).
- iii. In races up to and including 400m the words of the Starter will be, "On your Marks", "Set", and when all the competitors are "Set" the gun will be fired.

- iv. Once the command "On your Marks" has been given, late competitors are not permitted to join the event.
- v. On the command "Set" all competitors shall immediately assume their final "Set" position.
- vi. In all races over 400m the words shall be, "On your Marks", and when all competitors are steady the gun shall be fired (IAAF 162.3).
- vii. If for any reason the Starter has to speak to any competitor after the competitors are on their marks, the Starter shall order all competitors to stand up and the Starter's Assistant shall place them on the assembly line again.
- viii. A competitor must not touch either the start line or the ground in front of it with their hands or feet when on their mark (IAAF 162.4).
- ix. After approximately 2 seconds the athlete's concentration fades, and if it has not been possible to effect the start the competitors should be told to "Stand up". This order should be used whenever something has gone wrong, ie an athlete has indicated they are not set (by raising their hand), or when either the competitor's or the Starter's concentration has been broken. The order will also be used when breaks occur, especially in staggered starts when some athletes may be unaware of what has happened.

4.5 False Starts

- i. If a competitor after the command "On your marks" disturbs the other competitors in the race through sound or otherwise, it may be considered a false start (IAAF 162.5).
- ii. If a competitor leaves their mark with hand or foot after the words, "Set" (laned events excluding 800m) or "On your Mark" (all other events) and before the gun is fired, it shall be considered a false start (IAAF 162.6). **Where a standing start is used an athlete who immediately after the Set command moves either of their feet to take up their final starting position shall be deemed to have complied with the rules of starting.**
- iii. If a competitor fails to comply with the "Set" command after a reasonable time this will constitute a false start.
- iv. Any competitor making a false start must be warned. The Starter's Assistant affects this by raising a yellow flag above the competitor and then placing it on the track behind the competitor.
- v. If a competitor is responsible for 2 false starts, or 3 in the case of multi events, that competitor shall be disqualified.
- vi. When the Starter has not fired, after having said, "Set" and a competitor breaks, the Starter must warn them by indicating the competitor number.
- vii. In practice, when one or more competitors make a false start, others are inclined to follow and strictly speaking any competitor who does so has also made a false start. The Starter should warn only such competitors who in their opinion were responsible for the false start.

4.6 Positioning

When selecting a position for starting, 3 main points must be kept in mind:

- a. Stand well away from the athletes.
- b. See all the athletes in the narrowest possible angle of vision.
- c. Be visible to the timekeepers.
- d. A loudhailer or portable amplifier is an advantage in starting 200m and 400m races.

Further Reading - IAAF 128, 129, 162 & 166

5. Track Referee

5.1 Appointment

A separate Referee shall be appointed for the track.

5.2 Responsibilities

- i. It shall be the responsibility of the Referee:
 - a. See that the rules are observed and explained to the competitors.
 - b. Decide any technical points which arise during the meeting, and for which provision has not been made in the rules.
 - c. Order re-runs of track events (involving only those athletes whose positions are in dispute).
 - d. Check the final result.
 - e. Deal with any disputes/protests.
 - f. Verify records.
- ii. They should be satisfied as to the markings on the track (stagers, take-over zones etc). It is not part of the Referee's duty to check these personally (this will be done by the Carnival Manager) but they should ensure that it has been done.
- iii. To confer with the Chief Walk Judge and indicate any athletes who are to be disqualified for track infringements before walk results are finalised.
- iv. They shall have jurisdiction to decide placing's in a race only when the Judges of the disputed place or places are unable to arrive at a decision (IAAF 124.2).

Note

- i. They should be in a position to watch the whole race in case of obstruction, infringement or interference on the part of any competitor.
- ii. They should ensure that photographers or other unauthorised persons do not hamper the work of the Place Judges and Timekeepers at the finish. If possible the area should be roped off.

Further Reading - IAAF 124, 146, 163, 167.

6. Umpires

6.1 Duties

- i They are assistants to the Track Referee without the power to make any final decisions (IAAF 126.1).
- ii The Track Referee positions them so that they can watch the competition clearly to observe a foul or violation of the rules by any competitor or other person, other than walking rules (IAAF 126.2).
- iii They should not speak to competitors.
(Refer photograph 'Umpires')

6.2 Responsibilities

- i The Umpires will be responsible for detecting:
 - a. Deliberate impedance or interference.
 - b. Competitors who leave their lane, the track or the course.
 - c. Athletes who merge prior to the break-out line.
 - d. Competitors who cut corners.
- ii Should they observe any violation of the rules, they must immediately signal (with a yellow flag) and make a report to the Track Referee. This includes the supervision of take-over points in relay races (IAAF 126.4 & 162.3).
- iii If they observe that a runner has run in a different lane from their own, the Umpire should immediately mark the track with suitable material where the runner ran outside their lane (IAAF 126.4).
- iv If the Track Referee is satisfied, on the report of an Umpire that a competitor has deliberately run outside their lane, the Referee shall disqualify the competitor. If, however, the Track Referee considers such action was unintentional they may at their discretion, not disqualify the competitor if in their opinion no material advantage was obtained or interference caused.
- v In relay races they will indicate to the Referee that the baton changes were correct with a white flag or incorrect with a yellow flag.

Further Reading IAAF 126, 163

Section “C” – Field Events

These rules are to be read in conjunction with Section “A” Competition General Rules.

1. General Rules

1.1 Appointment of Judges

The Chief Judge for each field event shall: -

- i. allocate the duties among the Officials for their respective events.
- ii. inspect the area they are responsible for.
- iii. check for any hazards that may cause injury to the athletes.
- iv. ensure that all facilities comply with the “LAANSW Rules of Competition” and the “IAAF”.

1.2 Markers

- i. A competitor may place alongside the runway one or two markers (supplied or approved by the Organising Committee) to assist them in their run-up and take-off.
- ii. If such markers are not supplied, adhesive tape may be used but not chalk or similar substance (IAAF 180.3) nor anything that leaves indelible marks.
- iii. The use of sharp or pointed markers or anything considered dangerous by the Referee will be prohibited.

1.3 Practice Trials

- i. In field events, at the discretion of the Chief Judge or Carnival Manager, all competitors are allowed up to 2 practice trials before the competition begins.
- ii. Trials are to be made in draw order under supervision.

1.4 Competition Order (then commencement of competition)

- i. The order in which competitors shall take their trials shall be drawn, and where possible their names shall appear in the programme in the order drawn (IAAF 180.4).
- ii. In all events, except for the High Jump, where there are more than eight competitors, each shall be allowed 3 trials and the eight competitors with the best performances shall be allowed three additional trials.
- iii. In the event of a tie for 8th place, any competitors so tying shall be allowed the 3 additional trials. (Tying means, in this case, achieving the same distance, and Rule 180.20 should not therefore be applied).
- iv. The final 8 competitors shall compete in the last 3 additional trials in the inverse order to the ranking of their performance recorded in the first 3 trials.
- v. Where there are 8 competitors or fewer, each competitor shall be allowed 6 trials (IAAF 180.5) regardless of the number of fouls recorded.

1.5 Clash of Events

- i. In all events, except High Jump, where a clash of events occurs, the Chief Judge is empowered to allow the athlete to compete out of round and out of order in all 6 rounds.
- ii. No competitor may have 2 or more trials in succession (Except for events with only 1 competitor or the final competitor in High Jump).
- iii. A competitor cannot demand to have a trial that was missed due to absence.
- iv. The first 3 qualifying rounds of the competition must be completed, and a final 8 determined before any trials from rounds 4, 5 and 6 are taken.

- v. High Jump
 - a. If a competitor is entered in clashing events, the Chief Judge is empowered to allow the competitors to take their trials in an order other than that shown in the programme.
 - b. The competitor cannot demand to make all their trials in succession, or to take any trials of that round in which they have failed to appear.

1.6 Competition

- i. Commencement of Competition
 - a. Competition commences with the first trial in the first round.
 - b. The trials shall commence when the Official responsible indicates to the competitor that all is ready for the trial to begin, and the athlete is called.
 - c. The period allowed for this trial shall commence from that moment (IAAF 180.17, 180.17a).
- ii. Commencement of a Round

A round commences when the first athlete eligible to compete in the round commences their trial.
- iii. Completion of a Round

A round is complete when the last athlete eligible and present to compete in the round completes their trial.
- iv. Completion of Trial
 - a. Throws - a trial is complete when the athlete leaves the circle.
 - b. Long & Triple Jump - a trial is complete when the athlete leaves the landing pit.
 - c. High Jump - a trial is complete when the Chief Judge designates a "fair/foul jump".
 - d. Completion of Competition
 - e. High Jump - the high jump is complete when the last remaining athlete fails or decides to stop.
 - f. All other events are complete when the last round is completed.

Note

The number of rounds in a competition must be clearly stated at the start of the competition and where possible indicated in the programme.

- v. Entry to Competition

Taking into account the definitions above:

 - a. No athlete may enter the competition after the completion of the 3rd round, i.e. High Jump - 3rd round equals 3rd height.
 - b. No athlete may take or have recorded more than 1 trial in each round except for high jump where up to 3 trials are permitted at each height.
 - c. No athlete may take any trials they have missed.

1.7 Delay

- i. Competitors in field events who unreasonably delay taking a trial shall render themselves liable to have that trial disallowed and recorded as a foul.
- ii. It is a matter for the Referee to decide what is an unreasonable delay, but the following time should not normally be exceeded:

- a. Long Jump, Triple Jump, Shot, and Discus, and Javelin - 1 minute.
- b. High Jump – 1 minute, but when only 2 or 3 competitors continue in the competition, the time should be increased to 1.5 minutes, except in Multi Event competitions. If there is only 1 competitor left, then the time should be increased to 3 minutes.
- iii. A time warning may be given to an athlete. Such a warning is indicated by a raised yellow flag, which is kept raised for the last 15 seconds prior to the disallowing of a trial for exceeding the time limit.

1.8 Foul

In all field events if an athlete incurs a foul, they will be told the reason for the foul at the completion of the trial.

1.9 Measuring

- i. The Judges shall judge, measure and record each valid trial of the competitors (IAAF 125.3).
- ii. All measurements shall be made immediately after each valid trial.
- iii. All measurements must be made with steel or fibreglass tapes or bars graduated in centimetres (IAAF 148).
- iv. In measuring all field events, except the High Jump, the zero end of the tape should be placed at the nearest edge of the mark where the implement first lands or where the athlete makes a mark in the pit closest to the take-off.
- v. Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre (IAAF 184.1).
- vi. In High Jump all measurements shall be made, in whole centimetres, perpendicular from the ground with a steel or fibreglass measuring bar to the lowest part of the upper (top) side of the bar (IAAF 181.5).

1.10 Ties

- i. **In all field events, except for High Jump:**
 - a. The 2nd best performance of the competitors tying shall decide the tie. If a tie remains, the 3rd best and so on (IAAF 180.20).
 - b. If athletes in field events are tied for any place after **ALL** count backs have been applied, then equal placing will be declared and medals awarded.
- ii. **High Jump Ties**
 - a. The competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
 - b. If the tie remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
 - c. If the tie remains the competitors shall be awarded the same place in the competition. In Little Athletics there is no jump-off for **placings**.

1.11 Progression to next Level of Competition.

- i. Where a certain number of athletes need to be arrived at for progression to the next level (Zone to Region etc) of competition the principal of elimination shall be used.
- ii. The tying athletes will be required to throw or jump off to determine which athlete/s progress to the next level.

In high jump the following will apply:

- a. Competitors tying shall have 1 more jump at the lowest 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. Competitors so tying must jump on each occasion when resolving the tie (IAAF 181.8 c i).
- iii. Where elimination is used the original placing will not be altered.

1.12 Absence (from area of competition)

- i. In all field events, including Multi Event competitions, competitors may not leave the immediate area of the competition during the competition unless they have the permission of, and are accompanied by an Official.
- ii. Athletes crossing to the outside of the track from a field competition site are considered to be in violation of this rule.
- iii. The immediate area of competition is to be clearly marked or instructions as to what is considered the immediate area should be clearly given.

1.13 Obstruction

If for any reason a competitor is hampered in a trial in a field event, the Referee shall have the power to award that competitor a substitute trial (IAAF 180.16, also refer NFGO "A" 18 ii a. [hats]).

1.14 Results

Upon completion of each event the result sheet shall be immediately filled in and signed by the Referee and handed to the Recorder (IAAF 124.6).

1.15 Change of Competition Area

- i. Referees shall have the power to change the place of the competition in any field event, if in their opinion the conditions justify a change.
- ii. Such a change shall be made only after a round is completed (IAAF 180.19).

2. Throwing Events

These rules are to be read in conjunction with Section "A" Competition General Rules and Section "C" – Field Events 1. General Rules.

2.1 General Rules

2.1.1 Implements

- i. The Association shall provide all implements at Association events.
- ii. No competitor is allowed to use any other implements, or to take them to the competition area (IAAF 187.2).
- iii. In throwing events the implements must be carried back to the throwing area and never thrown (IAAF 187.18).

2.1.2 Personal Safeguards

- i. No device of any kind (e.g. taping of fingers or hand), which in any way assists a competitor when making a throw, shall be allowed.
 - a. **Shot Put:** In order to protect the wrist from injury, a competitor may wear a bandage at the wrist.
 - b. **Discus and Javelin:** The use of tape on the wrist will only be allowed upon the production of a doctor's certificate or authority given by the Medical Officer.
 - c. **Javelin:** A competitor may wear elbow protection.
- ii. The use of tape on the hand shall not be allowed except in the need to cover an open cut.
- iii. In order to obtain a better grip, competitors in throwing events are permitted to use an adhesive substance such as resin or similar substance on their hands only.
- iv. A competitor may not spray or spread any substance in the circle (IAAF 187.8).
- v. In order to protect the spine from injury, a competitor may wear a belt of leather or other suitable material.
- vi. Once the competition has begun, competitors are not permitted to use the circle or ground within the sector for practice trials, with or without implements.

2.1.3 Throwing Circle

- i. Circles shall be made of a band of iron, steel or other suitable material, the top of which shall be flush with the ground outside.
- ii. The interior of the circle may be constructed on concrete, asphalt or other firm, but not slippery, material.
- iii. The surface of the interior shall be level and 14mm-26mm lower than the upper edge of the rim of the circle.
- iv. The inside diameter of the circle shall be 2.50m (+/-5mm) in Discus and in Shot 2.135m (+/-5mm). The rim of the circle shall be at least 6mm thick.
- v. A white line 5cm wide shall be drawn from the top of the metal rim extending for at least 75cm on either side of the circle. It may be painted, or made of wood or other suitable material. The rear edge of the white line shall form a prolongation of a theoretical line through the centre of the circle at right angles to the centre line of the throwing sector.

2.1.4 Landing Sector

- i. The maximum allowance for the overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000 for Shot and Discus.
- ii. Except for the Javelin, the landing sector shall be marked with white lines 5cm wide at an angle of 34.92° such that the lines, if extended would pass through the centre of the circle.
- iii. The 34.92° sector may be laid out accurately and conveniently by making the distance between the two points on the sector lines 20 m from the centre of the circle exactly 12m apart.
- iv. For Javelin, the landing sector shall be marked with white lines 5cm wide such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the parallel lines marking the runway and intersect at the centre of the circle of which the arc is part . The sector is thus 28.95°.
- v. The sector may be accurately laid out by making the distance between the two sector lines 20 m at a point 40 m distance from the centre of the throwing arc along one of the sector lines.
- vi. The sector lines should be continued for a minimum of 65m in Discus, Javelin and 20m in Shot, and their ends marked with red flags.

2.1.5 Safety Considerations in Javelin and Discus

- i. The sector lines should be extended well in excess of the best thrower and their ends marked with a red flag.
- ii. After each throw, the implement should be carried back and not thrown back to the throwing area.
- iii. As these events are usually taking place simultaneously with other track and/or field events, care must be taken in locating the events.
- iv. Where the Javelin cannot be conducted away from the competition area, it is recommended that the javelin runway and flight path be directly parallel and midway between the 2 straights of the track.
- v. All participating athletes and spectators must be kept to the side and well away from these events in case of an inaccurate throw. Only officials should be in the sector and in close proximity to the competition areas.

2.1.6 Record Markers

In all competitions where State Records can be broken a marker shall be placed indicating the current record.

2.1.7 Validity of Throws

In throwing events from a circle:

- i. A competitor **must** commence the throw from a stationary position inside the circle (IAAF 187.13).
- ii. The competitor is allowed to touch the inside of the iron band or stop board.
- iii. It shall be a foul throw if the competitor after entering the circle and **commencing** to make a throw touches with any part of the body the top of the circle or the ground outside or improperly releases the implement in making the attempt.
- iv. In Shot, it shall be a foul throw if any part of the body touches the top of the stop board during the putting of the shot.

- v. Provided that in the course of a trial, the foregoing rules have not been infringed a competitor may interrupt a trial once started.
 - The athlete **may** lay the implement down inside or outside the circle and **may** leave the circle if so desired.
 - When leaving the circle they must step out (as required below) before returning to a stationary position and continue their throw within the time limit (IAAF 187.17, 187.15).
- vi. Competitors must not leave the circle until the implement has landed.
- vii. When leaving the circle the athlete must do so in a controlled manner. The first point of contact with the ground outside the circle shall be completely behind the white line drawn through the centre and extended outside the circle, not less than 75cm on each side (IAAF 187.17).

(Refer photograph 'Leaving the discus circle')
- viii. If the Discus hits the net/cage and falls within the sector lines, it shall not be recorded as a foul.

2.1.8 Javelin

- i. Must be held at the grip and thrown over the shoulder or upper part of the throwing arm and must not be slung or hurled.
- ii. A throw shall be valid only if the tip of the head strikes the ground before any other part of the javelin. **The javelin is not required to stick in the ground.**
- iii. For a valid throw, the tip of the javelin must fall completely within the inner edges of the landing sector (IAAF 193.1b).
- iv. It shall be a foul throw if the competitor, after starting their throw, touches with any part of their body or limbs, the lines marking the runway, the ground outside the runway, or crosses the throwing arc marking the end of the runway (IAAF 187.14d).
- v. It is not a foul if the end of the javelin touches the ground during the run up.
- vi. At no time during the throw, until the javelin has been discharged into the air, may the competitor turn completely around, so that their back is towards the throwing arc (IAAF 193.1c).
- vii. Competitors must not leave the runway until the implement has touched the ground.
- viii. When leaving the runway the first contact with the ground outside the runway, must be completely behind the throwing arc and the two lines marking its extremities (IAAF 187.17).
- ix. A competitor may interrupt a trial once started, **may** lay the implement down inside or outside the runway and **may** leave the runway (as required above), before returning to the runway to continue their throw within the time limit (IAAF 187.17, 187.15).

Note

- It is not a foul if an athlete drops an implement and it does not touch the ground outside the circle or runway.
- The athlete can retrieve the implement and continue the trial within the allocated time.
- If the implement touches the ground outside the circle or runway it becomes a foul.

2.1.9 Measuring

- i. All measurements shall be made immediately after each valid trial.
- ii. The measurement of each throw will be made from the nearest mark made by the fall of the implement to the inside of the circumference of the circle, along a line from the mark to the centre of the circle (IAAF 187.20a).
- iii. For a valid trial, the implement must fall completely within the inner edges of the landing sector (IAAF 187.16).
- iv. In Javelin the measurement of each throw will be made from where the tip of the javelin first struck the ground, to the inside edge of the arc, with the tape being pulled through the point 8m back on the run-up, that being the centre of the circle of which the arc is a part (IAAF 187.20b).

2.2 Shot Put Specific Rules

These rules are to be read in conjunction with Section "A" Competition General Rules and Section "C" – Field Events 1. General Rules and 2 Throws Events.

In this event there are some special points to be watched. IAAF 188.1 states that the shot shall be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting.

With the lighter shot used it is possible to "throw" rather than "put" it, and this would gain a material advantage. The position of the shot in relation to the chin therefore needs careful watching.

At the moment when the athlete begins to drive with the arm, the head (with it the chin) does turn slightly away from the shot. The shot is in exactly the same position as it has been throughout, though it will not be in as close proximity to the chin as in the earlier stage. The athlete should not be penalised on this account.

(Refer photograph 'Shot Put')

Obviously the deciding factor is the hand. If the shot is withdrawn in order to give extra drive, then the hand (and with it the arm and elbow) must move downwards and backwards. If the hand remains stationary then the delivery is a fair one.

2.2.1 Putting The Shot

- i. The shot shall be put from the shoulder with one hand only.
- ii. At the time the competitor takes a stance (i.e. stationary position) in the circle to commence a put, the shot shall touch or be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting.
- iii. The shot shall not be taken behind the line of the shoulders (IAAF 188.1).
 - Close proximity shall be at the discretion of the Chief Judge, but a guide would be that such distance should be about the thickness of a finger (allowing for the athlete to hold their finger(s) between the shot and their neck), and probably not be more than 10mm.
 - The words "the shot shall be put from the shoulder with one hand only", does not mean that the implement has to touch the shoulder prior to release.

2.2.2 Officials

- i. A minimum of 5 Officials is needed: 3 at the circle and 2 in the field.
- ii. Official A (normally the Chief Judge) will:
 - a. Watch the position of the shot throughout the trial (from about 2m from the circle and to the front) on the **side of the "putting" arm** and will read off the measurement of the throw.
 - b. Indicate a fair put with a white flag and a foul put with a red flag.
 - c. Advise the athlete of the reason for any foul.

- iii. Official B will:
Stand on the opposite side of the circle and watch for infringements by the foot and also pulls the tape through the centre of the circle.
- iv. Sector Officials C and D will:
 - a. Mark the fall of the shot with a spike holding the zero end of the tape.
 - b. Return the shot to the competitors. (The shot must always be carried and never thrown).
- v. Official E will:
 - a. Record the result on the Result Sheet and call up competitors.
 - b. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.

Note

- The most likely infringement will be at the front of the circle where the force of the leg drive may cause the competitor to touch the top of the circle or stop board, or even go over it.
- Another infringement may occur at the rim, just to the left of the stop board (for a right handed putter) caused by the right foot being driven hard against the stop board and the left foot pushed forward, and out of the circle to preserve balance.
- Officials should watch for the athlete who, following a poor throw touches the top of the stop board to invalidate the throw.

2.2.3 Stop Board Construction

- i. The board shall be painted white and made of wood or other suitable material in the shape of an arc so that the inner edge coincides with the inner edge of the circle. It shall be placed mid-way between the sector lines, and be so made that it can be firmly fixed to the ground.
- ii. The board shall measure 112mm to 300mm wide, 1.21m to 1.23m (+/- 1cm) long on the inside and 98mm to 102mm high in relation to the level of the inside of the circle.

2.3 Discus Specific Rules

These rules are to be read in conjunction with Section "A" Competition General Rules and Section "C" – Field Events 1. General Rules and 2 Throws Events.

2.3.1 Officials

- i. A minimum of 6 officials is required, 3 operating at the circle and 3 in the field.
- ii. Official A (normally the Chief Judge) will:
 - a. Stand **outside the Discus cage** to the front of the circle and will watch for infringements, which are most likely to occur at the front.
 - b. Indicate a fair throw with a white flag and a foul throw with a red flag and will read off the measurements.
 - c. Advise the athlete the reason for a foul.
- iii. Official B will:
 - a. Stand **outside the Discus cage** and to the rear of the circle.
 - b. Watch for infringements at the rear as the thrower turns and will also pull the tape through the centre of the circle.
- iv. Official C will:
 - a. Record the result on the Result Sheet and call up competitors.
 - b. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.
- v. Officials D & E will:
 - a. Operate in the field watching the sector lines and assist in determining the point of landing.
 - b. Return the discus to the competitors. (The discus must always be carried and never thrown).
- vi. Official F will:

Indicate where the discus lands with the spike holding the zero end of the tape.

Note

Since the landing of a discus is somewhat unpredictable the officials must observe the actual landing carefully. A discus may land in various ways:

- On its front edge, which presents no difficulty.
- Absolutely flat, when it may be difficult to determine the actual point of contact, particularly on hard ground.
- Tilting over as it lands, with the spin imparted by the thrower causing it to cut up the turf. This may appear to be the mark, but a closer examination of the ground in the immediate vicinity will almost certainly show a curved indentation some 5-10cm behind the cut up turf. This is the first mark made by the implement on landing, and it is from here that the measurement is taken.

2.3.2 Discus Cage

- i. All discus throws **must** be made from an enclosure or cage to ensure the safety of spectators, officials and competitors.
- ii. The cage should also be designed, manufactured and maintained so as to stop the discus so there is no danger of it ricocheting off fixed members of the cage, back towards the athlete or over the top of the net. Provided it satisfies this, any form of cage design and construction can be used.

- iii. The cage should be U-shaped in plan (see Preparation of Facilities).
- iv. Provision should be made in the design and construction of the cage to prevent a discus forcing its way through any joints in the cage or the netting or underneath the netting panels.
- v. The netting for the cage can be made from suitable natural or synthetic fibre cord or, alternatively, from mild or high tensile steel wire. The maximum mesh size shall be 50 mm for steel wire and 44mm for cord netting. The minimum size of cord or wire depends on the construction of the cage, but the minimum breaking strain should be 40kg.

2.4 Javelin Specific Rules

These rules are to be read in conjunction with Section "A" Competition General Rules and Section "C" – Field Events 1. General Rules and 2 Throws Events.

2.4.1 Officials

- i. A minimum of 6 Officials are required, 3 operating near the runway and 3 in the field.
- ii. Official A (normally the Chief Judge) will:
 - a. Watch for infringements along the runway and at the front of the arc.
 - b. Determine whether the javelin is held and thrown in accordance with the rules and ensure the javelin has landed before the competitor leaves the runway.
 - c. Indicate a fair throw with a white flag and a foul throw with a red flag and read the measurements.
 - d. Advise the athlete of the reason for a foul.
- iii. Official B will:
 - a. Stand approximately 8-10m behind the arc alongside the runway.
 - b. Pull the tape through the centre of the circle of which the throwing arc is part.
 - c. Assist Official A in determining that the Javelin is thrown in the correct manner.
- iv. Official C will:
 - a. Record the result on the Result Sheet and call up competitors.
 - b. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.
- v. Officials D and E will:
 - a. Operate in the field watching the sector lines and assist in determining the point of landing.
 - b. Return the javelin to the competitors. (The javelin **must** always be carried back to the runway and never thrown).
- vi. Official F will:
 - a. Mark the spot where the point of the javelin first touched the ground.
 - b. Move from the side without taking their eyes off the mark.
 - c. Indicate a fair throw with a white flag and a foul throw with a red flag.
 - d. Mark the point of landing nearest to the runway with a spike holding the zero end of the tape.

Note

- These officials should, where possible, position themselves in line with the point of landing. The actual point of landing may be difficult to find, so it is essential that these Officials watch very carefully.
- Officials must maintain strict control over all throwing; including 'casual' throwing during warm-up and between competition throws. Athletes also have a safety responsibility.

2.4.2 Runway

- i. Shall be marked by two parallel lines, 4m apart, and the throw shall be made from behind an arc or a circle drawn with a radius of 8 m. Such arc shall consist of a strip made of paint, wood or metal 7cm in width, painted white and shall be flush with the ground.
- ii. The runway shall be level and a minimum length of 30m (IAAF 187.9).
- iii. The javelin is thrown from an arc at the end of a runway 30m to 36.5m long.
- iv. The runway shall be marked by two parallel white lines 5cm wide and 4m apart.
- v. The arc at the end of the runway will be from that of a circle drawn with a radius of 8m.
- vi. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be white, 75cm long and 7cm wide.
- vii. The maximum allowance for lateral inclination of the runway shall be 1:100 and the overall inclination in the running direction is 1:1000.

2.4.3 Layout

- i. From the throwing end of the runway measure back along the centre of the runway precisely 8m. Mark this spot with a spike or peg, as it forms the centre of the throwing arc at the end of the runway and of the sector.
- ii. From this point, tension an 8m length of string and scribe an arc at the end of the runway.
- iii. Mark this arc twice to produce a line of width 7cm where the arc meets the sides of the runway, extend the arc ends at right angles to the runway edges for 75 cm. Once again mark these lines twice to produce a line 7cm wide.
- iv. All lines on the entire field are 5cm wide except those that mark the throwing arc for the javelin.

2.4.4 Implement Construction

- i. The shaft of the javelin shall be constructed completely of metal.
- ii. The surface of the shaft shall have no dimples or pimples, grooves or ridges, holes or roughness, and the finish shall be smooth and uniform throughout (IAAF 193.3).
- iii. The shaft shall have fixed to it a metal head terminating in a sharp point.
- iv. A grip shall cover the centre of gravity and shall not exceed the shaft by more than 8mm. The grip shall be of uniform thickness.

3. Jump Events

3.1 Long & Triple Jumps Specific Rules

These rules are to be read in conjunction with Section "A" Competition General Rules and Section "C" – Field Events 1. General Rules.

3.1.1 The Runway

- i. The minimum length provided for the runway shall be 40m.
- ii. The runway should have a minimum width of 1.22m and a maximum width of 1.25m.
- iii. The runway should be marked by white lines 5cm in width.
- iv. Where conditions permit the minimum length should be 45m.
- v. The maximum allowance for lateral inclination of the runway shall not exceed 1:100 and the overall inclination in the running direction 1:1000.

3.1.2 The Landing Area

- i. The landing area shall have a minimum width of 2.75m and a maximum width of 3m.
- ii. It shall, if possible, be so placed that the middle of the runway, if extended, would coincide with the middle of the landing area.
- iii. The landing area should be filled with soft damp sand, the top surface of which shall be level with the take-off board.

3.1.3 Measuring of Run-up

- i. Competitors may use the runway to gain their desired starting point before competition begins.
- ii. Once the competition starts, competitors may re-measure their run-up but the Chief Judge must first grant permission. This further re-measurement must not be made on the runway except where the Chief Judge deems the outsides of the runway unsafe.

3.1.4 Validity of Trials - U6 through to U12- 0.5m x 1.22m

It shall be counted as a foul if:

- a. Any part of the mark made by the competitor's take-off foot protrudes over the front line of the 0.5m x 1.22m board.
- b. In the course of landing, the competitor touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump.
- c. After landing, the competitor walks back through the landing area.
- d. Both feet make a mark in the 0.5m x 1.22m board.
- e. A competitor takes off from outside either end of the take off area, whether beyond or before the extension take-off line.
- f. Any sort of somersaulting is used (IAAF 185.1d).

3.1.5 Validity of Trials - U13 through to U15 - 20cm Board

It shall be counted as a foul if any competitor:

- a. Touches the ground beyond the take-off line so as to leave a visible impression on the plasticine, (or other suitable material, soft earth or sand) with any part of the body, whether running up without jumping or in the act of jumping.
- b. In the course of landing, the competitor touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump.
- c. After landing, the competitor walks back through the landing area.

- d. Does not take off from 1 foot.
- e. A competitor takes off from outside either end of the take off area, whether beyond or before the extension take-off line.
- f. Any sort of somersaulting is used (IAAF 185.1d).
- g. If a competitor takes off before reaching the board it shall not for that reason be counted as a foul (IAAF 185.2).

3.1.6 Triple Jump

- i. In the Triple Jump the hop shall be made so that the competitor shall first land upon the same foot as that from which they shall have taken off, in the step they shall land on the other foot, from which consequently the jump is performed.
- ii. If the competitor while jumping touches the ground with the “sleeping” leg it shall not be considered a foul (IAAF 186.2).

3.1.7 Take-off Area

- i. U6 to U12
 - a. The take-off area shall be constructed of sand or soft earth or a mat covered with sand or soft earth to a depth of 1 to 2 centimetres measuring 1.22m wide by 0.5m.
 - b. The take-off board shall be positioned 0.5m from the edge of the landing area for U6 and U7 athletes and 1 metre for U8 to U12 athletes.
 - c. For the triple jump, 3 take-off areas are required, at 5, 7 and 9m back from the pit. Competitors may change their take-off area as many times as they wish, as long as they notify the officials at the event, prior to each jump.
- ii. U13 to U15
 - a. A board, sunk level with the runway and the surface of the landing area, shall mark the take-off.
 - b. The edge of the board, which is nearer to the landing area, shall be called the take-off line.
 - c. Immediately beyond the take-off line there shall be placed a strip of plasticine or other suitable material (i.e. damp soft earth or sand) for indicating the athlete’s footprint when they have fouled.
 - d. This indicator strip shall be constructed as to rise from the level of the take-off board at an angle of 45° in the direction of the running, to a maximum height above the take-off board of 7mm including the layer of material used.
 - e. The distance between the take-off board and the end of the landing area shall be at least 10m.
 - f. The take-off board shall be not less than 1 metre from the edge of the landing area.
 - g. For the triple jump, 4 take-off boards are required, at 5, 7, 9 and 11m back from the pit.
 - h. Competitors may change their take-off board as many times as they wish, as long as they notify the officials at the event, prior to each jump.

3.1.8 Construction

- i. The take-off board shall be made of wood or some other suitable rigid material and shall measure 1.21m to 1.22m long, 198mm to 202mm wide and maximum 10cm deep.
- ii. It shall be painted white (IAAF 185.7). Where the above is not feasible a painted line on the runway can indicate the take-off area.

3.1.9 Measuring

i. U6 to U12

Jumps can be measured 2 ways:

- a. When any part of the competitor's foot lands on the take-off area, the jump will be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the imprint made in the take-off area by the take-off foot.
- b. When no part of the competitor's foot lands in the take-off area, then the jump will be measured from the nearest break in the landing area made by any part of the body or limbs to the take-off line, or take-off line extended. The measurement **must** be taken perpendicular to the take-off line or its extension.

ii. U13 to U15

- a. In measuring a jump the spike with a zero end of the tape attached, is inserted perpendicularly at the break in the sand nearest the take off line.
- b. The feet of the competitor do not necessarily make this break; if a jumper is off balance it may be any part of their body.
- c. The measurement must be taken perpendicular to the take-off line or its extension (IAAF 185.3).

3.1.10 Officials

i. A minimum of 5 officials is necessary.

ii. Official A (normally the Chief Judge) will:

- a. Act as the take-off judge, who alone will decide the validity of the jumps.
- b. Indicate a fair jump with a white flag and a foul jump with a red flag. Before declaring a "no-jump" for a foot fault, the take-off Official must be satisfied that actual contact with the ground beyond the take-off line has been made.
- c. Advise the athlete the reason for a foul.

- iii. Official B will:
 - a. Operate in the vicinity of the take-off and will hold the tape and read off the measurements.
 - b. Level the take off area in the U6 to U12 age groups or repair the plasticine or other material used to indicate a foot foul in the U13 to U15 age groups.
- iv. Official C will:

Operate on the landing area and with a spike, holding the zero end of the tape, mark the break in the sand from which the measurement is made.
- v. Official D will:
 - a. Rake and level the pit after each trial to ensure a smooth and even surface and landing area.
 - b. A further assistant may be required to assist with the raking with the older age groups.
- vi. Official E will:
 - a. Record the result on the Result Sheet and call up competitors.
 - b. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.

3.2 High Jump Specific Rules

These rules are to be read in conjunction with Section "A" Competition General Rules and Section "C" – Field Events 1. General Rules.

3.2.1 Judge

- i. The Chief Judge should first make sure that the landing area is satisfactory, and that the uprights and cross-bar (including a spare) are in good condition.
- ii. Restraining straps **must** be used for all competition. The use of restraining straps on High Jump equipment avoids the problem of having the bar fall onto the landing bags under the falling body.

(Refer photograph 'High Jump - Restraining Straps')

3.2.2 Validity of Jumps

- i. A competitor may commence jumping at any height above the minimum height and may jump at their own discretion at any subsequent height. **3 successive failures, not necessarily at the same height**, disqualifies the athlete from competing further.

Note

The effect of this rule is that a competitor may forego their second or third jumps at a particular height (after failing first or second time) and still jump at a subsequent height (IAAF 181.2).

- ii. A competitor must take off from one foot (IAAF 182.1).
- iii. Knocking the bar off the supports, or touching the ground or landing area beyond the plane of the uprights with any part of the body without clearing the bar shall count as a failure.
- iv. However, if when jumping, a competitor touches the landing area with a foot and in the opinion of the judge, no advantage is gained, the jump for that reason should not be considered as a failure (IAAF 182.2b).
- v. If the bar falls off without having been knocked by the competitor (eg. due to strong wind) the competitor is not penalised.
- vi. The uprights or posts shall not be moved during competition unless the Referee considers the run up or take-off area has become unsafe. In such a case the change shall be made only after a round has been completed (IAAF 182.7).

3.2.3 Safety

- i. Athletes are to be advised to jump so that they land in the centre of the bags (landing area). If officials are concerned with the manner in which an athlete is jumping (ie. in an unsafe manner), they should ask the athlete to cease jumping and seek coaching in the event. Officials are to warn athletes of the dangers of high jump, if it is not done correctly.
- ii. The minimum area for the landing area is 2.4m by 4.0m. An additional moveable bag is also recommended.

3.2.4 Measuring

- i. Before the commencement of the competition the Judge shall announce to the competitors the starting height and the subsequent heights to which the bar has been raised at the commencement of each round (IAAF 181.1).
- ii. The height of the cross-bar should be checked at both ends to confirm it is horizontal and in the centre to confirm the correct height.
- iii. In the case of a sagging cross-bar measurement is made from the ground perpendicular to the upper edge of the cross-bar at the point where it is lowest (IAAF 181.5).
- iv. In the case of records, the Judges must check the measurement when the cross-bar is placed at the record height and they must re-check the measurement before each subsequent record attempt if the cross-bar has been disturbed since last measured. After a successful clearance, the Chief Judge shall call the Referee to verify the measurement.
- v. Even after all other competitors have failed a competitor is entitled to continue until they forfeit their right to compete further.
- vi. The heights to which the cross-bar is raised shall be decided after consulting with the competitor (IAAF 181.3).
- vii. Each competitor shall be credited with the best of all their jumps, subject to the conditions relating to ties (IAAF 181.21).

Note

Judges should ensure, before starting the competition, that the underside and front of the cross-bar are distinguishable and that the cross-bar is always replaced with the same surface uppermost and the same surface to the front (IAAF 181.6).

Note

At all events from club to State Championships high jump bags/landing area must be bound together by a one-piece fabric fitted cover that binds the mats together into a single unified landing surface.

3.2.5 Countbacks

The following example illustrates the rule on countbacks.

	1.78m	1.82m	1.85m	1.88m	1.90m	1.92m	1.94m	Total Failures	Position
A	-	x0	0	x0	-	xx0	xxx	4	2=
B	0	0	0	x-	x0	xx0	xxx	4	2=
C	0	0	x-	0	xx0	xx0	xxx	5	4
D	0	-	-	xx0	xx0	x0	xxx	5	1

0 = Cleared

X = Failed

- = Did not jump.

- i. A, B, C and D all cleared 1.92m and failed at 1.94m.
- ii. The rule regarding ties comes into operation, as "D" cleared 1.92m on the second attempt, the others taking three, "D" is declared the winner.
- iii. The other three will tie and the Judges add up the total number of failures, up to and including the height last cleared, ie. 1.92m.
- iv. "C" has more failures than "A" or "B", and is therefore awarded fourth place. "A" and "B" share second place, as there is no jump-off for placings in Little Athletics.

3.2.6 Officials

- i. A minimum of 4 officials is required.
- ii. Official A (normally the Chief Judge) will:
 - a. Rule on the validity of the trial and indicate a fair jump with a white flag and a foul jump with a red flag.
 - b. Measure the bar as it is raised and announce the new height to the competitors.
- iii. Officials B and C will:
 - a. Stand well away from the uprights when during trials to avoid distracting the competitors, but in line with the plane of the uprights.
 - b. Replace the bar as required.
- iv. Official D will:
 - a. Call up the competitors and record the results. In marking the sheet a jump is recorded thus:
 - A clear jump is an 'O'.
 - A failure is an 'X'.
 - A jump not taken is a 'P'.
 - All attempts must be recorded.
 - b. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.
- v. There is a mistaken belief that provided the jumper scrambles off the landing area before the bar falls, it does not count as a failure. **This is quite wrong, and there is no rule to this effect.**
- vi. Officials must watch very carefully, particularly when there is a wind blowing, and must make up their mind whether the cross-bar fell as a result of the jumper knocking it, or whether the wind was the true cause of it falling. Prior to a athlete making an attempt, the cross-bar may be steadied by an official up to the last possible moment.

4. Field Referee(s)

4.1 Appointment & Duties

- i. Separate Referees shall be appointed for jumps and throws and for events outside the stadium (IAAF 124.1).
- ii. It shall be the responsibility of a Referee to:
 - a. Ensure that the rules are observed and explained to the competitors.
 - b. Decide any technical points that arise during the Carnival, including those not covered by the rules (IAAF 124.2)
 - c. Ensure the Chief Judges correctly supervise the measurement of performances.
 - d. Check and sign the final results.
 - e. Deal with any disputed points (IAAF 124.3).
 - f. Verify that records have been correctly measured and verify High Jump record attempts are measured prior to trials being taken.
- iii. The appropriate Referee shall rule on any protest or objection regarding the conduct of the competition. They shall have authority to warn, or exclude from the competition, any competitor guilty of improper conduct (IAAF 124.4).
- iv. Protests concerning the status of an athlete to compete in a Carnival must be made prior to the commencement of such Carnival to the Jury of Appeal, or if no Jury has been appointed, to the Referee. If the matter cannot be settled satisfactorily prior to the Carnival the athlete shall be allowed to compete "under protest" (IAAF 146.1).
- v. If in the opinion of the Referee circumstances arise at any Carnival so that justice demands that any event should be contested again, the Referee shall have the power to declare the event void and such event shall be held again, either on the same day or on some future occasion (IAAF 124.5).
- vi. If for any reason a competitor is hampered in a trial in a field event, the Referee shall have the power to award that competitor a substitute trial (IAAF 180.16).

Note

- It is desirable that Referees visit the ground prior to the meet.
- They should check the landing areas, runways, takeoff areas, circles and boards, making sure that everything is in order.
- During the Carnival they should move around checking measurements, observing the way officials are carrying out their duties, speeding up things where officials and/or competitors are unnecessarily slow.
- They must be familiar with the rules in this booklet.

Further Reading - IAAF 124

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.

Section "E"

Event and Equipment Specifications

1. Event Specifications

	CENTRE ONLY	CENTRE & ZONE ONLY	CENTRE, ZONE & REGION	ZONE, REGION & STATE						
TRACK	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
70 metres	✓	✓	✓	✓	✓					
100 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 metres	No	No	✓	✓	✓	✓	✓	✓	✓	✓
Pack Start	300m	500m	700m							
800 metres	No	No	No	✓	✓	✓	✓	✓	✓	✓
1500m	No	No	No	No	✓	✓	✓	✓	✓	✓
3000m	No	No	No	No	No	No	No	✓	✓	✓
Walk	No	No	No	700m	1100m	1100m	1500m	1500m	1500m	1500m
Hurdles	No	No	60m	60m	60m	60m	60m	80m	80G-90B	90G-100B
200m H'dles	No	No	No	No	No	No	No	✓	✓	✓
Relay	Shuttle									
Relay Jnr										
4 x 100m	No	No	No	✓	✓	✓	✓	No	No	No
Relay Snr										
4 x 100m	No	No	No	No	No	No	✓	✓	✓	✓
FIELD	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
High Jump	No	No	No	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump	No	No	No	No	No	✓	✓	✓	✓	✓
Discus	350g	350g	500g	500g	500g	750g	750g	750g G 1kg B	1kg	1kg
Shot Put	1kg Blue	1kg Blue	1.5kg Yellow	2kg Orange	2kg Orange	2kg Orange	2kg G 3kg B	3kg White	3kg G 4kg B	3kg G 4kg B Red
Javelin	No	No	No	No	No	No	No	400g G 600g B	600g	600g
ROADWALKS	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
1200m	No	No	No	✓	✓					
1500m	No	No	No	No	No	✓	✓	✓		
2000m	No	No	No	No	No	No	No	No	✓	✓
CROSS COUNTRY	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
800m	No	✓	✓							
1500m	No	No	No	✓	✓					
2000m	No	No	No	No	No	✓	✓	✓		
3000m	No	No	No	No	No	No	No	No	✓	✓

2. Hurdle Specifications

Age group	Distance	Run in	Separation	Run out	Flights	Height
Under 8 Boy	60 metre	12 metre	7 metre	13 metre	6	45 cm.
Under 8 Girl	60 metre	12 metre	7 metre	13 metre	6	45 cm.
Under 9 Boy	60 metre	12 metre	7 metre	13 metre	6	45 cm.
Under 9 Girl	60 metre	12 metre	7 metre	13 metre	6	45 cm.
Under 10 Boy	60 metre	12 metre	7 metre	13 metre	6	60 cm.
Under 10 Girl	60 metre	12 metre	7 metre	13 metre	6	60 cm.
Under 11 Boy	60 metre	12 metre	7 metre	13 metre	6	60 cm.
Under 11 Girl	60 metre	12 metre	7 metre	13 metre	6	60 cm.
Under 12 Boy	60 metre	12 metre	7 metre	13 metre	6	68 cm.
Under 12 Girl	60 metre	12 metre	7 metre	13 metre	6	68 cm.
Under 13 Boy	80 metre	12 metre	7 metre	12 metre	9	76 cm.
Under 13 Girl	80 metre	12 metre	7 metre	12 metre	9	76 cm.
Under 14 Girl	80 metre	12 metre	7 metre	12 metre	9	76 cm.
Under 14 Boy	90 metre	13 metre	8 metre	13 metre	9	76 cm.
Under 15 Girl	90 metre	13 metre	8 metre	13 metre	9	76 cm.
Under 15 Boy	100 metre	13 metre	8.5 metre	10.5 metre	10	76 cm.
Under 13 Boy	200 metre	20 metre	35 metre	40 metre	5	68 cm.
Under 13 Girl	200 metre	20 metre	35 metre	40 metre	5	68 cm.
Under 14 Boy	200 metre	20 metre	35 metre	40 metre	5	76 cm.
Under 14 Girl	200 metre	20 metre	35 metre	40 metre	5	76 cm.
Under 15 Boy	200 metre	20 metre	35 metre	40 metre	5	76 cm.
Under 15 Girl	200 metre	20 metre	35 metre	40 metre	5	76 cm.

3. Field Equipment Specifications

		Weight		Diameter		Colour
		Minimum	Maximum	Minimum	Maximum	
Shot put	1 Kilogram	1 Kilogram	1.025 Kg	76mm	86mm	Blue
	1.5 Kilogram	1.5 Kilogram	1.525 Kg	76mm	86mm	Yellow
	2 Kilogram	2 Kilogram	2.025 Kg	76mm	90mm	Orange
	3 Kilogram	3 Kilogram	3.025 Kg	85mm	110mm	White
	4 Kilogram	4 Kilogram	4.025 Kg	95mm	110mm	Red

		Weight		Diameter		Material
		Minimum	Maximum	Minimum	Maximum	
Discus	350 gm	350 gm	375gm	119mm	121mm	Compound
	500 gm	500 gm	525 gm	134mm	136mm	Compound
	750 gm	750 gm	775 gm	154mm	156mm	Compound
		750 gm	775 gm	154mm	156mm	Plastic & metal
	1 Kilogram	1 Kilogram	1.025 Kg	180mm	182mm	Compound
1 Kilogram		1.025 Kg	180mm	182mm	Plastic & metal	
1 Kilogram		1.025 Kg	180mm	182mm	Wood & metal	

		Weight		Length	
		Minimum	Maximum	Minimum	Maximum
Javelin	400 gm	400 gm	425 gm	1.85 M	1.95 M
	600 gm	600 gm	625 gm	2.20 M	2.30 M