



Standard Rules for Competition of Little Athletics Australia 2015-2016

These Rules and instructions are a collection of the relevant Little Athletics Australia (LAA) Standard Rules for Competition, Little Athletics Australia (LAA) ALAC Rules for Competition and the Little Athletics Australia (LAA) Standard Events and Specifications.

Unless otherwise specified in this regulation, the International Association of Athletics Federations (IAAF) Rules and Regulations will be used and applied as found in the IAAF official handbook.

REVISION DATE: August 2015

PREFACE

Little Athletics competitions in Australia are conducted in accordance with the Competition Rules of the IAAF currently in force with modifications provided for in these Rules.

That the following rules must be applied for all Competitions conducted within Little Athletics by Affiliated Associations and are applicable to the Standard Events of Australian Little Athletics. Except as otherwise provided in these rules, all competition will be conducted in accordance with the International Association of Athletics Federations (IAAF) rules of competition. The exceptions to the IAAF Rules stated in these rules have been modified to be age appropriate for children and young people from the age of Under 9 to Under 15.

Affiliated Associations must advise the LAA BoM to modify and/or apply local rules of competition.

Where it has been decided that the IAAF Rules are not indicative or correct for athletes in the standard age groups covered by Little Athletics Australia (LAA), the IAAF Rule or part thereof has been rewritten to reflect the nature and abilities of athletes in the various age groups.

At any time where there is doubt about the application or interpretation of these rules, the benefit of that doubt shall be in favour of the athlete.

There are a number of rules relating to Affiliated Associations Championships and their processes which are not covered by IAAF and these have been listed in a separate document by each Association. Each LAA Association will be expected to adopt the LAA Standard Rules for Competition, and may make Association-based additions to satisfy their local requirements.

Individual Association Grievance procedures will deal with any dispute related to competitions under these Rules where processes have been exhausted through these Rules.

For Athletes and Officials participating in competitions covered under these Rules, you will need to have an understanding of BOTH the IAAF Rules booklet and this document.

From time to time the IAAF, Athletics Australia, Little Athletics Australia and other bodies may release new versions of the Rules or Technical documents. The LAA National Technical Committee will first assess these changes and make recommendations to the LAA Board of Management and then will update these rules to reflect any changes if required.

IAAF 2014 – 2015 RULE BOOK

Online copies of the current IAAF 2014 – 2015 Rule Book can be downloaded from the following IAAF Website:

<http://www.iaaf.org>

On the menu at the bottom centre of the page, click OFFICIAL DOCUMENTS. On the IAAF DOCUMENTS LIBRARY page click RULES & REGULATIONS. From here download the Competition Rules 2014-15 in the appropriate language.

Alternatively, you can go directly to the following page:

<http://www.iaaf.org/about-iaaf/documents/rules-regulations>

NATIONAL TECHNICAL COMMITTEE

The National Technical Committee (NTC) is a committee with specific expertise and experience to administer the process of advice and direction where changes to the Technical Rules pertaining to competition are required.

OBJECTIVES

1. To ensure the LAA Technical Rules reflect the abilities and relevant skills of age groups.
2. To conform the LAA Technical Rules to the IAAF Technical Rules.
3. To establish changes in trends, materials and technology that may impact the Rules and participants well-being.

STRUCTURE

The NTC is made up of a representative from each of the seven affiliated LAA Associations, usually the Technical/Competition Director or similar. The NTC is chaired by the LAA Competition and Standards Director, and the Committee meet twice a year.

PROCEDURE

1. All proposed Technical Rule changes will be reviewed by the NTC and any proposed changes for implementation will be presented for approval at the LAA biannual Conference.
2. Rules, once approved and confirmed, will be distributed to affiliated State Associations for dissemination to their members.
3. Proposed Technical Rule changes should be submitted to the LAA National Technical Committee for review prior to the bi-annual NTC meeting.
4. The body intending to propose a Technical Rule change can submit their proposal by either:

Mail: National Technical Committee - Little Athletics Australia,
Ground Floor, Athletics House,
31 Aughtie Drive,
Albert Park, VIC 3206

Email: admin@littleathletics.com.au

5. The LAA National Technical Committee will acknowledge receipt of the submission and address it as soon as practical.

How to use this document:

The IAAF Rules apply to Little Athletics competitions. However, Little Athletics is a modified sport, and some modifications to these Rules may be made.

Where a whole IAAF Rule or part of an IAAF Rule is modified, the modification will be listed.
This document will be used in conjunction with the IAAF handbook.

These rules apply to National and Association competitions. Please refer to your Association rules for local competition rules.

Objects

That the following rules must be applied for all Competitions conducted within Little Athletics by Affiliated Associations and are applicable to the Standard Events of Australian Little Athletics. Except as otherwise provided in these rules, all competition will be conducted in accordance with the International Association of Athletics Federations (IAAF) rules of competition. The exceptions to the IAAF Rules stated in these rules have been modified to be age appropriate for children and young people from the age of Under 9 to Under 15.

Affiliated Associations must advise the LAA BoM to modify and/or apply local rules of competition.

Interpretation

At any time where there is doubt about the application or interpretation of these rules, the benefit of that doubt shall be in favour of the athlete.

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CHAPTER 3 – MEDICAL

SECTION 2 – MEDICAL RULES

Rule 51 Medical / Safety Services at Competitions

IAAF Rule 51 has been replaced by the following:

1. If on the advice of the Medical Officer:
 - a) Further treatment is required; and/or
 - b) The athlete should not compete further;

The athlete should at that point be withdrawn from the event and, if required, further events. All results up to that point remain.

2. On advice from the Medical Officer to the appropriate Referee, an athlete may be removed from an event if they appear to be suffering from heat stress, an asthma attack or any other medical condition which poses a serious risk of injury.
3. Asthmatics should use their inhalers prior to the event if necessary and shall be allowed to take their inhalers to the event site. Asthma inhalers may be carried by an athlete during the event but must not be held in the hand.
4. If the inhaler is used after the event has commenced, the athlete is required to withdraw immediately and may not return to the event.
5. If following the application of Rules 51.2 and 51.3 the athlete returns to competition and suffers a further asthma attack, they shall be immediately removed from that and all other events and seek medical treatment

CHAPTER 4 – DISPUTES

Rule 60 Disputes

Please refer to local Association Rules.

CHAPTER 5 – TECHNICAL RULES

STANDARD EVENTS:

1. That Australian Little Athletics shall determine a list of standard events for the Under 9 to Under 15 age groups. Such events and their specifications shall be listed in this document as Table 1 and must be offered by all Affiliated Associations in their Association Championship(s).
2. That Australian Little Athletics shall determine a list of recommended Standard Events and Specifications for the Under 6 to Under 8 age groups and a list of events that must not be offered for those age groups at any level of competition. Such events and their specifications shall be listed in this document as Table 2 and Table 3.

Effective Commencement of 2015/2016 season

3. Associations may, at their discretion, conduct additional events at State Championships or at any other level where these clearly do not contradict any properly documented medical, safety or philosophical requirements of the LAA. The LAA must be kept up-dated as to listings of such events.
4. Events deemed inappropriate for inclusion at all levels of competition by all affiliated Associations:
 - All events over 8km
 - Pole Vault
 - Hammer Throw
 - Steeplechase
 - All events, Track or Field, which are not recommended for any level of competition after having been considered by the LAA for the specified gender/age group(s).

Table 1 – Standard Events

STANDARD														
	9		10		11		12		13		14		15	
	G	B	G	B	G	B	G	B	G	B	G	B	G	B
70 metre	X	X												
100 metre	X	X	X	X	X	X	X	X	X	X	X	X	X	X
200 metre	X	X	X	X	X	X	X	X	X	X	X	X	X	X
400 metre	X	X	X	X	X	X	X	X	X	X	X	X	X	X
800 metre	X	X	X	X	X	X	X	X	X	X	X	X	X	X
1500 metre					X	X	X	X	X	X	X	X	X	X
60 metre hurdles (45)	X	X												
60 metre hurdles (60)			X	X	X	X								
60 metre hurdles (68)							X	X						
80 metre hurdles									X	X	X			
90 metre hurdles												X	X	
100 metre hurdles														X
200 metre hurdles													X	X
700 metre Walk	X	X												
1100 metre Walk			X	X	X	X								
1500 metre Walk							X	X	X	X	X	X	X	X
4 x 100 metre Relay	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Long Jump (mat)	X	X	X	X	X	X	X	X						
Long Jump (board)									X	X	X	X	X	X
Triple Jump (mat)					X	X	X	X						
Triple Jump (board)									X	X	X	X	X	X
High Jump	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Shot Put (2kg – orange)	X	X	X	X	X	X	X							
Shot Put (3 kg – white)								X	X	X	X	X	X	
Shot Put (4 kg – red)														X
Discus (500 gm)	X	X	X	X										
Discus (750 gm)					X	X	X	X	X					
Discus (1 kg)										X	X	X	X	X
Javelin (400 gm)							X	X	X		X			
Javelin (500 gm)													X	
Javelin (600 gm)										X		X		
Javelin (700 gm)														X

Table 2 – Recommended Standard Events (U6 – U8)

The events listed in table 2 are the recommended standard events that could be offered to U6 – U8. Events must not exceed the distances and or specifications as listed.

	U6	U7	U8
Walks	N/A	N/A	Up to and including 700m
Sprints	Up to and including 100m	Up to and including 200m	Up to and including 200m
Hurdles	60m, max height 200mm	60m, max height 300mm	60m, max height 450mm
Middle Dist	Up to and including 300m (pack start)	Up to and including 500m (pack start)	Up to and including 700m (pack start)
Throws	Shot - 1kg Discus - 350g Vortex - 300g	Shot - 1kg Discus - 350g Vortex - 300g	Shot - 1.5kg Discus - 500g Vortex or Turbo Jav - 300g
Jumps	Long (using a mat & or sand)	Long (using a mat & or sand)	Long (using a mat & or sand) High (scissors only - bar or flexy rope)
Relay	Max leg of 100m	Max leg of 200m	Max leg of 200m

Table 3 – Must Not Offer Events (U6 – U8)

The events listed below **must not** be offered at any level of competition for these age groups.

Table 2	U6	U7	U8
Walks	Any	Any	Distances greater than 700m
Throws	Javelin/Turbo Jav	Javelin/Turbo Jav	Javelin
Jumps	Triple Jump High Jump	Triple Jump High Jump	Triple Jump

GUIDELINES FOR TRIALING AN EVENT:**Equipment Specification**

- It must be ensured that all equipment and specifications are in strict accordance with that as advised by the LAA.

Trialists

- The trialist must only be the age and gender as specified suitable for the event. It is not permissible to “experiment” outside these specifications.

The Trial

- The trial must be conducted under normal conditions.

Safety

- At all times, the appropriate safety considerations must be adopted.

Conduct of the Trial

- The trial shall be conducted with the greatest number of athletes in each age/gender group(s) possible.

Duration of the Trial

- The trial shall be for a maximum of two years.

Reporting of the Trial

- The following points are to be reported:
 - I. age, gender and number of athletes involved in each trial;
 - II. safety considerations;
 - III. event acceptance by athletes;
 - IV. ability of athletes to learn and perform the event, level of skill attained;
 - V. compare those skill levels to other events if possible;
 - VI. determine whether modifications etc. are required by consulting participating athletes/officials; and
 - VII. final evaluation should give an overall judgement on the event as to its viability:
 - as an additional event;
 - to replace an existing event;
 - not to be adopted for a particular gender/age group; or
 - not to be adopted for any gender/age group.

Australian Best Performance cannot be claimed when an event is classified as a Trial Event or Modified Trial Event. If the event or modification is adopted as standard by LAA, retrospective claims can be submitted for ratification.

SECTION 1 – OFFICIALS**Rule 113 Medical Delegate**

IAAF Rule 113 has been replaced by the following:

1. A Medical Officer, with appropriate first aid or medical qualifications, should be appointed at each athletics competition.
2. A Referee may call the attending Medical Officer to examine any athlete in obvious stress or pain, due to illness or injury.

Rule 119 Jury of Appeal

IAAF Rule 119 has been replaced by the following:

1. The Appeal will be heard by the Jury of Appeal which will consist of 3 or 5 members. Associations directly involved in the Appeal are ineligible to sit on the Jury of Appeal. In the event there are less than 3 eligible Associations to hear the Appeal, Executive member/s will form part of the Jury of Appeal (excluding the Competition and Standards Director).

Rule 125 Referees

IAAF Rule 125 has been replaced by the following:

1. Separate Field event Referees shall be appointed for jumps and throws.
2. It shall be the responsibility of a Referee to:
 - a) Ensure that the field officials prepare and set up their respective areas and have them ready for inspection by the Referee a minimum of 15 minutes prior to the commencement of the first event of the day.
 - b) Ensure that the rules are observed and explained to the competitors.
 - c) Decide any technical points that arise during the competition, including those not covered by the rules
 - d) Ensure the Chief Judges correctly supervise the measurement of performances.
 - e) Upon completion of each event check and sign the final result sheet and immediately hand to the Recording Area.
 - f) Deal with any disputed points.
 - g) Verify that records have been correctly measured and verify High Jump record attempts are measured prior to trials being taken.
3. The appropriate Referee shall rule on any protest or objection regarding the conduct of the competition.
4. They shall have authority to warn or exclude from competition, any competitor guilty of improper conduct.

Rule 126 Judges

IAAF Rule 126.2 has been replaced by the following:

1. If place judges are used then the following applies:
 - a) The Place Judges determine the official placings when hand timing or gate timing is used. They may be used when a Photo Finish System is in use, but only as a back-up for system failure.
 - b) The Place Judges must always operate from the same side of the track, preferably from the inside and where possible be placed on an elevated platform at least 5m from, and in line with, the finish line and post.
 - c) Finishing posts should be painted white, be a minimum of 1.5m high and should be placed 20cm from the inside and outside edge of the track at the finish line.
 - d) A Chief Judge will be appointed and will be responsible for allocating Place Judges for all placings.
 - e) Sufficient judges shall be appointed for the number of competitors entered.
2. 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. do not discuss placing.
- d) The competitors shall be placed in the order in which any part of the torso (as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finishing line.
- e) The Chief Judge will ensure that all competitors have been placed prior to advising the competitors of their placing.
- f) In any case where the Judges cannot arrive at a decision the Chief Judge shall refer the matter to the Track Referee for decision.
- g) The Chief Judge will notify the Chief Timekeeper or Gate Timing Operator when all Judges are ready for the next event.

Rule 129 Starter

As per IAAF Rule 129 including the following:

1. The Starter has entire control of the competitors on their marks, and is the sole judge of any event connected with the start. Decisions by the Starter cannot be overruled by the Track Referee.

SECTION 2 – GENERAL COMPETITION RULES

Rule 140 The Athletics Facility

IAAF Rule 140 has been replaced by the following:

1. Where possible, the venue should comply with the specifications laid out within the IAAF Track & Field Facilities Manual.
2. Competitors and officials only are permitted on the Competition area. Competitors must leave the area immediately after the completion of their event.

Rule 141 Age and Gender Categories

IAAF Rule 141 has been replaced by the following:

Age Categories

Little Athletics may be conducted in the age groups below.

Age groups shall be based on being under the specific age (with the exception of Tiny Tots) at the beginning of the Little Athletics season (1 October).

- Tiny Tots (3-4 years of age) to participate in approved activities for the development of gross motor skills,
- Under 6 – means five years of age as at midnight on 30 September that year
- Under 7 – means six years of age as at midnight on 30 September that year
- Under 8 – means seven years of age as at midnight on 30 September that year
- Under 9 – means eight years of age as at midnight on 30 September that year
- Under 10 – means nine years of age as at midnight on 30 September that year
- Under 11 – means ten years of age as at midnight on 30 September that year
- Under 12 – means eleven years of age as at midnight on 30 September that year
- Under 13 – means twelve years of age as at midnight on 30 September that year
- Under 14 – means thirteen years of age as at midnight on 30 September that year
- Under 15 – means fourteen years of age as at midnight on 30 September that year
- Under 16 – means fifteen years of age as at midnight on 30 September that year
- Under 17 – means sixteen years of age as at midnight on 30 September that year

Rule 142 Entries

IAAF Rule 142 has been replaced by the following:

Simultaneous Entries

1. For management of clashes please refer to your Association rules.

Rule 143 Clothing, Shoes and Athlete Bibs

IAAF Rules 143.2 and 143.4 have been replaced by the following:

Footwear

1. Appropriate footwear is compulsory for all competitors in all events
2. No competitor may wear football boots or cleats in any event
3. Competitors in the U9-U10 age group may not wear spike shoes.
4. Competitors in the U11 age group may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin.
5. Competitors in the U12-U15 age groups may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin
6. Competitors in the U13-U15 age groups may wear spike shoes in all of the events listed in Rule 143.5, as well as in events not run entirely within lanes, except walks.
7. All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
8. Spike shoes must only be worn during an event and are not to be worn to and from an event.
9. Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11
10. Spike length (subject to any further constraint from ground policies):
 - a) Synthetic - Track - 7mm maximum
Long/Triple/High/Javelin - 9mm maximum
 - b) Grass - Track /Long/Triple/High/Javelin - 12mm maximum

Rule 144 Assistance to Athletes

IAAF Rule 144 has been replaced by the following:

1. The use by athletes of music devices, mobile phones or similar devices in the competition area shall not be permitted.
2. For the purpose of this rule the following shall not be considered as unfair aid or assistance to an athlete:
 - 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 competitors trial in the designated order.
 - b) Verbal or other communication, without the use of a technical device, to or from an individual who is not in the competition area (e.g. a coach).

3. Coaching by officials at an event is not permitted. It shall not be considered coaching for an official to provide factual feedback to an athlete after a trial in a field event e.g. where the athlete's foot landed in relation to the take-off area in the long jump.

Rule 145 Disqualification

IAAF Rule 145 has been replaced by the following:

1. The appropriate Referee (or Association equivalent) will speak to an athlete who displays unacceptable or unsporting behaviour. Any repetition of that behaviour will result in the athlete being disqualified.
2. If the offence is of a serious nature immediate disqualification may occur.
3. The Meeting Manager shall notify the athlete's nominated Centre representative of the behaviour and outcome.

Rule 146 Protests and Appeals

IAAF Rules 146.4, 146.5 and 146.10 have been replaced by the following:

On-Field Protests (Field Events only)

1. If an athlete in the U13-U15 age groups makes an immediate oral protest against having an attempt judged as a failure, the Referee and/or Chief of the event may, at his discretion, order that the attempt be measured and the result recorded, in order to preserve the rights of all concerned. At the end of the round the Referee will adjudicate on the protest.

Rule 148 Measurements

IAAF Rule 148 has been replaced by the following:

1. The Judges shall judge, measure and record each valid trial of the competitors.
2. All measurements shall be made immediately after each valid trial.
3. Where possible, all measurements must be made using Electronic Distance Measuring (EDM). Steel tape is no longer required to measure an Australian record when EDM is used, calibrated and the usual checks are done to confirm accuracy both prior to and after the completion (the operators would normally do this). When EDM is not available, a fibreglass or steel tape measure graduated in centimetres, or a graduated bar for high jump, should be used.
4. In measuring all field events, except the High Jump, the zero end of the tape or EDM prism 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.
5. Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre.
6. 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.

SECTION 3 – TRACK EVENTS**Rule 161 Starting Blocks**

IAAF Rule 161 has been replaced by the following:

1. Starting blocks may be used by competitors in the U11 and above age groups for all races up to and including the 400 metres (including the first leg of all relays).
2. Personal starting blocks are not permitted where starting blocks are provided either by the venue or the Organising Committee for the Competition.
3. This rule will not apply where it contravenes any rule(s) made by the Venue Manager on the use of starting blocks. Any advice issued by the Venue Manager must be in writing on an official letterhead.

Rule 162 The Start

IAAF Rule 162 has been replaced by the following:

1. The Starter has entire control of the competitors on their marks, and is the sole judge of any event connected with the start. Decisions by the Starter cannot be overruled by the Track Referee.
2. Before the start signal is given, the Starter shall ascertain that the timing system and judges are ready.
3. In races run entirely in lanes the Starter shall make the following commands: 'On your mark', 'Set', and the firing of the gun.
4. Once the command 'On your mark' has been given, late competitors are not permitted to join the event.
5. In events run entirely in lanes, on the command of 'On your mark' all competitors shall approach the starting line. When all competitors are steady the Starter issues the command 'Set', upon which the competitors shall assume the position from which they will commence the race. When all competitors are again steady the Starter shall fire the gun to commence the race.
6. In races not run entirely in lanes the Starter shall make the following commands: 'On your mark', and the firing of the gun.
7. In events not run entirely in lanes, on the command 'On your mark' all competitors shall approach the starting line and assume the position from which they will commence the race. When all competitors are steady the Starter shall fire the gun to commence the race.
8. No competitor may place any part of their body on the ground on or over the starting line when they are 'on their-mark'. Where a crouch start is used by the first runner of a relay race the baton may touch the ground in front of the start line, providing the preceding rules are met.
9. If for any reason the Starter has to speak to any competitor after the competitors are 'on their mark', the Starter shall order the competitors to stand up and the Starters Assistant shall place them on the assembly line again.

False Starts

10. If either the Starter or their Assistant(s) are of the opinion that the start was not a fair one, they shall recall the competitors firing a gun. If the unfair start is not due to any competitor, no warning shall be given.
11. If the Starter is of the opinion that a competitor left their mark with hand or foot after the words 'Set' (in events run entirely in their lane) or 'On your mark' (in events not run entirely in their lane) and before the gun is fired, it shall be considered a false start.
12. A competitor, who after the command 'On your mark' disturbs other competitors in the race through sound or otherwise may be considered to have committed a false start.
13. If a competitor fails to comply with the 'set' command after a reasonable time this may constitute a false start.
14. Any competitor who commits a false start shall be warned. If a competitor is responsible for 2 false starts, or 3 in the case of multi events, they shall be disqualified from the event. (Refer to local Association rules)
15. In races run entirely in lanes the following starting methods may be used:
 - a) In a crouch start, the athlete's feet must touch the starting blocks (if in use) and both hands must touch the ground. At the call of 'On your mark' the athlete must have one knee placed on the ground. At the call of 'Set' the athlete must raise the knee off the ground.
 - b) In a standing start, no part of the hand or knee shall touch the ground.
16. In races not run entirely in lanes only a standing start may be used.

Rule 163 The Race

With the exception of 163.1, IAAF Rule 163 has been replaced by the following:

Obstruction

1. Any competitor who jostles or obstructs another athlete, so as to impede their progress, shall be liable to disqualification from that event. The Referee shall have the authority to order the race to be re-held excluding any disqualified athlete or, in the case of heats, to permit any competitor(s) seriously affected by jostling or obstruction (other than the disqualified athlete) to compete in the final of the event. Normally, such a competitor should have completed the event with bona fide effort. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if they consider it just and reasonable to do so.

Lane Infringement

2. In all races run in lanes, each competitor shall keep within their allocated lane from start to finish. This shall also apply to any portion of a race run in lanes. Except as stated in Rule 23.3 the Referee is satisfied that an athlete has violated this Rule, they:
 - a) In the U9-U11 age group: May be disqualified if a material advantage was gained over other competitors
 - b) In the U12-U15 age groups: Shall be disqualified.
3. A competitor shall not be disqualified if they:
 - a) are pushed or forced by another person to run outside their lane or on or inside the kerb, or
 - b) Run outside their lane in the straight or outside the outline line of their lane on a bend, with no material advantage thereby being gained and no other competitor being obstructed.

4. The following events shall be conducted entirely in lanes: 70m, 100m, 200m, 400m, 4x100m relay and all hurdles races.
5. The 800m shall be run in lanes as far as the near edge of the break-line marked after the first bend where competitors may leave their respective lanes. Up to two competitors may start the race in each lane.
6. The 1500m, 1100m, 700m walk and 1500m shall not be run in lanes.

Leaving the Track

7. A competitor, after voluntarily leaving the track, shall not be allowed to continue in the race.

Check-Marks

8. Except for the 4x100m relay as provided in Rule 170.6, competitors may not place check marks on or alongside the track for their assistance.

Rule 165 Timing and Photo Finish

IAAF Rule 165 has been replaced by the following:

1. Three alternative methods of timekeeping shall be recognised as official within Little Athletics:
 - a) Fully Automatic Timing obtained from a Photo Finish System
 - b) Hand Timing
 - c) Gate Timing System
2. The time shall be taken to the moment at which any part of the body of an athlete (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finishing line.

Hand Timing

3. It is recommended that Timekeepers should be:
 - a) Placed at least 5m from, and in line with, the finish line on the outside of the track, opposite the Judges.
 - b) On an elevated stand in order that they may have a good view of the Starter and the finish line.
4. Timekeepers shall act independently from one another:
 - a) Without showing their watch to each other and without discussing times.
 - b) The Chief Timekeeper will record times, and may examine the watches to verify the reported times.
 - c) The Chief Timekeeper shall then decide what the official times are for each competitor and provide the result for publication.
5. Sufficient timekeepers shall be appointed for the number of competitors entered; one shall be the Chief Timekeeper.
6. Three Timekeepers (one of whom shall be the Chief Timekeeper) shall time the winner of every event.
7. The Chief Timekeeper shall allocate separate Timekeepers to record each of the minor places and where possible, shall allocate additional Timekeepers for second and third placings.
8. Where there are 3 watches used to time a place:
 - 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.
9. Where there are 2 watches used to time a place and they fail to agree the slower time shall be accepted as the official time.

10. The time shall be taken from the flash/smoke of the gun.
11. Times shall be recorded to the 1/10th of a second. Unless a time is an exact 1/10th of a second, it shall be recorded to the next longer 1/10th of a second.

Fully Automatic Timing and Photo Finish System

12. The System shall be approved by the IAAF, based upon a test of accuracy made within 4 years prior to the competition. It shall be started automatically by the Starters gun, so that the overall delay between the report from the muzzle or its equivalent visual indication and the start of the timing system is constant and less than 1/1000th of a second.
13. The System must record the finish through a camera with a vertical slit, positioned in the extension of the finishing line, producing a continuous image. The image must also be synchronised with a uniformly marked time-scale graduated in 1/100th of a second. In order to confirm that the camera is correctly aligned and to facilitate the read of the Photo Finish image, the intersection of the lane lines and finish line shall be coloured black in a suitable design. Any such design must be solely confined to the intersection, for no more than 2cm beyond, and not extend before, the leading edge of the finish line.
14. The placing of the athletes shall be identified from the image by means of a cursor with its reading line guaranteed to be perpendicular to the time scale.
15. The System must automatically determine and record the finish times of the athletes and must be able to produce a printed image which shows the time of every athlete.
16. Times from the Photo Finish System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Photo Finish image, shall be official. Any appropriate back-up system should be appointed where any possibility exists of failure of the timing system.
17. Times shall be read and recorded from the Photo Finish image to 1/100th of a second. Unless a time is an exact 1/100th of a second, it shall be read and recorded to the next longer 1/100th of a second.

Gate Timing System

18. The System shall be a commercially produced system and be checked / calibrated with a certificate supplied on a 12 monthly basis.
19. The System shall be started either automatically by the Starters gun or manually at the smoke or flash of the Starters gun.
20. The System must automatically record a time through the breaking of at least two adjacent infrared beams positioned on the leading edge of the finish line. The beams should be positioned at an appropriate height so that the athlete's torso is the most likely part of the body to break the beam.
21. The System must be capable of printing out the time for each lane.
22. The uprights and any supporting struts of the gates shall be covered with suitable padding.
23. Judging of the race shall take place as per Rule 126. The time recorded for each lane shall only be referred to in the determination of places in cases of doubt, and then only at the discretion of the Chief Judge.

24. Times from the Gate System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Gate System printout image, shall be official. Any appropriate back-up system should be appointed where any possibility exists of failure of the timing system.
25. Where the system is started and/or finished manually, the time shall be recorded to the 1/10th of a second. Unless a time is an exact 1/10th of a second, it shall be recorded to the next longer 1/10th of a second.
26. Where the system is started and finished fully automatically, the time shall be recorded as an electronic time with no adjustment.

Rule 166 Seeding's, Draws and Qualification in Track Events

IAAF Rule 166 has been replaced by the following:

Lane and Heat Draws

1. For track events where more than one round will be applied; and if Best Performances are provided athletes shall be seeded in heats using a zigzag distribution method. If no Best Performances are provided, competitors will be randomly drawn into heats.
2. For track events where only one round of competition is applied and progression is not necessary; and if Best Performances are provided, athletes shall be seeded slowest to fastest. If no Best Performances are provided, competitors will be randomly drawn into heats
3. Lanes for heats shall be randomly drawn.
4. Where there are more lanes available than athletes in a heat the inside lane should always remain free.

Progression to Finals

5. The following athletes shall progress to the final in their event:
 - a) **2 heats:** 1st, 2nd and 3rd in each heat plus the next 2 fastest times
 - b) **3 heats:** 1st and 2nd in each heat plus the next two fastest times
 - c) **4 or more heats:** 1st in each heat with the remaining lanes filled by the next fastest times
 - d) In 800m events where there is more than one athlete per lane, progression from heats to finals will be at the discretion of the organising committee.
6. Where there is a tie in determining the next fastest times, if possible both athletes shall progress through to the final. Failing that, the higher placed athlete in their heat shall progress. If the tie still remains, a random process with equal probability (e.g. a coin toss) shall be used to determine progression.

Note: Where the venue has nine or more lanes, the Competition organiser shall have the discretion to allow nine or more athletes to contest the final of an event. In such cases Rule 166.5 shall be modified by increasing the number of athletes qualified due to the 'next fastest times' as appropriate.

Lane Draw for Finals

7. Following the running of the heats, athletes shall be ranked on the following basis:
 - a) Fastest heat winner, second fastest heat winner, etc.
 - b) Fastest 2nd place in heat, second fastest 2nd place in heat, etc.
 - c) Concluding with: Fastest next qualifier, second fastest next qualifier
8. Using the rank determined in Rule 166.7, a random draw of the priority lanes shall occur amongst the top four ranked athletes and a random draw of the non-priority lanes shall occur amongst the remaining athletes.

9. On an eight lane track the priority lanes are 3, 4, 5 and 6, whilst on a nine lane track they are 4, 5, 6 and 7.
10. Competition organisers may, at their discretion, conduct two random draws for the non-priority lanes, with the 5th and 6th ranked athletes being drawn for the outside two lanes of the track and the 7th and 8th ranked athletes being drawn for the inside two lanes of the track.
11. Where there are more lanes than athletes, the inside lane should always remain free.

Rule 168 Hurdle Races

IAAF Rule 168 has been replaced by the following:

The hurdle specifications are as follows:

	<u>No. of flights</u>	<u>Height</u>	<u>Lead In</u>	<u>Lead Out</u>	<u>Spacing</u>
60 Metres (45cm)	6	45 cm	12 Metres	13 Metres	7.0 Metres
60 Metres (60cm)	6	60 cm	12 Metres	13 Metres	7.0 Metres
60 Metres (68cm)	6	68 cm	12 Metres	13 Metres	7.0 Metres
80 Metres	9	76 cm	12 Metres	12 Metres	7.0 Metres
90 Metres	9	76 cm	13 Metres	13 Metres	8.0 Metres
100 Metres	10	76 cm	13 Metres	10.5 Metres	8.5 Metres
200 Metres	5	76 cm	20 Metres	40 Metres	35 Metres

1. All hurdles shall comply with the specifications set out within Australian Little Athletics' Standard Events
2. Hurdles must be of 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).
3. The hurdle shall be placed so that the edge of the bar nearest the approaching hurdler coincides with the track marking nearest the athlete.
4. All races shall be run in lanes and each competitor shall keep to their own lane throughout.
5. A competitor who:
 - a) trails their foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance: or
 - b) in the opinion of the Referee deliberately knocks down any hurdle; shall be disqualified.
6. Except as provided in the preceding clause, the knocking down of hurdles shall not result in disqualification.

Rule 170 Relay Races

IAAF Rule 170 has been replaced by the following:

1. 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.
2. For each changeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone and are aware of any applicable acceleration zone.
3. 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.

4. The passing of the baton commences when it is first touched by the receiving runner and is complete 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.
5. Competitors may place one check mark on the track within their own lane using adhesive tape of maximum dimensions 5mm x 40mm. Use of chalk or similar substances is prohibited.

6. The baton specifications are as follows:

<u>Min Circumference</u>	<u>Max Circumference</u>	<u>Min Length</u>	<u>Max Length</u>	<u>Min Weight</u>
95 mm	105 mm	280 mm	300 mm	70 – 80 gm

OR

<u>Min Circumference</u>	<u>Max Circumference</u>	<u>Min Length</u>	<u>Max Length</u>	<u>Min Weight</u>
76 mm	82 mm	250 mm	280 mm	50 – 60 gm

7. The changeover zone shall be twenty (20) metres long.
8. There shall be ten (10) metre acceleration zone for the 4 x 100 metre Circular Relay.
9. The baton must be carried by hand throughout the race.
10. If dropped, the athlete who dropped the baton must recover it. The athlete may leave their lane to retrieve the baton. Provided this procedure is adopted and no other athlete is impeded, dropping that baton shall not result in disqualification.
11. Competitors should remain in their lanes after handing over the baton, until the course is clear.
12. Should any competitor willfully impede a member of another team by running out of their lane at the finish of their leg they are liable to cause the disqualification of their team.
13. No competitor may run two sections for a team.

SECTION 4 – FIELD EVENTS

Rule 180 General Conditions – Field Events

With the exception of rules 180.1 and 180.2, IAAF Rule 180 has been replaced by the following:

Markers

1. A competitor may place alongside the runway 1 or 2 markers (supplied or approved by the organisers) to assist them in their run-up and take-off.
2. If such markers are not supplied, adhesive tape may be used but not chalk or similar substance, nor anything that leaves indelible marks.
3. The use of sharp or pointed markers or anything considered dangerous by the Referee will be prohibited.

Competition Order

4. The order in which competitors shall take their trials shall be drawn randomly.
5. In all events, except for the High Jump, where there are more than 8 competitors, each shall be allowed 3 trials and the 8 competitors with the best valid performances shall be allowed 3 additional trials.

6. In the event of a tie (after a count-back) for 8th place, any competitors so tying shall be allowed the 3 additional trials. (Tying means, in this case, achieving the same distance).
7. Where there are 8 competitors or fewer, each competitor shall be allowed 6 trials regardless of the number of fouls recorded.
8. The final 8 competitors shall compete the last 3 additional trials in the inverse order to the ranking of their performance recorded in the first 3 trials.

Commencement of Competition

9. Competition commences with the first trial in the first round.
10. 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.
11. The period allowed for this trial shall commence from that moment.
12. A round commences when the first athlete eligible to compete in the round commences their trial.
13. A round is complete when the last athlete eligible and present to compete in the round completes their trial.

Completion of Trial

14. Throws - a trial is complete when the athlete leaves the circle (discus and shot put) or runway (javelin).
15. Long & Triple Jump - a trial is complete when the athlete leaves the landing pit.
Note: leaving the pit is defined as the first contact made by the foot with the border or ground outside the landing area.
16. High Jump - a trial is complete when the Chief Judge designates a "fair/foul jump".

Completion of Competition

17. High Jump - the high jump is complete when the last remaining athlete fails or decides to stop.
18. 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 program.

Foul

19. 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.

Obstruction

20. 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.

Delay

21. Competitors in field events who unreasonably delay taking a trial shall render themselves liable to have that trial disallowed and recorded as a foul.
22. 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 Put, 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. If there is only 1 competitor left, then the time should be increased to 3 minutes.

23. 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.

Absence during competition

24. In all field events, including Multi Event competitions, competitors may not leave the immediate area of the competition (as defined prior to the commencement of the competition by the Chief Judge) during the competition unless they have the permission of, and are accompanied by an Official.

25. Athletes crossing to the outside of the track from a field competition site are considered to be in violation of this rule.

26. The immediate area of competition is to be clearly marked or instructions as to what is considered the immediate area should be clearly given.

27. Any athlete contravening this rule during a field event must be cautioned by the Chief Judge and warned that for any repetition, they may be barred from further participation in that event. Any performance up to that time shall stand.

28. Should the athlete further contravene the rule the Referee may bar the athlete from further participation in that event. Any performance accomplished up to that time shall stand.

Change of competition area

29. 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.

30. Such a change shall be made only after a round is completed.

31. If a change is required because conditions are dangerous, then the round shall be restarted.

Results

32. Upon completion of each event the final result sheet shall be checked and signed by the Referee and immediately handed to the recording area and/or Key site official.

Ties

33. 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
- b) If athletes in field events are tied for any place after all count backs have been applied, then equal placing will be declared

34. 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. There is no jump-off for placings.
- d) If the result determines progression to the next level of competition then a jump off should take place. This jump off will not affect placings.

On-Field Protests

Please refer to Rule 146.3

Measuring

35. The Judges shall judge, measure and record each valid trial of the competitors.
36. All measurements shall be made immediately after each valid trial.
37. Where possible, all measurements must be made using Electronic Distance Measuring (EDM). Steel tape is no longer required to measure an Australian record when EDM is used, calibrated and the usual checks are done to confirm accuracy both prior to and after the completion (the operators would normally do this). When EDM is not available, a fibreglass or steel tape measure graduated in centimetres, or a graduated bar for high jump, should be used.
38. In measuring all field events, except the High Jump, the zero end of the tape or EDM prism 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.
39. Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre.
40. 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.

Rule 182 High Jump

With the exception of rules 182.6 and 182.9, IAAF Rule 182 has been replaced by the following:

Safety

1. The Chief Judge (or Association equivalent) shall ensure that the landing area is satisfactory and that the uprights and cross bar are in good condition
2. The Chief Judge (or Association equivalent) shall have the power to caution any athlete using an unsafe technique, and if necessary, not allow the competitor to continue further in the event.

Validity of Jumps

3. 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.
4. The effect of this rule is that a competitor may forego their 2nd or 3rd jumps at a particular height (after failing 1st or 2nd time) and still jump at a subsequent height.
5. A competitor must take off from one foot.
6. 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.
7. 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.
8. If the bar falls off without having been knocked by the competitor (eg. due to strong wind) the competitor is not penalised.

9. 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

Measuring

10. 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.
11. 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.
12. 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.
13. In the case of records, the Referee and Chief Judge must check the measurement when the crossbar is placed at the record height. They must recheck the measurement before each subsequent record attempt, if the crossbar has been disturbed since last measured.
14. Even after all other competitors have failed a competitor is entitled to continue until they forfeit their right to compete further.
15. The heights to which the cross-bar is raised shall be decided after consulting with the competitor
16. Each competitor shall be credited with the best of all their jumps, subject to the conditions relating to ties.

Increments

17. It is recommended that the bar be raised by 5cm increments until there are six or fewer competitors remaining and by increments of 2cm thereafter until only one competitor remains.
18. The increment at which the bar is raised shall not increase, unless there is only one competitor remaining in the competition.

Measurement of Run In

19. Once the competition starts, competitors may only re-measure their run up with the permission of the Chief Judge. This re-measurement must be done within the allocated time for the competitors' time for the trial. The competitor may touch the upright or bar, but should the bar be dislodged, a failure must be recorded for that trial.

Age Restrictions

20. Under 9 will be the starting age group for High Jump at Association level Competitions in all Affiliated Associations.
21. The Scissor technique will be the only allowable technique performed in High Jump for the Under 8, Under 9 and Under 10 age groups at all levels of competition.
22. All athletes in the Under 11 and above age groups will have the option to use any legal jumping technique where flop mats are provided at all levels of competition.

Commencement of 2016/2017 season.

Minimum Height for mats

23. The minimum height for scissor mats at all competition levels and in all Affiliated Associations will be 150mm with minimum dimensions of 5m x 3m

24. The minimum height for flop mats at all competition levels and in all Affiliated Associations will be 400mm with minimum dimensions of 5m x 3m.

Little Athletics Australia recommends that 500mm mats or higher be the preferred height.

Commencement of 2019/2020 season.B. Horizontal Jumps**Rule 184 General Conditions – Horizontal Jumps**

IAAF Rule 184 has been replaced by the following:

The long jump runway and pit shall comply with the specifications set out within the IAAF Track & Field Facilities Manual, except as modified within this section.

Runway

1. Where possible the length of the runway shall be at least 40m. There is no limitation on the maximum length of the runway.

Take-off Board

2. Only one type of take-off area shall be used in competition:

- a) U9-U12: a 0.5m x 1.22m mat covered with damp sand, soft earth or appropriate material to the depth of 1 to 2 centimetres.
- b) U13-U15: A 0.2m x 1.22m area, consisting of either a board sunk level with the runway, or painted on to the runway. Where possible, a strip of plasticine or other suitable material (e.g. damp sand) may be placed immediately beyond the take-off line, to a maximum height of 7mm.

Long Jump and Triple Jump

Long Jump (Mat)	The take-off area is a minimum of 1 metre and a maximum of 1.22 metres wide and 0.5 metre deep
Long Jump (Board)	The take-off area is a minimum of 1 metre and a maximum of 1.22 metres wide and 200 mm deep
Triple Jump (Mat)	The take-off area is a minimum of 1 metre and a maximum of 1.22 metres wide and 0.5 metre deep
Triple Jump (Board)	The take-off area is a minimum of 1 metre and a maximum of 1.22 metres wide and 200 mm deep

Distance Measurement

3. U9-U12:

- a) Where any part of the competitors 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) Where no part of the competitors foot lands in the take-off area, the jump will be measured from the nearest break in the landing area made by any part of the body or limbs to the edge of the take-off

area furthest from the landing area, or its extension. The measurement must be taken perpendicular to the back of the mat or its extension.

4. U13-U15:

a) The jump shall 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 front edge of the take-off area.

b) The measurement must be taken perpendicular to the take-off area or its extension.

Run Up Measurement

5. Once the competition starts, competitors may only re-measure their run up with the permission of the Chief Judge. This further re-measurement must not be made on the runway, except where the Chief Judge deems the outsides of the runway unsafe.

Foul

6. In the Long Jump and the Triple Jump, 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 edge of the take-off area.

b) If a competitor takes off before reaching the take-off area it shall not, for that reason, be counted as a foul.

c) 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.

d) When leaving the landing area, an athlete's first contact with the border or ground outside is nearer the take-off line than the nearest break in the sand made on landing.

e) After landing, the competitor walks back through the landing area without first correctly exiting the pit.

f) A competitor takes off from outside either end of the take-off area, whether beyond or before the extension take-off line.

g) Any sort of somersaulting is used

Rule 186 Triple Jump

IAAF Rule 186 has been replaced by the following:

1. In the Triple Jump, the take-off area shall be in whole metre increments from the edge of the pit. The Organising Committee for the Competition shall determine the take-off areas to be used for each event, prior to the commencement of the Competition.

2. 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. The Triple Jump shall consist of a hop, a step and a jump, in that order

4. The hop shall be made so that an athlete lands first on the same foot as from which they have taken off; in the step they shall land on the other foot, from which, subsequently, the jump is performed. It shall not be considered a failure if an athlete, while jumping, touches the ground with the "sleeping" leg.

Note: Rule 184.10(c) does not apply to the normal landing from the hop and step phases.

C. Throwing Events

Rule 187 General Conditions – Throwing Events

IAAF Rule 187 has been replaced by the following:

Implements

1. All implements shall conform to the specifications set out with Australian Little Athletics Standard Events.
2. All implements shall be provided by the organisers of the Competition.
3. No competitor is allowed to use any other implements, or to take them on to the competition area.

Personal Safeguards and Assistance

4. 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 except for:
 - 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.
 - d) The use of tape on the hand to cover an open cut.
5. In order to obtain a better grip, competitors in throwing events are permitted to use an adhesive substance on their hands only.
6. A competitor may not spray or spread any substance in the throwing circle.
7. In order to protect the spine from injury, a competitor may wear a belt of leather or other suitable material.
8. 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

Throwing Area and Landing Sector

9. The dimension of the circles used for Shot Put and Discus, and the runway used for Javelin, shall conform to the specifications set out in the IAAF Track & Field Facilities Manual.
10. 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.
11. 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.
12. 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°.
13. The sector may be accurately laid out by making the distance between the two sector lines 20m at a point 40m distance from the centre of the throwing arc along one of the sector lines.
14. The landing sector should be extended well in excess of the best thrower.

Record Markers

15. In competitions where an Australian Best Performance or a State Best Performance can be broken, markers may be placed to indicate the current ratified records. When record markers are used they should be placed outside the sector. (Refer to local Association rules)

Validity of Throws

16. In throwing events from a circle:

- a) A competitor must commence the throw from a stationary position.
 - b) The competitor is allowed to touch the inside of the iron band of the circle or stop board.
 - c) 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 to top of the circle or the ground outside or improperly releases the implement in making the attempt.
 - d) In Shot Put, 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.
 - e) Provided that in the course of a trial, the foregoing rules have not been infringed a competitor may interrupt a trial once started.
 - i) The athlete **may** lay the implement down inside or outside the circle and **may** leave the circle if so desired.
 - i) 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.
 - f) Competitors must not leave the circle until the implement has landed.
 - g) It shall be a failure if the athlete leaves the circle or runway before the implement has touched the ground, or, if when leaving the circle, the athletes first contact with the top of the rim or the ground outside the circle is not completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle;
 - h) If the Discus hits the net/cage and falls within the sector lines, it shall not be recorded as a foul
- Note:** The first contact with the top of the rim or the ground outside the circle is considered leaving.

Interruption of a Trial

- 17. It is not a foul if an athlete drops an implement and it does not touch the ground outside the throwing circle or runway.
- 18. In the case of Rule 187.17 above, the athlete can retrieve the implement and continue the trial within the allocated time.
- 19. If the implement touches the ground outside the circle or runway it becomes a foul.

Measurements

- 20. All measurements shall be made immediately after each valid trial.
- 21. 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.
- 22. For a valid trial, the implement must fall completely within the inner edges of the landing sector.
- 23. 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.

Rule 188 Shot Put

IAAF Rule 188 has been replaced by the following:

- 1. The shot shall be made from solid metal and conform to these specifications:

- 2 kg Orange Diameter tolerance – 76 to 90 mm
- 3 kg White Diameter tolerance – 85 to 110 mm
- 4 kg Red Diameter tolerance – 95 to 110 mm

Weight tolerance –0.000 to +0.025 kg

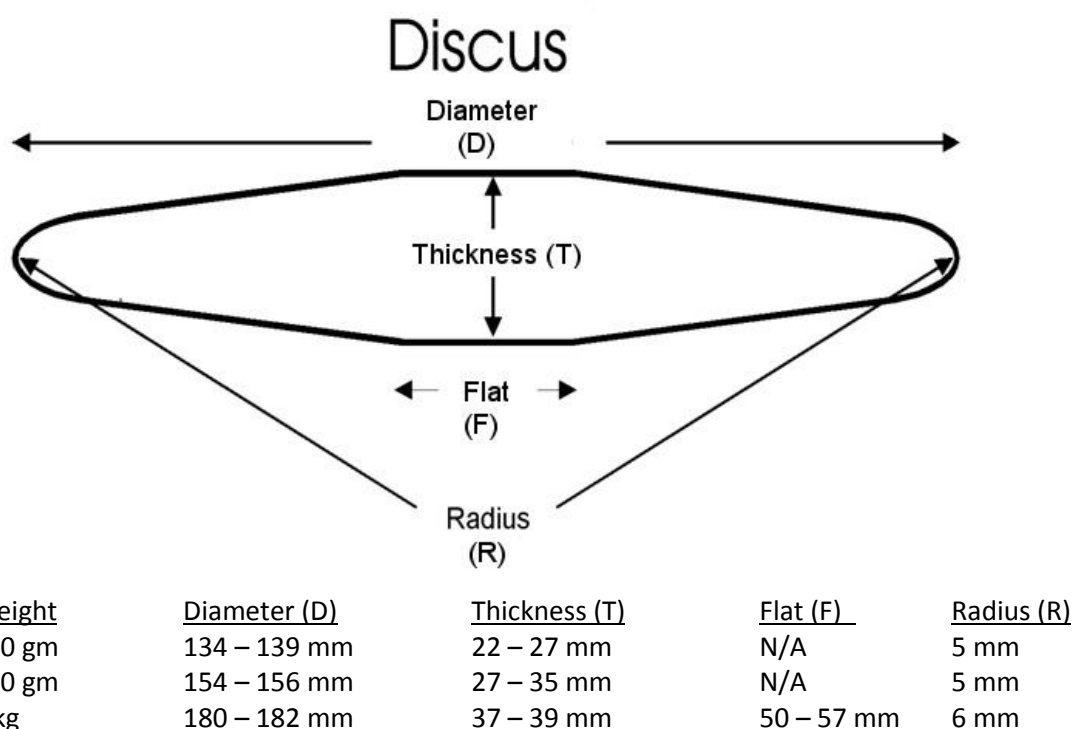
- 2. The shot shall be put from the shoulder with one hand only.

3. As the competitor takes a stance 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.
4. The shot shall not be taken behind the line of the shoulders.
5. Cartwheeling techniques are not permitted.
6. Failure to comply with any of Rules 188.2 – 188.5 shall result in the trial being recorded as a foul.

Rule 189 Discus Throw

IAAF Rule 189 has been replaced by the following:

1. The discus shall conform to the dimensions shown in the diagrams below and shall be made from rubber or synthetic compound, or wood or synthetic compound with a metal rim.



Weight tolerance –0.000 to +0.025 kg

Rule 190 Discus Cage

IAAF Rule 190 does not apply and has been replaced by the following:

1. All discus throws must be made from an enclosure or cage to ensure the safety of spectators, officials and competitors.
2. The cage should 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.
3. 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.
4. 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 50mm for steel wire and 44mm for cord netting. The breaking strain should be at least 40kg.

Rule 193 Javelin Throw

IAAF Rule 193 has been replaced by the following:

1. The javelin shall conform to the following specifications:

<u>Weight</u>	<u>Overall Length</u>	<u>Length from metal tip to centre of gravity</u>
400 gm	1.85 – 1.95 m	0.75 – 0.80 m
500 gm	2.00 – 2.10 m	0.78 – 0.88 m
600 gm	2.20 – 2.30 m	0.80 – 0.92 m

Weight tolerance – 0.000 to +0.025 kg

2. Must be held at the grip with one hand only and thrown over the shoulder or upper part of the throwing arm and must not be slung or hurled.
3. A throw shall be valid only if the metal head strikes the ground before any other part of the javelin. The javelin is not required to stick in the ground.
4. For a valid throw, the tip of the javelin must fall completely within the inner edges of the landing sector.
5. 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.
6. It is not a foul if the end of the javelin touches the ground during the run up.
7. 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.
8. Competitors must not leave the runway until the implement has touched the ground.
9. It shall be a failure if the athlete leaves the runway before the implement has touched the ground, or if, when leaving the runway, the athlete's first contact with the parallel lines or the ground outside the runway is not completely behind the white lines of the arc or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, four metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, he shall be considered to have left the runway correctly.
10. 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.

SECTION 5 – AUSTRALIAN TEAMS CHAMPIONSHIP AND MULTI EVENT CHAMPIONSHIP

Rule 200 Combined events competitions

IAAF Rule 200 has been replaced by the following:

AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS

1. The Australian Little Athletics Championships will comprise of a competition for Australian Teams Championship (ATC) and the Multi-Event Championship (MEC).

2. Each year The Australian Little Athletics Championships shall be conducted in accordance with the ALA guidelines for the conduct of the ALAC.
3. The ALAC (ATC and MEC) shall be conducted in accordance with Section 5 and Chapter 5 Technical Rules of this document.
4. The conduct of the ATC and MEC shall take place at the same time and venue.
5. A permanent record shall be kept and certificates issued of best performances set at ALAC.
6. The Australian Little Athletics Championships to be conducted on the weekend nearest to ANZAC Day in the given year, but not on ANZAC Day.
7. The Australian Teams Championship (ATC) and the Australian Multi-Event Championship (MEC) must be conducted on the same day and at the same venue.
8. The Australian Teams Championship (ATC) is a team's competition for Under 13 age group athletes where each athlete gains points from events towards a total team point score.
9. The Australian Multi-Event Championship (MEC) is an individual competition with each athlete competing in five (5) events. Points are based on the best performance in each event and totaled to determine the overall places.

Teams

10. All competitors must be registered with that affiliated Association in accordance with the Constitution and rules/regulations of that Association.

ATC

Each affiliated Association shall be entitled to send a team of up to twenty-two (22) athletes in the Australian Teams Championship (ATC).

Each athlete may compete in a maximum of four (4) individual events or a maximum of three (3) individual events plus one (1) relay. The heat and final/consolation final of a laned track event are deemed to be one event.

MEC

Each affiliated Association shall be entitled to enter up to two (2) boys and up to two (2) girls in the Australian Multi-Event Championship (MEC).

Each affiliated Association may enter up to two (2) athletes in each individual event and one (1) team in each relay event.

Entry

11. Entries to be submitted to the CEO, who will send a copy to the Competition and Standards Director and host Association on the specified forms not less than twelve (12) days prior to the day of competition. The number of days excludes the day of competition.

Age Groups

12. Each affiliated Association must certify in writing to the LAA prior to competition that all members of the team meet the age requirements as specified. The LAA Competition and Standards Director has the authority to demand proof of age of any team member if so required.

ATC

All team members must be twelve (12) years of age as at midnight on the 30th September immediately prior to the ATC.

MEC

All team members must be fourteen (14) years of age as at midnight on the 30th September immediately prior to the MEC.

Events

13. Events for the Australian Teams Championship (ATC) competition shall be 100 metres, 200 metres, 400 metres, 800 metres, 1500 metres, 80 metre hurdles, 1500 metres walk, 4 x 100 metres relay, long jump, triple jump, high jump, shot, discus and javelin for boys and girls.

14. Events for the Australian Multi-Event Championship (MEC) competition shall be:

Boys	Girls
100M	200M
800M	800M
100MH	90M H
Long Jump	Long Jump
Discus	Shot Put

Substitutions

15. After the closing date for entries, an athlete named in the original team selection maybe replaced in the team up until two (2) days prior to the day of competition. Notification must be received by the Competition & Standards Director no later than two (2) days prior to the day of competition. The number of days excludes the day of competition.

ATC

16. From two days (2) prior to the day of competition an athlete can only be replaced in their events by an athlete already named in the team at that time. The number of days excludes the day of competition.

17. Substitutions must be submitted on the appropriate form to the Chief Marshal as soon as possible but no later than marshalling time of that event.

Uniform

18. Each team shall compete in uniform using colours as approved by the LAA.

19. Each athlete will be allocated and issued with unique number patches. The athlete will wear one number on their chest and one on their back. The patches will be supplied by LAA.

20. No skins or like product are permitted. (The 'Skins' ruling refers to the longer style or that showing the logo and/or distinctive contrast stitching). No part of the uniform shall extend beyond the top of the knee.

21. Where socks are worn, non-branded white crew or low cut sock or as supplied by the ALA sponsor for this event shall be worn as part of the competition uniform. (The LAA Competition and Standards Director may make an exception to this rule based on medical reasons.)

22. Non-branded bike pants or compression pants may be worn by athletes underneath their supplied uniform. The colour of these bike/compression pants is to be the same as their supplied uniform or plain black.

Marshalling

23. All track events shall be called to marshalling fifteen (15) minutes prior to the start of the event.

24. All field events shall be called to marshalling thirty (30) minutes prior to the start of the event.

Protests

25. Protests must be made by the Team Manager, in writing, on the approved protest form within 15 minutes of the posting of the results. The protest must be handed to the Announcer, accompanied by a deposit of A\$50 (incl GST).
26. When a protest is lodged with the announcer, the name of the protesting State and the reason for the protest is to be notified to all team managers and the main recording room.
27. One of two types of reasons will be notified – either on a technicality or on the judges' decision.
28. The Referee may rule on the protest or may refer the matter to the "Jury of Appeal".
29. The decision will be conveyed to the relevant Team Manager/Managers prior to being notified to the team managers of the other States. The notification shall be dismissed, upheld or gone to Jury.
30. There shall be a "Right of Appeal" to the Jury, which must be lodged within 15 minutes after the notification of the decision. The Appeal must be in writing and lodged with the announcer.
31. All Team managers will be notified that an Appeal has been lodged.
32. The Appeal will be heard by the Jury of Appeal which will consist of 3 or 5 members. Associations directly involved in the Appeal are ineligible to sit on the Jury of Appeal. In the event there are less than 3 eligible Associations to hear the Appeal, Executive member/s will form part of the Jury of Appeal (excluding the Competition and Standards Director).
33. The decision will be conveyed to the relevant Team Manager/Managers prior to being notified to the team managers of the other States. The notification shall be either – dismissed or upheld.
34. The A\$50 will be refunded if the protest is upheld by either referee (section d) or the Jury of Appeal (clause h). In the event that the protest is dismissed the A\$50 will be returned, but if deemed frivolous by the Jury of Appeal, the protest fee will not be returned. The Team Official will be issued with a tax invoice for presentation to their Association.

Scoring**ATC**

35. Points scoring shall be as follows:

PLACE	POINTS	PLACE	POINTS
First	17	Ninth	8
Second	15	Tenth	7
Third	14	Eleventh	6
Fourth	13	Twelfth	5
Fifth	12	Thirteenth	4
Sixth	11	Fourteenth	3
Seventh	10	Fifteenth	2
Eighth	9	Sixteenth	1

36. In the event of a tie for the final placing, the points allocated to the placing will be summed and equally distributed to the tying athletes.
37. The points allocated for athletes contesting the Consolation Final will commence with those allocated for ninth (9th) place onwards in all circumstances.

38. Those athletes who are DQ (disqualified), DNS (do not start), DNF (do not finish) or NM (receive no measurement) shall not receive any points.
39. Relay events will be awarded double the corresponding points scored in individual events.

MEC

40. Each competitor will be allocated points for their best performance in each of the five (5) events, such points to be calculated in accordance with the LAAs Standard Multi-Event Point Score System (Competition and Standards By-Law; BL12/4).
41. In the event of a tie for the final placing, no count back shall be applied. Tied athletes will be given equal placing.
42. An athlete failing to attempt to start or make a trial in one of the five (5) events shall not be entitled to receive an individual medal. It will not prohibit the athlete from competing and scoring points in subsequent events

Footwear

43. Appropriate footwear is compulsory for all competitors in all events
44. No competitor may wear football boots or cleats in any event
45. Competitors in the U13-U15 age groups may wear spike shoes in all track events except walks. Spike shoes may also be worn for long jump, triple jump, high jump and javelin.
46. All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
47. Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11.
48. Spike shoes must only be worn during an event and are not to be worn to and from an event.
49. The maximum length of spikes shall be advised by the host Association at least one (1) month prior to the ALAC event.

Conduct

50. Except as otherwise provided in these rules, all competition shall be conducted in accordance with the IAAF rules for track and field competition, applicable as at the preceding 1st October.
51. All specifications for Track and Field are as detailed in this document.
52. All implements shall be provided by the host Association.
53. In the case of tied places, after applying IAAF rules in regard to count-back and a tie still occurs, equal places shall be awarded.

MEC

54. For other than 1st place, there shall be at least one (1) recorded time for each athlete. There shall be at least three (3) recorded times for the 1st placed athlete.

SPECIFIC RULES – TRACK EVENTSStarting and starting blocks

1. Athletes may use a standing start for all track events. Where a standing start is used, an athlete who, immediately after the command “set”, moves their foot to take up their final starting position, shall be deemed to have complied with the rules of starting.
2. Starting blocks may be used, at the discretion of the athlete, in all laned track events, except where this contravenes any rule(s) made by the venue management on the use of starting blocks.
3. Starting blocks will be provided at the venue by the host Association and only these starting blocks may be used.

ATC

4. Any competitor who commits a false start shall be warned. If a competitor is responsible for 2 false starts, or 3 in the case of multi events, they shall be disqualified from the event.

MEC

5. Any competitor who commits a false start shall be warned. If a competitor is responsible for 2 false starts, or 3 in the case of multi events, they shall be disqualified from the event.

Disqualification of an athlete

Unacceptable behaviour:

1. The appropriate Referee (or Association equivalent) will speak to an athlete who displays unacceptable or unsporting behaviour. Any repetition of that behaviour will result in the athlete being disqualified.
2. If the offence is of a serious nature immediate disqualification may occur.
3. The Meeting Manager shall notify the athlete’s nominated Centre representative of the behaviour and outcome.

The race:

1. Any competitor who jostles or obstructs another athlete, so as to impede their progress, shall be liable to disqualification from that event. The Referee shall have the authority to order the race to be re-held excluding any disqualified athlete or, in the case of heats, to permit any competitor(s) seriously affected by jostling or obstruction (other than the disqualified athlete) to compete in the final of the event. Normally, such a competitor should have completed the event with bona fide effort. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if they consider it just and reasonable to do so.
2. In all races run in lanes, each competitor shall keep within their allocated lane from start to finish. This shall also apply to any portion of a race run in lanes.

Medical

3. A Medical Officer, with appropriate first aid or medical qualifications, should be appointed at each athletic competition.
4. A Referee may call the attending Medical Officer to examine any athlete in obvious stress or pain, due to illness or injury.
5. If on the advice of the Medical Officer:
 - a) Further treatment is required; and/or

- b) The athlete should not compete further; the athlete should at that point be withdrawn from the event and, if required, further events. All results up to that point remain.
- 6. On advice from the Medical Officer to the appropriate Referee, an athlete may be removed from an event if they appear to be suffering from heat stress, an asthma attack or any other medical condition which poses a serious risk of injury.
- 7. Asthmatics should use their inhalers prior to the event if necessary and shall be allowed to take their inhalers to the event site. Asthma inhalers may be carried by an athlete during the event but must not be held in the hand.
- 8. If the inhaler is used after the event has commenced, the athlete is required to withdraw immediately and may not return to the event.
- 9. If following the application of Rules SR9(2-3) the athlete returns to competition and suffers a further asthma attack, they shall be immediately removed from that and all other events and seek medical treatment.

Indication of placings

- 10. After determination of the places, the athletes will be lined up in order of finishing prior to leaving the track. The athletes will be escorted from the finish line in this order.

Conduct of laned track events

ATC

- 11. Each qualifying heat will have a maximum of one athlete from each Association. Selection for each qualifying heat shall be by random draw and, within each qualifying heat; lane allocation shall be by random draw.

MEC

- 12. Each heat will have a maximum of one athlete from each Association. Selection for each heat shall be by random draw and, within each heat; lane allocation shall be by random draw.

General

- 13. Where heats and finals are necessary, finalists are determined as the first, second and third places in each heat and the next fastest times to fill eight lanes. Where times are equal, the higher placing will take precedence. The remaining athletes will compete in a consolation final.
- 14. Only those athletes who qualify for the final shall compete in the final.
- 15. Where there is a tie for places in a qualifying heat, a ballot between the tied athletes will be used to determine the seeding for the lane allocation in the final.
- 16. Where the finalists are being selected on performance in the qualifying heats and equal performances are involved, the places in each heat shall be used to determine the finalists.
- 17. Commencing with the 2011 ALAC, the four highest ranked athletes from the heats will be randomly drawn in lanes 3, 4, 5 & 6; the fifth and sixth highest ranked athletes from the heats will be randomly drawn in lanes 7 & 8; and the two lowest ranked athletes from the heats will be randomly drawn in lanes 1 & 2. This rule applies to both final and consolation final.
- 18. Where eight (8) or less athletes marshal for the event, the event will be conducted as a final at the time that the final is scheduled. The lane draw for this final shall be by random draw. Only those athletes that originally marshalled for the event shall be allowed to compete in the final.

19. In relay events, athletes may use check marks in their own lanes. Adhesive tape may be used except where this contravenes any rule(s) made by the venue management. Check markers will be provided at the venue by the host Association.

Conduct of non-laned track events

1. The 800 metres shall be conducted in lanes as far as the break line which is just prior to the end of the first bend, with up to two competitors occupying each lane.
2. A single start line of athletes shall be used for each of the 1500 metres and walk events.
3. The starting position for the individual athletes shall be by random draw.

Instructions to walks athletes

1. Definition Of Race Walking

- 1.1 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
- 1.2 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

Note: The advancing foot of the walker must make contact with the ground before the rear foot leaves the ground

2. Judging

- 2.1 The appointed judges shall elect between them a Chief Judge unless one has already been appointed a Chief Judge for the relevant carnival
- 2.2 All judges shall act in an individual capacity and their judgements shall only be based on observations by the human eye
- 2.3 The number of appointed walk judges for an event, including the Chief, shall comprise a minimum of 4 and maximum of 6
- 2.4 The independence of judges is extremely important and wherever possible connections between athletes and judges should be avoided. Individual Judges are required to declare their interests
 - 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.
 - Where possible members of the same family should not serve as a judge for the same race

3. Caution (Yellow Paddle)

- 3.1 Any judge can give a "Yellow Paddle" to a competitor when a competitor appears to be in danger of failing to comply with the rules (definition of race walking per Rule 16.1

- 3.2 Cautions are issued verbally and briefly taking care that remarks do not constitute coaching

Note: All remarks should be loud and clear and always in the form:

e.g. "CAUTION No..... contact or knees"

- 3.3 For loss of contact ~ a wavy line in black on a yellow background

3.4 For knees a 45° angle < also in black on a yellow background shall be used

3.5 A judge can only caution a competitor once for each offence during the event

3.6 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

4. Red Card

4.1 A judge gives a "Red Card" for disqualification if a competitor is actually breaking the rules of race walking

4.2 For the U12 and above age groups, no verbal Red Card will be given. For other age groups, the Red Card will be given verbally at the time of detection of the actual infringement

Note: All remarks should be loud and clear and always in the form:

e.g. *"Red Card No..... contact or knees"*

4.3 Red Card is recorded on the judging pad and forwarded to the Chief Judge as soon as practicable

4.4 A judge may only give a competitor one Red Card during the event irrespective of the infringement

4.5 If a judge in an event requiring verbal Red Cards to be given, is not sure a competitor has heard the "Red Card" the Judge should repeat it at the next suitable opportunity

Note: A Red Card 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 Red Card not issued

5. Disqualification

a) A Red Card 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

5.1 Methods of Judging

e) 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

f) 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

g) The Chief Judge shall allocate judges their judging position

h) Walk judges, recorders or messengers shall not use transceivers during the conduct of the event.

i) 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

5.2 Track Umpires and Referees

- j) Track Umpires and Referees shall work during the event to determine the fairness of the competition other than walking rules
- k) The Track Umpires will be responsible for detecting deliberate impedance or interference by competitors who leave the track or the course, or who cut corners: reporting it to the Track Referee
- l) The Track Referee should confer with the Chief Walk Judge and indicate any athletes who are to be disqualified before walk results are finalised

5.3 Walk Judges Master Sheet

- m) A copy of the master sheets of each walk event will be posted on the notice board with the result sheet
- n) The master sheet is that document which the Chief Judge records the Red Cards of the judges and them self and indicates which competitors received 3 or more Red Cards
- o) Judges should be indicated by number and not by name on the notice board copy of the sheet

6. Hip numbers must be worn by all walkers and will be supplied by the host Association. The number will be worn on the right hip and must be clearly visible to the judges.

SPECIFIC RULES – FIELD EVENTS

Order of trials

1. The order in which competitors shall take their trials shall be drawn randomly.
2. In all events, except for the High Jump, where there are more than 8 competitors, each shall be allowed 3 trials and the 8 competitors with the best valid performances shall be allowed 3 additional trials.

Definition of terms

Commencement of Competition:

1. Competition commences with the first trial in the first round.
2. 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.
3. The period allowed for this trial shall commence from that moment.
4. A round commences when the first athlete eligible to compete in the round commences their trial.
5. A round is complete when the last athlete eligible and present to compete in the round completes their trial.

Completion of Trial:

6. Throws - a trial is complete when the athlete leaves the circle (discus and shot put) or runway (javelin).
7. Long & Triple Jump - a trial is complete when the athlete leaves the landing pit. **Note:** leaving the pit is defined as the first contact made by the foot with the border or ground outside the landing area.

8. High Jump - a trial is complete when the Chief Judge designates a "fair/foul jump".

Completion of Competition:

1. High Jump - the high jump is complete when the last remaining athlete fails or decides to stop.
2. 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 program.

Clashes

3. For other than 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 six rounds. It is not permitted for an athlete to have two or more trials in succession, nor can an athlete demand to have a trial that has been missed.

Note:

It should be borne in mind that the three qualifying rounds of the competition must be completed, and a final eight determined before any trials from rounds four, five and six are taken.

4. For High Jump, where a clash of events occurs, the Chief Judge is empowered to allow the athlete to compete out of order. The athlete rejoins the competition at the current height of the bar.
5. Initial clash forms are to be submitted to the host association within two days of submission of their entries. Any subsequent clashes excluding those that occur on the day of the competition are to be submitted no later than the Team Managers meeting conducted prior to ALAC.

Long jump Triple jump

1. Plasticine or similar material in front of the take-off board is not to be used.
2. The Triple Jump shall have a minimum of three (3) take off boards, with the leading edge of the board furthest from the front edge of the pit being a maximum of thirteen (13) metres. The spacing of the other boards will be as provided at the competition venue. These spacing's will be advised to all Associations at the preceding LAA Half-Yearly Conference.

Specifications for high jump

1. The starting height for High Jump shall be:
 - a) Girls 1.20m
 - b) Boys 1.30m
2. Increments for competition shall be five (5) centimetres until the number of participants is reduced to six (6). Increments are to then be two (2) centimetres or at the discretion of the Chief High Jump official in consultation with athletes remaining in the event. When only one athlete remains, that athlete may choose the increments.

SECTION 7 – RACE WALKING EVENTS**Rule 230 Race Walking**

IAAF Rule 230 has been replaced by the following:

Definition of Race Walking**1. Definition Of Race Walking**

1.1 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

1.2 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

Note: The advancing foot of the walker must make contact with the ground before the rear foot leaves the ground

2. Judging

2.1 The appointed judges shall elect between them a Chief Judge unless one has already been appointed a Chief Judge for the relevant carnival

2.2 All judges shall act in an individual capacity and their judgements shall only be based on observations by the human eye

2.4 The number of appointed walk judges for an event, including the Chief, shall comprise a minimum of 4 and maximum of 6

2.4 The independence of judges is extremely important and wherever possible connections between athletes and judges should be avoided. Individual Judges are required to declare their interests

- 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.
- Where possible members of the same family should not serve as a judge for the same race

3. Caution (Yellow Paddle)

3.1 Any judge can give a “Yellow Paddle” to a competitor when a competitor appears to be in danger of failing to comply with the rules (definition of race walking per Rule 16.1

3.2 Cautions are issued verbally and briefly taking care that remarks do not constitute coaching

Note: All remarks should be loud and clear and always in the form:

e.g. "CAUTION No..... contact or knees"

3.3 For loss of contact ~ a wavy line in black on a yellow background

3.4 For knees a 45° angle < also in black on a yellow background shall be used

3.5 A judge can only caution a competitor once for each offence during the event

3.6 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

4. Red Card

4.1 A judge gives a "Red Card" for disqualification if a competitor is actually breaking the rules of race walking

4.2 For the U12 and above age groups, no verbal Red Card will be given. For other age groups, the Red Card will be given verbally at the time of detection of the actual infringement

Note: All remarks should be loud and clear and always in the form:

e.g. *"Red Card No..... contact or knees"*

4.3 Red Card is recorded on the judging pad and forwarded to the Chief Judge as soon as practicable

4.4 A judge may only give a competitor one Red Card during the event irrespective of the infringement

4.5 If a judge in an event requiring verbal Red Cards to be given, is not sure a competitor has heard the "Red Card" the Judge should repeat it at the next suitable opportunity

Note: A Red Card 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 Red Card not issued

5. Disqualification

- a) A Red Card 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

5.1 Methods of Judging

- e) 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
- f) 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
- g) The Chief Judge shall allocate judges their judging position
- h) Walk judges, recorders or messengers shall not use transceivers during the conduct of the event.
- i) 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

5.2 Track Umpires and Referees

- j) Track Umpires and Referees shall work during the event to determine the fairness of the competition other than walking rules
- k) The Track Umpires will be responsible for detecting deliberate impedance or interference by competitors who leave the track or the course, or who cut corners: reporting it to the Track Referee
- l) The Track Referee should confer with the Chief Walk Judge and indicate any athletes who are to be disqualified before walk results are finalised

5.3 Walk Judges Master Sheet

- m) A copy of the master sheets of each walk event will be posted on the notice board with the result sheet
- n) The master sheet is that document which the Chief Judge records the Red Cards of the judges and

- them self and indicates which competitors received 3 or more Red Cards
- o) Judges should be indicated by number and not by name on the notice board copy of the sheet

SECTION 8 – ROAD RACES

Rule 240 Road Races

Please refer to Association Rules regarding Road Races

SECTION 9 – CROSS-COUNTRY AND MOUNTAIN RACES

Rule 250 Cross-Country races

Please refer to Association Rules regarding Cross Country Races

SECTION 10 – AUSTRALIAN BEST PERFORMANCES

Rule 260 Australian Best Performances

IAAF Rule 260 has been replaced by the following:

1. A permanent record shall be kept of Australian Best Performances (ABP) for registered athletes in the Under 9, 10, 11, 12, 13, 14 and 15 years age groups for boys and girls. For this purpose age groups shall be based on being under the specific age at the beginning of the Little Athletics season (1 October). That is, all children who are born during the period 1 October in any year and ending at 30 September (inclusive) in the following year shall be in the same age group for the purposes of ABP.
2. For track events one (1) set of Australian Best Performances will be maintained being the quickest time obtained through the use of either:-
3. Electronic time (obtained through the use of a fully automatic Photo Finish System and/or Timing Gates);
or
4. A standardised hand time (obtained through the use of stopwatches and/or manually operated Timing Machines and/or Timing Gates).

Note:

A standardised hand time is calculated by applying the following formula to the rounded up hand time:-

- a) For distances under 400m - hand held time + 0.24 seconds
- b) For distances of 400m or 4 x 100m relay - hand held time + 0.14 seconds
- c) For distances greater than 400m - no change

A standardised time will be indicated with {S} or similar

5. ABP will be recognised, for each age group, only for those events which LAA has determined to be standard events for that age group.

Requirements for Acceptance

6. The performance shall take place at a competition conducted and controlled by an affiliated Association BOM, or at the ALAC.
7. The ground on which the performance takes place must have been surveyed and the conducting Association (who should hold a copy of the Certificate of Survey) must be satisfied that no athlete has gained an advantage as a result of the ground layout.
8. The watches (*stopwatches and or manually operated timing machines*) used to time the performance must be checked by a competent watchmaker, within thirty (30) days of the start and conclusion of the

State/Territory Track & Field season, and found not to be at variance by more than 0.05 seconds over twenty (20) minutes. This certification shall apply for all championships conducted or hosted by the Association during that season, including the Australian Little Athletics Championships.

9. The Timing Gates System shall be a commercially produced system and must have been checked / calibrated / certified within 12 months prior to the competition date and a certificate supplied.
10. Where the Timing Gates System is started and/or finished manually, the time shall be recorded to the 1/10th of a second. Unless a time is an exact 1/10th of a second, it shall be recorded to the next longer 1/10th of a second and the standardised hand timing procedure will apply.
11. Where the Timing Gates System is started and finished fully automatically, the time shall be recorded as the time reads from the system with no adjustment as per the rule for electronic time with no rounding or standardized adjustment.
12. All throwing implements must have been check-weighed and certified not underweight.
13. All measurements shall be made with a calibrated steel tape or bar or with a fibreglass tape, which has been tested for accuracy prior to the competition against a certified steel tape, which has been certified by an appropriate weights and measures authority.
14. All equipment (*including automated Photo Finish Systems*) must comply with LAA rules and specifications or, where no such LAA rules and specifications exist in regard to that event, with IAAF rules and specifications.
15. The necessary Results Sheets must have been signed by the Chief Referee in charge of the event and must be retained by the Association.
16. Claims for an ABP shall be submitted using the LAA approved Claim Form. A copy of all supporting documentation shall be attached to the Claim Form. All claims should be forwarded to the CEO within twenty-eight (28) days of the completion of the carnival/competition at which the performance was recorded.
17. The affiliated Association responsible for the completion and submission of the Claim Form is determined as follows:
 - a) for ABP set at an ALAC, the convening Association shall complete and submit the Claim Form; or
 - b) for other ABP, the affiliated Association which controls the conduct of the event shall complete and submit the Claim Form.
18. The Competition and Standards Director is responsible for:
 - a) ensuring that the Claim Form has been correctly completed,
 - b) ensuring that the relevant equipment was checked and so certified,
 - c) all claims submitted within twenty-eight (28) day period mentioned in Clause 25A.4 (h) will be presented to the next meeting of the LAA BOM for acceptance and ratification,
 - d) claims received outside the twenty-eight (28) day period as specified in Clause 25A.4 (h) but no more than six (6) months after the competition for which the performance is being claimed shall be submitted to the next LAA Conference for acceptance and ratification,
 - e) claims received outside the periods mentioned in Clause 25A.4 (i) (iv) will be submitted to the LAA BOM for acceptance and if accepted, claims will be presented to the next LAA Conference for ratification,
 - f) provide ABP Certificates (via the LAA office) to successful athletes.

ASSOCIATION SPECIFIC RULES