



Standard Rules for Competition of Little Athletics WA 2018 - 2019

These rules and instructions are a collection of the relevant Little Athletics WA (LA WA) Standard Rules for Competition and the LA WA Standard Events and Specifications to be used for the conduct of WA State Events and Guidelines for Affiliated Centres and Clubs.

The Rules are based on modified rules of the International Association of Athletics Federations (IAAF) as found in the IAAF official handbook and include the Standard Rules for Competition of Little Athletics Australia (LAA). If there is doubt in the interpretation of rules, IAAF Rules and Regulations will be used.

REVISION DATE: 15 August 2018

Version 3

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FOREWORD

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.

Where it has been decided the IAAF Rules are not indicative or correct for athletes in the 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. Where a whole IAAF Rule or part of an IAAF Rule is modified, the modification will be listed. LAA Standard rules have been highlighted throughout and will be applicable to WA competition, subject to local rules.

The conversion of Competition Rules to IAAF format and the alignment to LAA Standard Rules, will commence from season 2016/17. As much as possible the IAAF Rule, LAA Standard Rule and WA local rules have been combined into one document for ease of convenience for athletes and officials. The alignment has resulted in a number of modifications and terminology changes that athletes and officials are to be familiar with.

Where a rule in this document is believed to be deficient, the Little Athletics WA Office is to be informed to address it accordingly. However if at any time, there is doubt about the application or interpretation of these Rules, IAAF rules should be used as guidance. The benefit of doubt shall be in favour of the athlete.

In addition there are a number of rules specifically relating to WA State Events and their processes which are not covered by IAAF or LAA Standard Rules. Each State event is undergoing review and once specific rules have been finalised, they will be included, and updated rules distributed. U6 age group is not directly referenced in the rules other than Chapter 6 (Event and Equipment Specifications) and Rule 808 (Braveheart Challenge). As this age group does not proceed to formal State Events, Centres have the flexibility to apply more lenient competition rules, as required.

From time to time the IAAF and Athletics Australia will release new versions of the Rules or Technical documents. The LAA National Technical Committee (NTC) will assess these changes and make recommendation to the LAA Board of Management for update to the LAA Rules if required. A member of the Little Athletics WA Competition Committee is concurrently a member of the NTC, and will provide recommendations to the Little Athletics WA Board of Directors for adoption as required. To achieve standardisation across the sport, the aim will be to adopt LAA recommendations with advice being forwarded to members.

IAAF RULE BOOK

Online copies of the current IAAF Rule Book can be downloaded from:

<http://www.walittleathletics.com.au/Competition/Rules-of-Competition>

or directly from the IAAF website:

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

COMPETITION COMMITTEE

National Technical Committee (NTC)

Little Athletics Australia (LAA) has established the National Technical Committee (NTC) comprising of personnel with specific expertise and experience to administer the process of advice and direction where changes to the Technical Rules pertaining to competition are required.

The WA state representative on the NTC will be appointed by the Little Athletics WA Board of Directors and will be required to communicate the NTC objectives to the Members through the Board of Directors. The WA state representative on the NTC will concurrently be a member of the State Competition Committee.

An overview of the NTC functions can be found in the LAA Standard Rules for Competition of Little Athletics Australia on:

<http://www.littleathletics.com.au/Competition/Standard-Rules-of-Competition>

or:

<http://www.walittleathletics.com.au/Competition/Rules-of-Competition>

Competition Committee

The Competition Committee for Little Athletics WA, is a sub-committee of the Little Athletics WA Board of Directors (BoD) and was established to assist with, and provide advice to the Board on competition specific issues. For the most part the function of the committee is to provide advice and direction in relation to Technical Rules pertaining the State Competition. A member of the Competition Committee will also be the State representative on the NTC.

The Competition Committee was established to:

- Provide recommendations to the Board regarding the promotion of "Competition Programming" throughout the various Western Australia Little Athletics Centres and at the State level.
- To make recommendations in regard to developing protocols/rules across the various Little Athletics WA competitions.
- Liaise with the Officials representative regarding the appointment of officials to Little Athletics WA events.
- To assist in the development, review and preparation of all Little Athletics WA competition resources and publications.
- To make recommendations on the State Championships qualifying standards.
- Form a network to assist the Zone Coordinators and Centre representatives.
- Liaise with the CEO, or delegated staff and Officials representative in regards to the conduct of all Association competitions.
- Planning the ongoing acquisition of all Association competition equipment and the maintenance, certification and compliance of such equipment.
- To review competition related areas referred by the BoD for investigation analysis, and to provide recommendations to the BoD on these matters.

APPROVED RULE CHANGES SINCE SEPTEMBER 2016

RULE	TITLE	CHANGE	DATE
Version 1.0		Initial issue	20 September 2016
Version 1.1	Rule 119	Amend minimum number to comply with LAA Standard Rules (passed Oct 16).	19 October 2016
	Rule 120, 121,141, 180	Amend terminology from Key Official to Chief Judge	
	Rule 126	Amend to reflect use of Gate Timing System complying with LAA Standard Rules (passed Oct 16).	
	Rule 144	Amend to reflect wording to comply with LAA Standard Rules.	
	Rule 146	Amend wording to comply with LAA Standard Rules (passed Oct 16) and shaded to indicate compliance.	
	Rule 162.13(a)	Clarification of False Start Rule	
	Rule 163.9	Include 300m and 500m	
	Rule 165	Amend to reflect Gate Timing System complying with LAA Standard Rules (passed Oct 16).	
	Rule 180.23	Shaded to indicate compliance with LAA Standard Rules (passed Oct 16.)	
	Rule 808	Rule inclusion	
Version 1.2	Rule 162	Amend 'On your mark' to 'On your marks'.	02 November 2016
	Rule 802	Rule inclusion	
Version 1.3	Rule 803	Rule inclusion	01 February 2017
Version 1.4	Rule 804	Rule inclusion	22 February 2017
Version 1.5	Rule 805	Rule inclusion	15 March 2017
Version 1.6	Rule 806	Rule inclusion	2 May 2017
Version 2.0		2017-18 Version	28 September 2017
	Rule 21.5	Deleted. Section on Para Athlete eligibility to be reviewed	28 September 2017
	Rule 51	Amended to read as rule 53	28 September 2017
	Rule 120.2	Delete reference to Chapter 9	28 September 2017
	Rule 120.7	Insert requirement to complete 'Conflict of Interest' declaration	28 September 2017
	Rule 125.4	Amend to align to LAA Standard Rules	28 September 2017
	Rule 130	Amend terminology to reflect rule name	28 September 2017

	Rule 141.2	Note added	28 September 2017
	Rule 142	Amend wording to comply with LAA Standard Rules	28 September 2017
	Rule 143.24	Amend to meet sponsor requirements	28 September 2017
	Rule 143.30	Amend to meet requirements	28 September 2017
	Rule 146	Amend protest lodge location and amend to reflect LAA Standard Rules	28 September 2017
	Rule 165	Amend to reflect LAA Standard Rules	28 September 2017
	Rule 170	Amend to reflect LAA Standard Rules	28 September 2017
	Rule 180	Amend to reflect LAA Standard Rules	28 September 2017
	Rule 182	Amend to reflect LAA Standard Rules	28 September 2017
	Rule 184.7 (a)	Notation added	28 September 2017
	Rule 187.17	Amend reference	28 September 2017
	Rule 200	WA competition information relocated to rule 803	28 September 2017
	Rule 230	Amend to reflect LAA Standard Rules	28 September 2017
	Rule 260(A).18	Clarification of watch reference and reflects LAA Standard Rules	28 September 2017
	Rule 601	Include events deemed inappropriate as referred in LAA Standard Rules. Include reference to Winter Competition Table Delete reference to Tables by Gender.	28 September 2017
	Chapter 6 Tables	Amended to meet Rule 601 referencing	28 September 2017
	Rule 801	Add countback information	28 September 2017
	Rule 802	Add Baton allocation for age groups Add reference to TIC Add record section	28 September 2017
	Rule 803	Re-written to include rules previously included in Rule 200 High Jump start heights reviewed	28 September 2017
	Rule 804	Rule update.	28 September 2017
	Rule 805	Rule update.	28 September 2017
	Rule 806	Rule update.	28 September 2017
	Rule 807	Rule update	28 September 2017
Version 2.1	Chapter 6 Table	Specification update to U6 middle distance	10 October 2017

	Rule 170	Rule update inline with LAA and IAAF, removal of acceleration zone.	10 October 2017
Version 3	Rule 100	Rule update.	15 August 2018
	Rule 141	Amend to reflect LAA Standard Rules.	15 August 2018
	Rule 143	Rule Added.	15 August 2018
	Rule 143	Rule Added.	15 August 2018
	Rule 143	Rule Added.	15 August 2018
	Rule 143	Rule Added.	15 August 2018
	Rule 143	Wearing of 50 th Logo removed.	15 August 2018
	Rule 143	50 th Logo removed from sample image of uniform layout	15 August 2018
	Rule 168	Addition of specific hurdles transition date.	15 August 2018
	Rule 168	Rewording of a rule.	15 August 2018
	Rule 170	Updating specs as they were wrong.	15 August 2018
	Rule 182	Addition of specific high jump buns transition date.	15 August 2018
	Specifications Table Chapter 6	Amendments to some age groups as implement weights have changed.	15 August 2018
	Rule 805	Rule Added.	15 August 2018
	Rule 808	Removed Bravehearts and added Junior Athletics Carnival information.	15 August 2018
	Rule 802	Rule Added.	15 August 2018
	Rule 801	Rules added here so we avoid double ups in each State Event rule category.	15 August 2018
	Rule 180	Rule amendment to align with LAA.	15 August 2018

CHAPTER 1: COMPETITIONS

RULE 1 COMPETITIONS

IAAF Rule 1 has been replaced by the following:

1. The following Little Athletics WA competitions are covered by these rules:
 - a. North West Regional Championships
 - b. State Track and Field Relay Championships
 - c. Country Championships
 - d. State Combined Event Championships
 - e. Zones Track and Field Championships
 - f. State Track and Field Championships
 - g. WA Winter Competition Cross-Country and Road Walks
 - h. Meets and Special Competitions as determined by Little Athletics WA

RULE 2 AUTHORISATION TO STAGE COMPETITIONS

IAAF Rule 2 has been replaced by the following:

1. Little Athletics WA will coordinate a competition program to avoid or minimise conflicts with Athletics WA. Both athletics bodies have undertaken to accommodate developmental pathways for athletes, officials, coaches and volunteers in a coordinated One Sport approach.
2. Centres will have the right to organise Centre competitions and they may organise such other inter Centre events as they deem necessary.

RULE 3 REGULATIONS GOVERNING THE CONDUCT OF COMPETITIONS

IAAF Rule 3 has been replaced by the following:

1. Little Athletics WA may produce regulations governing the conduct of competitions held under the Rules. The regulations may be varied and amended by the Little Athletics WA Board of Directors as it sees fit.
2. Spectators, are not permitted on the Competition Arena at any time.

RULE 4 REQUIREMENTS TO COMPETE IN LITTLE ATHLETICS COMPETITIONS

IAAF Rule 4 has been replaced by the following:

1. No athlete may take part in a Little Athletics Competition unless they are:
 - a. a registered member of an Affiliated Centre or Club, or
 - b. an approved athlete competing as a member of an invited Association, or
 - c. participating in an authorised Centre 'come and try' program.
2. To be recognised as a member of an Affiliated Centre or Club, an athlete must be listed in the State membership database as an active and financial member, and been issued a valid registration number.

RULE 8 ADVERTISING & DISPLAYS DURING LITTLE ATHLETICS COMPETITIONS

IAAF Rule 8 has been modified to include:

1. Advertising and displays of a promotional nature shall be permitted providing such advertising and displays do not conflict with Little Athletics State and National sponsors or partners. National and State sponsor information is available on the Little Athletics WA website: www.walittleathletics.com.au

CHAPTER 2: ELIGIBILITY

RULE 21 ELIGIBILITY FOR WA STATE EVENTS

IAAF Rule 21 has been replaced by the following:

1. All athletes must be registered with a Centre/Club by the advertised nomination date to be eligible for the competition in accordance with Rule 4 and specific event eligibility rules.
2. Each State Event will have a Nomination Close date. All athletes intending to compete in that competition must have submitted their nomination for that competition in the prescribed way by the specified date to be eligible.
3. Any relevant event nomination fees must be fully paid by the specified date to be eligible.
4. Championship competitions may have additional eligibility requirements. Refer to the relevant rules for that competition for additional qualification criteria.

CHAPTER 3: ANTI-DOPING AND MEDICAL RULES

SECTION I – ANTI-DOPING RULES

RULE 30 ANTI-DOPING RULES

IAAF Rule 30 has been replaced by the following:

1. Athletes participating in Little Athletics events will not be subject to Anti-Doping Rules and Regulations.
2. Little Athletics supports fair play in sport and encourages athletes aged 12 and over to complete the ASADA Level 1 Anti-Doping online course: <https://elearning.asada.gov.au/>

SECTION II – MEDICAL RULES

RULE 50 MEDICAL ORGANISATION

IAAF Rule 50 has been replaced by the following:

1. Medical support is to be available at all competitions.

RULE 53 MEDICAL / SAFETY SERVICES AT COMPETITIONS

IAAF Rule 53 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 53.2 and 53.3 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 and DISCIPLINARY PROCEEDINGS

RULE 60 DISPUTES AND DISCIPLINARY PROCEEDINGS

IAAF Rule 60 has been replaced by the following:

1. Competition disputes or protests shall be lodged in accordance with Rule 146.
2. Dispute and disciplinary proceedings for Little Athletics WA are detailed within the Member Protection Policy available on the Little Athletics WA Website:
<http://www.walittleathletics.com.au/Resources/Policies>

CHAPTER 5 – TECHNICAL RULES

RULE 100 GENERAL

IAAF Rule 100 has been replaced by the following:

1. All Competitions as defined in Rule 1 shall be held under the rules of Little Athletics WA including LAA Standard Rules and the IAAF Rules modified for Little Athletics WA competitions. **If there is doubt in the interpretation of rules, IAAF Rules and Regulations will be used.**

SECTION I – 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 a minimum of 3 members. Members directly involved in the Appeal are ineligible to sit on the Jury of Appeal.
2. A panel of at least 5 must be named prior to the commencement of the competition and communicated to Team Managers through competition documentation.
3. Members of the Jury of Appeal shall not be present during any deliberations of the Jury concerning any Appeal that affects, directly or indirectly, an athlete affiliated with their Centre, or where any relationship (by relation, or professionally) exists.
4. The makeup of both the initial panel and the Jury of Appeal will be determined by the following:
 - a. State Relay Championships – Competition Director (or their appointee)
 - b. State Combined Event Championships – Competition Director (or their appointee)
 - c. Zones Track and Field Championships – Zone Coordinator (or their appointee)
 - d. State Track and Field Championships – Competition Director (or their appointee)
 - e. WA Winter Competition Cross-Country and Winter Walk Competition – Winter Meet Manager (or their appointee)
 - f. Invitational Meets and Competitions as determined by Little Athletics WA – Competition Director (or their appointee)
5. The primary functions of the Jury of Appeal shall be to deal with all appeals under Rule 146, and with any matters arising during the course of the competition which are referred to it for decision.

RULE 120 OFFICIALS OF THE COMPETITION

IAAF Rule 120 has been replaced by the following:

1. The Organising Committee of a competition shall appoint chief judges for all competitions listed in Rule 1 for positions considered necessary as per the list in the IAAF Rules. Allocation of official's rosters to Centres will be co-ordinated by the Organising Committee and will be based upon nominations, including historical information.
2. Nominations for a particular position does not guarantee an appointment.
3. Chief Judges should wear distinctive attire or insignia.
4. It is a condition of entry to State Events at Rule 1 that:
 - a. Centres will be allocated officiating duties at the event that are to be filled.
 - b. Failure to do so may result in the Centre being denied entry to future State Events.
5. Fulfilment of Centre roster allocations is to be managed by Centres. Each Centre is to nominate a person responsible for Centre Official Coordination through the Team Manager.
6. The full support of parents/guardians and their Centre is absolutely essential in delivering a safe and successful event for the athlete's involved.
7. Parents/guardians should not officiate in Chief Official positions at field events where their children are competing. If the situation is unavoidable the relevant Field Referee must be notified in advance and a Declaration of Conflict of Interest Form completed.

RULE 121 COMPETITION DIRECTOR

IAAF Rule 121 has been replaced by the following:

1. The Competition Director shall plan the technical organisation of the competition in co-operation with the Technical Delegate and resolve any technical problems together. The Competition Director shall direct the interaction between the participants in the competition and, through the communication system, shall be in contact with all chief officials.

RULE 122 MEETING MANAGER

IAAF Rule 122 has been replaced by the following:

1. The Meeting Manager shall be responsible for the correct conduct of the Competition. They shall check that all officials have reported for duty, appoint substitutes when necessary and have authority to remove from duty any official who is not abiding by the Rules.
2. It is recommended that at least one additional Assistant Meeting Manager/s be appointed throughout each competition at Rule 1.

RULE 123 TECHNICAL MANAGER

IAAF Rule 123 has been replaced by the following:

1. The Technical Manager shall be responsible for:
 - a. Ensuring that the track, runways, circles, arcs, sectors, landing areas for Field Events and all equipment and implements are in accordance with the Rules.
 - b. The placement and removal of equipment and implements according to the technical organisational plan for the competition.

- c. Ensuring necessary certification is received prior to competition and forwarded to the Organising Committee.

RULE 124 EVENT PRESENTATION MANAGER

IAAF Rule 124 has been replaced by the following:

1. The Event Presentation Manager shall coordinate and arrange presentation of all medal ceremonies in liaison with the Competition Director.

RULE 125 REFEREES

As per IAAF Rule 125, plus 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 athletes.
 - 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.

RULE 126 JUDGES

IAAF Rule 126 has been replaced by the following:

General

1. The Chief Judges shall coordinate the work of the Site Judges in their respective events. Site Judges shall allocate the duties amongst their site officials.

Track Events

2. If place judges are used then the following applies:
 - a. The Place Judges determine the official placing's when Hand Timing is used. They may be used when a Photo Finish System or Gate Timing System is in use, but only as a back-up for system failure.
 - b. 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.
 - c. A Chief Judge will be appointed and will be responsible for allocating Place Judges for all placing's.
 - d. Sufficient judges shall be appointed for the number of athletes entered.
3. Place Judges shall:
 - a. Decide the order in which the athletes finish.

- b. Write down the lane number of the athlete 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.
4. The athletes 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.
5. The Chief Judge will ensure that all athletes have been placed prior to advising the athletes of their placing.
6. The Chief Judge will notify the Chief Timekeeper or Gate Timing Operator when all Judges are ready for the next event.
7. The chief judges may reconsider an original decision made by them if it was made in error, provided the new decision is still applicable. Alternatively, or if a decision has subsequently been made by a Referee or the Jury of Appeal, they refer all available information to the Referee.

Field Events

8. The site officials shall judge and record each trial and measure each valid trial of athletes in all Field Events. In High Jump, precise measurements should be made when the bar is raised, particularly if Records are being attempted.
9. The appropriate Judge shall indicate the validity or non-validity of a trial by raising a white or red flag, as appropriate.

RULE 127 UMPIRES (RUNNING AND RACE WALKING EVENTS)

IAAF Rule 127 has been replaced by the following:

1. Umpires are assistants to the Referee, without authority to make final decisions.
2. Umpires shall be placed by the Referee in such a position that they may observe the competition closely and, in the case of a failure or violation of the Rules by an athlete or another person, make an immediate written report of the incident to the Referee.
3. Any such breach of the Rules should be communicated to the relevant Referee by the raising of a yellow flag or card.
4. A sufficient number of Umpires shall also be appointed to supervise the takeover zones in Relay races.

Note (i): When an Umpire observes that an athlete has run in a different lane from their own, or that a relay takeover has taken place outside the takeover zone, they should immediately mark on the track with suitable material, the place where the infringement took place.

Note (ii): The Umpire (s) shall report to the Referee any breach of the Rules, even if the athlete (or team, for Relay races) does not finish the race.

RULE 128 TIMEKEEPERS

IAAF Rule 128 has been replaced by the following:

1. In the case of hand timing, a sufficient number of timekeepers for the number of athletes entered shall be appointed. One of them shall be designated the Chief Timekeeper. The Chief Timekeeper shall allocate duties to the Timekeepers, who shall act as back-up Timekeepers when gate timing, Fully Automatic Photo Finish, or Transponder Timing systems are in use.

RULE 129 START COORDINATOR, STARTER AND RE-CALLERS

IAAF Rule 129 has been replaced by the following:

1. The Starter has entire control of the athletes 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 Coordinator shall ascertain that the Timekeepers and Judges are ready. They should also act as the mediator between the timing equipment officials and the Judges.
3. The Starter shall be positioned so that they have full visual control over all the athletes during the start procedure. It is recommended, especially for staggered starts, that loudspeakers in the individual lanes be used for relaying the commands to the athletes.
Note: The Starter should be placed so that the whole field of athletes falls into a narrow visual angle. For races where athletes use the crouch start, it is necessary that they are positioned so that they can ascertain that all athletes are currently steady in their set positions before the gun is fired. In races up to, and including, 110m hurdles, the Starter shall be placed in front of, or on, the extension of the start line.
4. One or more Re-callers shall be provided to assist the Starter.
Note: For the events, 4 x 200m and 4 x 400m Relays, there should be at least two Re-callers.
5. The Starter shall assign a specific task and position to each Re-caller, who is obliged to recall the race if any infringement of the Rules is observed. After a recalled or aborted start, the Re-caller shall report their observations to the Starter who decides whether, and to whom, a false start warning shall be issued.
6. Each offending athlete must be advised on each false start.
7. A yellow flag or card, should be raised in front of the offending athlete when being warned.
8. Disqualification will be indicated with a red flag or card while standing in the lane of the offending athlete.
9. When a green flag or card is raised and shown to all athletes, this indicates that a false start was not committed by an athlete.
10. Re-callers should ensure they can see every athlete assigned to them.

RULE 130 STARTER'S ASSISTANTS

IAAF Rule 130 has been replaced by the following:

1. The Starter's Assistant shall check that the athletes are competing in the correct heat or event and that their numbers are worn correctly.
2. Lanes in events at all distances shall be numbered from left to right, facing the direction of running.
3. The Starter's Assistant must place each athlete in their correct lane initially assembling the athletes approximately 3m behind the start line. When complete, the Starter Marshall shall signal to the Starter that all is ready.

RULE 131 LAP SCORER

IAAF Rule 131 has been replaced by the following:

1. Lap Scorers shall keep a record of the laps completed by all athletes in 1500m events and longer.
2. One Lap Scorer shall be responsible for maintaining, at the finish line, a display of the laps remaining. The display shall be changed each lap when the leader enters the straight that ends at the finish line. In addition, manual indication shall be given, when appropriate, to athletes who have been, or are about to be, lapped.
3. The final lap shall be signalled to each athlete as they approach the finish line, usually by ringing a bell.

RULE 132 RECORDING ROOM

IAAF Rule 132 has been replaced by the following:

1. If results are not automatically downloaded to the competition software, the results sheet shall be provided to the Recording Room immediately following the conclusion of the event.
2. Results are to be entered immediately upon receipt. Results for track events proceeding from heats to finals are to be prioritised.

RULE 134 ANNOUNCER

IAAF Rule 134 has been modified to include:

1. The Announcer shall not be making any calls for any event, however if the program was to fall behind then the Competition may require the Announcer to start making calls for events.

RULE 138 CALL ROOM JUDGES

IAAF Rule 138 has been modified to include:

1. The Call Room Judges shall supervise the transit between the call room area and the competition area. They shall ensure athletes are present and ready at the competition site for the scheduled start of their event.
2. The Call Room Judges shall ensure that athletes are wearing the correct uniform including bibs and spikes, prior to proceeding to the event.

SECTION II – 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. Athletes and officials only are permitted on the Competition area. Athletes must leave the area immediately after the completion of their event.
3. For tracks other than permanent type, a certificate shall be obtained from a Licensed Surveyor, Shire Engineer or similarly qualified person, stating that the track is of the correct dimensions and this certificate shall be current, ie, the track shall have been surveyed for that particular event. A copy of the survey certificate shall be supplied to the Organising Committee for recording purposes and verification of records, if applicable.

RULE 141 AGE AND GENDER CATEGORIES

IAAF Rule 141 has been replaced by the following:

Age Categories

1. Little Athletics may be conducted in the age groups below.
2. 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 31 December that year
 - Under 7 – means six years of age as at midnight on 31 December that year
 - Under 8 – means seven years of age as at midnight on 31 December that year
 - Under 9 – means eight years of age as at midnight on 31 December that year
 - Under 10 – means nine years of age as at midnight on 31 December that year
 - Under 11 – means ten years of age as at midnight on 31 December that year
 - Under 12 - means eleven years of age as at midnight on 31 December that year
 - Under 13 – means twelve years of age as at midnight on 31 December that year
 - Under 14 - means thirteen years of age as at midnight on 31 December that year
 - Under 15 - means fourteen years of age as at midnight on 31 December that year
 - Under 16 – means fifteen years of age as at midnight on 31 December that year
 - Under 17 – means sixteen years of age as at midnight on 31 December that year

RULE 142 ENTRIES

IAAF Rule 142 has been modified as follows:

Simultaneous Entries

1. Except for High Jump, where a clash of events occurs, the Chief Judge may allow the athlete to compete out of round and out of order in all rounds. It is not permitted for an athlete to have two or more consecutive trials, nor can an athlete demand to have a trial that has been missed.

Note: The first three rounds of trials must be completed, and a final eight determined prior to any other subsequent rounds of trials being commenced.

2. For High Jump, where a clash of events occurs, the Chief Judge may allow the athlete to compete out of order. The athlete re-joins the competition at the current height of the bar.
3. The athlete shall notify the Chief Marshall and the Chief Judge when marshalling for an event if they have a clash of events.
4. When on site an athlete must notify the Chief Judge of the event clash.

Failure to Participate

5. In all Competitions as defined in Rule 1, if an athlete fails to participate in an event it will not preclude them from competing in any other event of the competition.

RULE 143 CLOTHING, SHOES AND ATHLETE BIBS

Clothing

IAAF Rule 143.1 has been modified as follows:

1. Each athlete shall wear the approved Centre uniform for events listed in Rule 1. U7 and U8 athletes may wear club uniform in lieu of Centre uniform in events other than State Track and Field Relay Championships (Rule 1a). Centre uniform must be worn for State Track and Field Relay Championships for all athletes.
2. Any change in the colour, style or design of any part of a competition uniform must be submitted to Little Athletics WA for approval, prior to manufacture. The uniform is to be depicted in a colour photograph showing both front and back views.
3. Phase in of new uniforms is to be completed within a two year period following approval.
4. If manufacturer's logos are present on the uniform, the logo must not exceed 7cm x 5cm (approximate size of a matchbox).
5. Athletes may wear a second top underneath their approved uniform top. If worn, the top must be plain and the same colour as the predominant colour of the approved uniform top, or white, and it must conform to Rule 143.4.
6. Athletes may wear leggings of any length except in Walking events. If worn they shall be the same colour as approved uniform short colour, or predominately black and shall conform to Rule 143.4.
7. **If an athlete is to wear compression shorts as an outer garment only, than they must be the same colour as the approved centre shorts colour or predominately black.**
8. Athletes may wear a second pair of shorts (eg compression shorts) underneath their approved uniform shorts. If worn, they must be the same colour as the approved uniform shorts colour, predominately black, or skin colour.
9. **Compression shorts that have branding on the waist like, eg. Nike Pro, will be accepted as long as they adhere to point 7.**
10. For Walking events, short length must finish at least 5cm above the knee.
11. Uniform tops must be long enough to ensure the midriff area is not exposed.
12. **The Organising Committee may provide lane/team identification where necessary, e.g. lane numbers, wrist bands or other identification as required. This must be worn by all athletes as requested by the officials.**
13. **Failure to comply with uniform standards** will result in an athlete being issued with an infringement notice. Failure to comply with uniform standards at future competitions, or a blatant disregard to comply with uniform standards, will result in the athlete being disqualified.
14. Athletes requiring alternative uniform items for medical or cultural reasons may request an exemption by written request to the Organising Committee through the Association Office.




Footwear

IAAF Rules 143.2 - 143.6 have been replaced by the following:

15. Appropriate footwear is compulsory for all athletes in all events.
16. No athlete may wear football boots or cleats in any event.
17. Athletes in the U7 - U10 age group may not wear spike shoes.
18. Athletes in the U11 - U12 age group may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin.
19. Athletes in the U13 - U17 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.
20. All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
21. Spike shoes must only be worn during an event and are not to be worn to and from an event.
22. Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11
23. Spike length (subject to any further constraint from ground policies):
 - a. Synthetic:

Track	7 mm maximum
Long/Triple/High/Javelin	9 mm maximum
 - b. Grass -

Track /Long/Triple/High/Javelin	12mm maximum
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24. At the WA Athletics Stadium, to maximise performance and prevent damage to the mondo surface, athletes must not use sharp spikes that will penetrate the surface. The mondo track is designed such that blunt spikes will depress the surface and the rebound effect will propel them forward, thereby maximizing performance.
25. The only spikes permitted for use at the WA Athletics Stadium are the 'Christmas Tree' and 'Pyramid' Shape variety as pictured **and they must not have a point end, they need to be flat**. The composition of the spike ie ceramic or metal is irrelevant. 'Needle' spikes are sharper than 'pyramid' spikes and are NOT permitted. **This is to protect the track surface and limit the risk of spike injuries.**

 <p>Christmas Tree</p>	 <p>Pyramid</p>	 <p>Needle</p>
Approved	Approved	NOT Permitted

Athlete Bibs (Registration Numbers)

IAAF Rules 143.7 have been replaced by the following:

26. Every athlete shall be provided with a registration bib, age group number and sponsor patch which, during the competition, shall be worn as follows:
 - a. Registration number must be affixed to the front of the uniform top.
 - b. Name and Centre must be printed and clearly visible for identification purposes.
 - c. Age group tag shall be worn on the upper left of the uniform top.
 - d. Sponsor patch shall be worn on the upper right side of the uniform top.

27. Printed registration bibs will include the age group number.
28. All bibs, tags and patches shall be secured to the uniform top by an appropriate means eg: sewn, pinned, velcro etc.
29. No athlete shall be permitted to take part in any competition without displaying the appropriate tags and patches.
30. Lost or forgotten tags or patches may be purchased for a nominal fee.
31. If an athlete does not follow this rule and:
 - a. Refuses the direction of the relevant Referee to comply; or
 - b. Participates in the competition,they may be disqualified.
32. Specific registration bibs may be supplied for a competition where specific sponsorship arrangements exist.



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 an athlete's 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.
4. Factual feedback from officials shall be consistent for all athletes in the event.

RULE 145 DISQUALIFICATION

IAAF Rule 145 has been replaced by the following:

1. If an athlete is disqualified in an event for an infringement of any Rule, reference shall be made in the results to the Rule which has been infringed.
2. Referees shall have authority to warn or exclude from competition, any athlete guilty of improper conduct.
3. The appropriate Referee will speak to an athlete who displays unacceptable or unsporting behaviour. Any repetition of that behaviour will result in the athlete being disqualified.
4. If the offence is of a serious nature immediate disqualification may occur.
5. The Meeting Manager shall notify the athlete's Team Manager of the behaviour and outcome.

RULE 146 PROTESTS AND APPEALS

IAAF Rules 146 has been replaced by the following:

1. Protests must be made by the Team Manager, in writing, on the approved protest form within 15 minutes of the official results being posted of the results. The organising committee shall be responsible for recording the time of posting. The protest must be handed to the Technical Information Centre (TIC) and must be accompanied by a deposit of a \$55 protest fee (\$50 plus \$5 GST).
2. When a protest is lodged with the TIC, the name of the protesting Centre and the reason for the protest is to be notified to all Team Managers and the main recording room.
3. One of two types of reasons will be notified – either on a technicality or on the judge's decision.
4. The decision will be conveyed to the relevant Team Manager prior to being notified to the Team Managers of other Centres. The notification shall be either - dismissed, upheld or sent to Jury of Appeal.
5. 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 TIC.
6. All Team Managers will be notified that an Appeal has been lodged.

7. To arrive at a fair decision, the Jury of Appeal only, may consult all available evidence including video evidence, however video will not be considered for any breaches of technical rules for Race Walking.
8. The decision will be conveyed to the relevant Team Manager/Managers prior to being notified to the Team Managers of the other Centres. The notification shall be either – dismissed or upheld.
9. The protest fee as set by the Association, will be refunded if the protest is upheld by either the Referee or the Jury of Appeal. In the event that the protest is dismissed, the deposit will not be refunded. In the event that the protest is deemed frivolous by the Jury of Appeal, the deposit will not be refunded.

On Field Protests (Field Events Only)

10. If an athlete in the U13-U17 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 their 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 147 MIXED COMPETITION

IAAF Rules 147 has been replaced by the following:

1. Mixed gender competition, may only be permitted at the discretion of the Organising Committee.
2. Mixed age competition may only be permitted at the discretion of the Organising Committee.

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 athletes.
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. A distinctive flag or marker may also be provided to mark the existing State Record and, when appropriate, the existing Australian Best Performance and/or open record.
7. 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 III – TRACK EVENTS

RULE 160 TRACK MEASUREMENTS

Refer to IAAF Rule 160

1. Track measurements should be in accordance with IAAF Rule 160.

RULE 161 STARTING BLOCKS

IAAF Rule 161 has been replaced by the following:

1. Starting blocks may be used by athletes 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. Before the start signal is given, the Starter shall ascertain that the timing system and judges are ready.
2. In races run entirely in lanes (including the first leg of the 4 x 200m relay and the 4 x 400m relay), the Starter shall make the following commands: 'On your marks', 'Set', and the firing of the gun.
3. Once the command 'On your marks' has been given, late athletes are not permitted to join the event.
4. In events run entirely in lanes, on the command of 'On your marks' all athletes shall approach the starting line. When all athletes are steady the Starter issues the command 'Set', upon which the athletes shall assume the position from which they will commence the race. When all athletes are again steady the Starter shall fire the gun to commence the race.
5. In races not run entirely in lanes the Starter shall make the following commands: 'On your marks', and the firing of the gun.
6. In events not run entirely in lanes, on the command 'On your marks', all athletes shall approach the starting line and assume the position from which they will commence the race. When all athletes are steady, the Starter shall fire the gun to commence the race.
7. No athlete 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.
8. If for any reason the Starter has to speak to any athlete after they are 'on their mark', the Starter shall order the athletes to stand up and the Starter's Assistant shall place them on the assembly line again.

False Starts

9. If either the Starter or the Recallers are of the opinion that the start was not a fair one, they shall recall the athletes by firing a gun. If the unfair start is not due to any athlete, no warning shall be given.
10. If the Starter is of the opinion that an athlete left their mark with hand or foot after the words 'Set' (in events run entirely in their lane) or 'On your marks' (in events not run entirely in their lane), and before the gun is fired, it shall be considered a false start.
11. An athlete, who after the command 'On your marks' disturbs other athletes in the race through sound or otherwise, may be considered to have committed a false start.
12. If an athlete fails to comply with the 'set' command after a reasonable time this may constitute a false start.
13. Any athlete who commits a false start shall be warned, as follows:
 - a. U7 – U8 age groups
Any individual athlete in each heat, shall be allowed a maximum of **TWO (2)** false starts without disqualification. Any individual athlete responsible for more than TWO (2) false starts shall be disqualified.
 - b. U9 - U17 age groups
A maximum of **TWO (2)** false starts per race shall be allowed without disqualification, regardless of which athlete is responsible. Any athlete responsible for a subsequent false start shall be disqualified.

Starting Techniques

14. 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.
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 marks' 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

IAAF Rule 163 has been replaced by the following:

1. In races including at least one bend, the direction of running and walking shall be left-hand inside. The lanes shall be numbered with the left-hand inside lane numbered 1.

Obstruction

2. Any athlete, 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 athlete(s) seriously affected by jostling or obstruction (other than the disqualified athlete) to compete in the final of the event. Normally, such an athlete 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

3. In all races run in lanes, each athlete shall keep within their allocated lane from start to finish. This shall also apply to any portion of a race run in lanes.
4. In all races (or part of races) not run in lanes, an athlete running on a bend, shall not step or run on or inside the kerb or line marking the inside of the track.
Except as stated in Rule 163.5 the Referee is satisfied, on the report of a Judge or Umpire that an athlete has violated this Rule, they:
 - a. In the U7-U11 age group: May be disqualified if a material advantage was gained over other athletes.
 - b. In the U12-U17 age groups: Shall be disqualified.
5. An athlete shall not be disqualified if they:
 - a. Are pushed or forced by another person to step or run outside of their lane or on, or inside the kerb or line marking the applicable border, or
 - b. Steps or runs outside their lane in the straight, or outside the outer line of the lane on the bend, with no material advantage thereby being gained and no other athlete being jostled or obstructed so as to impede their progress.
6. The following events shall be conducted entirely in lanes: 70m, 100m, 200m, 400m, 4x100m relay and all hurdles races.
7. The 800m shall be run in lanes as far as the near edge of the break-line marked after the first bend where athletes may leave their respective lanes. Up to two athletes may start the race in each lane.
8. The break-line shall be an arced line marked after the first bend, across all lanes other than lane 1. To assist athletes to identify the break-line, small cones of a different colour from the break-line and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the break-line. If an athlete does not follow this Rule, they may be disqualified.
9. The 1500m, 1100m and 700m walks, and the 1500m, 500m and 300m events shall not be run in lanes.

Leaving the Track

10. An athlete, after voluntarily leaving the track, shall not be allowed to continue in the race and shall be recorded as not finishing the event. Should the athlete attempt to re-enter the race, they shall be disqualified by the Referee.

Check Marks

11. Except for the 4x100m relay as provided in Rule 170.10, athletes 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. Four alternative methods of timekeeping shall be recognised as official within Little Athletics WA:
 - a. Fully Automatic Timing obtained from a Photo Finish System
 - b. Hand Timing
 - c. Gate Timing System
 - d. Transponder System for Winter Competition

Hand Timing

2. Sufficient timekeepers shall be appointed for the number of athletes entered; one shall be the Chief Timekeeper.
3. 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.
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 athlete and provide the result for publication.

Fully Automatic Timing and Photo Finish System

5. The system must record the finish through a camera with a vertical slit, positioned in the extension of the finishing line producing a composite image. The image must also be synchronised with a uniformly marked time-scale graduated in 1/100th of a second.
6. 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

7. The system shall be a commercially produced system where the sensors will be checked and computer-timing device calibrated with a certificate supplied on a 12 monthly basis.
8. The system shall be started either automatically by the Starter's gun or manually at the smoke or flash of the Starter's gun.
9. 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.
10. The system must be capable of printing out the time of each lane.
11. 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.
12. 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.
13. 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.
14. Where the system is started and finished fully automatically, the time shall be recorded as an electronic time with no adjustment.

Transponder System

15. The use of a Transponder Timing System during out of stadia events (Winter Cross Country and Winter Walks) is permitted.

RULE 166 SEEDINGS, 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, athletes will be randomly drawn into heats.

Note: Application of this rule is subject to inclusion in the appropriate software.

2. Zig Zag distribution method example for three heats will consist of the following seeding based on Best Performances:

A	1	6	7	12	13	18	19	24
B	2	5	8	11	14	17	20	23
C	3	4	9	10	15	16	21	22

3. 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, athletes will be randomly drawn into heats.
4. Lanes for heats shall be randomly drawn.
5. Where there are more lanes available than athletes in a heat, the inside lane should always remain free.

Progression to Finals

6. 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.
7. 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.
8. 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 166.7 shall be modified by increasing the number of athletes qualified due to the 'next fastest times' as appropriate.

Lane Draw for Finals

9. Following the running of the heats, athletes shall be ranked on the following basis (subject to inclusion in the appropriate software):

Fastest heat winner, second fastest heat winner, etc.
 Fastest 2nd place in heat, second fastest 2nd place in heat, etc.
 Concluding with: Fastest next qualifier, second fastest next qualifier
10. Using the rank determined in Rule 166.9, 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.
11. 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.
12. 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.

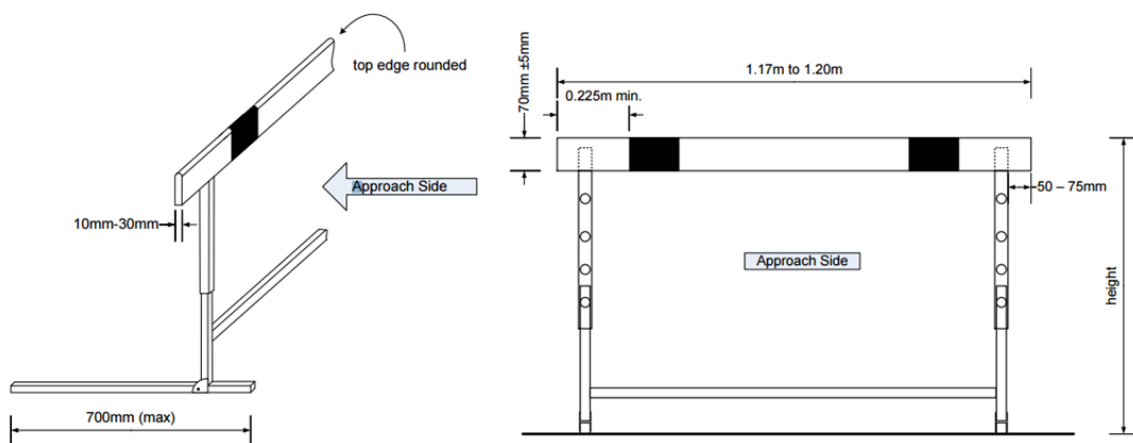
13. Where there are more lanes than athletes, the inside lane should always remain free.

RULE 168 HURDLE RACES

IAAF Rule 168 has been replaced by the following:

1. All hurdles shall comply with the specifications set out within Australian Little Athletics Standard Events with heights and hurdle distances for each age group indicated on the LA WA Events and Equipment Specification Summary at Chapter 6.
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).

Note: Hurdles must be transitioned to the collapsible type by September 1 2019.



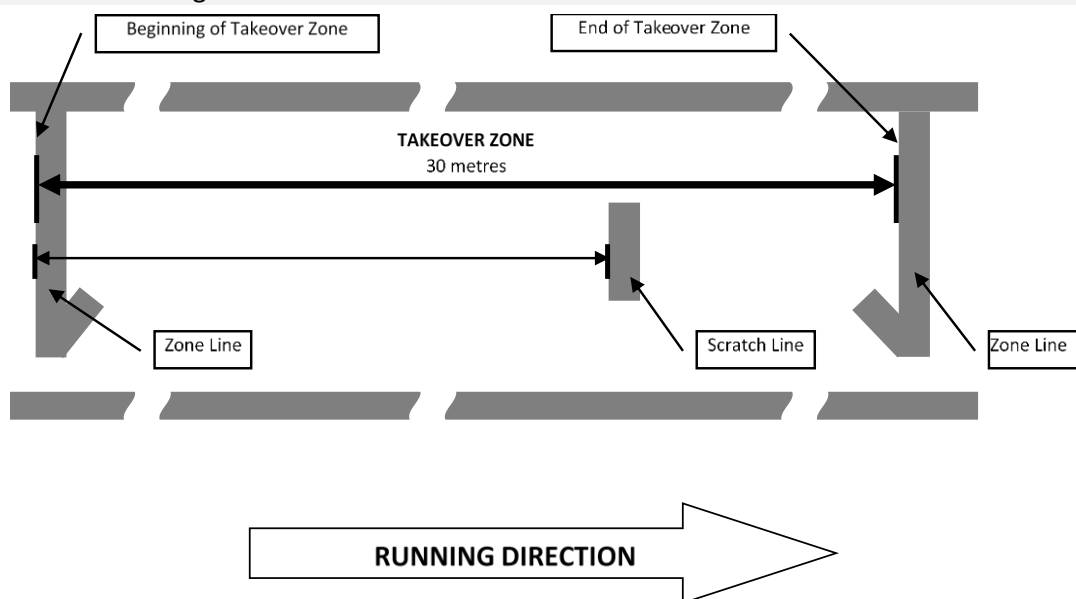
3. Each hurdle shall be placed on the track in a position where the hurdle collapses away from the athlete and with the edge of the bar nearest the approaching athlete coinciding with the track marking nearest the athlete.
4. All races shall be run in lanes and each athlete shall keep to, and go over the hurdles in their own lane throughout.
5. An athlete shall be disqualified if they directly, or indirectly knock down, or significantly displaces a hurdle into another lane.
6. Each athlete shall go over each hurdle. Failure to do so will result in a disqualification.
7. In addition, an athlete shall be disqualified if:
 - a. The foot or leg at the instant of clearance, beside the hurdle (on either side), is below the horizontal plane of the top of any hurdle: or
 - b. In the opinion of the Referee, deliberately knocks down any hurdle.
8. Except as provided for above, the knocking down of hurdles shall not result in disqualification nor prevent a record being claimed.

RULE 170 RELAY RACES

With the exception of IAAF Rules 170.6(b) and 170.9, IAAF Rule 170 has been replaced by the following:

Takeover Zone

1. In the 4 x 100m and 4 x 200m relays each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. The 4 x 400m takeover zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.
2. For each takeover 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. The designated official shall also ensure that Rule 170.6 is observed.



Note: Unless a track has been specifically marked for 30m takeover zones, the existing line marked on the track to denote the acceleration line shall be used as the incoming zone line

The Race

3. No athlete may run two sections for a team.
4. The baton must be carried by hand throughout the race.
5. 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.
6. Should any athlete wilfully 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.

Check Marks

7. Athletes may place one check mark on the track within their own lane using adhesive tape (except where this contravenes any rule(s) made by the venue management) of maximum dimensions 5mm x 40mm. Use of chalk or similar substances is prohibited.

Baton Changes

8. 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 athlete.
9. Athletes should remain in their lanes after handing over the baton, until the course is clear.

10. The baton specifications are as follows:

Min Circumference	Max Circumference	Min Length	Max Length	Min Weight
36 mm	40 mm	280 mm	300 mm	50 gm
OR				
30 mm	34 mm	280 mm	300 mm	50gm

Events

11. The following standard relay events are conducted in WA:
 - a. U8 – U17: 4 x 100m,
 - b. U8 – U10: 4 x 200m, and
 - c. U11 – U17: 4 x 400m.
12. The 4 x 100m race shall be run entirely in lanes.
13. The 4 x 200m race shall be run in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the break-line where athletes may leave their respective lanes.
14. The 4 x 400m race shall be run in lanes for the first leg, as well as that part of the second leg up to the nearer edge of the break-line where athletes may leave their respective lanes.
15. The break-line shall be an arced line marked after the first bend, across all lanes other than lane 1. To assist athletes to identify the break-line, small cones of a different colour from the break-line and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the break-line. If an athlete does not follow this Rule, the team may be disqualified.
16. In the 4 x 100m, 4 x 200m and 4 x 400m races, athletes are not permitted to begin running outside of their takeover zone. If an athlete does not follow this Rule, the team may be disqualified.
17. In the 4 x 400m the athletes running the third and fourth legs shall, under the direction of a designated official, place themselves in their waiting position in the same order as the order of their respective team members as they enter the last bend. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, the team may be disqualified.
18. In the 4 x 200m the athlete running the fourth leg, shall line up in the order of the start list (inside to out).
19. In any race when the lanes are not being used, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete so as to impede progress. Waiting athletes shall maintain the order in accordance with this Rule as applicable. If an athlete does not follow this Rule, the team may be disqualified.

SECTION IV – FIELD EVENTS

RULE 180 GENERAL CONDITIONS – FIELD EVENTS

With the exception of IAAF Rules 180.1, 180.2, 180.3(b) and 180.17, IAAF Rule 180 has been replaced by the following:

Practice Trials at the Competition Area

1. At the competition area and before the beginning of the event, Site Judges shall allow each athlete to establish their run up with at least one practice trial, and more if time permits. In the case of throwing events, the, Site Judges shall allow each athlete at least one practice trial, and more if time permits. Practice trials will be in draw order and always under the supervision of the Judges.
2. Once a competition has begun, athletes are not permitted to use, for practice purposes, as appropriate,
 - a. the runway or take-off area;
 - b. implements; or
 - c. the circles of the ground within the sector with or without implements.

Markers

3. An athlete may place alongside the runway 1 or 2 markers, or for High Jump where the markers can be placed on the runway (markers supplied or approved by the organisers), to assist them in their run-up and take-off.
4. The use of sharp or pointed markers or anything considered dangerous by the Referee will be prohibited.

Competition Order

5. The order in which athletes shall take their trials shall be drawn randomly.
6. In all events, except for the High Jump, where there are more than 8 athletes:
 - a. U7 – U8 age groups: Each athlete is allowed three (3) trials only.
 - b. U9- U17 age groups: Each athlete shall be allowed 3 trials and the 8 athletes with the best valid performances may be allowed additional trials.
7. In the event of a tie (after a count-back) for 8th place, any athletes so tying shall be allowed the additional trial. (Tying means, in this case, achieving the same distance).
8. Where there are 8 athletes or fewer, each athlete shall be allowed all applicable trials regardless of the number of failures recorded.
9. The competing order for any additional trials shall be in the reverse ranking order recorded after the first 3 rounds of trials.
10. In all events except for High Jump, each athlete shall have a minimum of 3 trials and no more than 6 trials.

Commencement of Competition

11. Competition commences with the first trial in the first round.
12. The trials shall commence when the Official responsible indicates to the athlete that all is ready for the trial to begin, and the athlete is called.
13. The period allowed for this trial shall commence from that moment.
14. A round commences when the first athlete eligible to compete in the round commences their trial.
15. A round is complete when the last athlete eligible and present to compete in the round completes their trial.

Completion of Trial

16. Throws - a trial is complete when the athlete leaves the circle (discus and shot put) or runway (javelin).
17. 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.
18. High Jump - a trial is complete when the Chief Judge designates a "fair/fail jump".

Completion of Competition

19. High Jump - the high jump is complete when the last remaining athlete fails or decides to stop.
20. 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.

Failure

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

Obstruction

22. If, for any reason, an athlete is hampered in a trial in a field event, the Referee shall have the power to award that athlete a substitute trial.

Delay

23. A time warning may be given to an athlete. Such a warning is indicated by a raised yellow flag or card, which is kept raised for the last 15 seconds prior to the disallowing of a trial for exceeding the time limit.
 - a. An athlete in a field event, who unreasonably delays taking a trial, renders themselves liable to have that trial disallowed and recorded as an invalid trial. It is a matter for the Chief Judge to decide, having regard to all circumstances, what is an unreasonable delay.
 - b. The Chief Judge responsible shall indicate to the athlete that all is ready for the trial to begin, and the period allowed for their trial shall commence from that moment. The raising of a white flag or card usually indicates the commencement of a trial.
 - c. If an athlete subsequently decides not to attempt a trial, it shall be considered an invalid trial once a reasonable period allowed for the trial has elapsed.
 - d. **The time allowed for each trial in a competition for field events shall be no longer than 30 seconds.**

Absence during competition

24. Any athlete who leaves the immediate event area (as defined prior to the commencement of the competition by the Chief Judge or Referee) without permission, may be cautioned by the Chief Judge and warned that any repetition, may result in them being excluded from further participation in that event. The Referee may make the decision to disqualify the athlete. Any performance up to the time of a disqualification shall stand.

Change of competition area

25. 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.

26. Such a change shall be made only after a round is completed.
27. If a change is required because conditions are dangerous, then the round shall be restarted.

Results

28. 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 Chief Judge.

Ties

29. In all field events, except for High Jump:
 - a. The 2nd best performance of the athletes 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.
30. High Jump ties:
 - a. The athlete 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 athlete 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 athletes 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.

Measuring

31. The Judges shall judge, measure and record each valid trial of the athletes.
32. All measurements shall be made immediately after each valid trial.
33. 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 competition (the operators would normally do this). When EDM is not available, a fibreglass or steel tape measure graduated in centimeters, or a graduated bar for high jump, should be used.
34. In measuring all field events, except 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.
35. Distances shall always be recorded to the nearest whole centimetre, or perpendicular from the ground with a steel or fibreglass measuring bar to the lowest part of the upper (top) side of the bar.

RULE 181 GENERAL CONDITIONS – VERTICAL JUMPS

IAAF Rule 181 has been replaced by the following:

Crossbar

1. The crossbar shall be made of fibre-glass with equipment specifications as per IAAF Rule 181.

RULE 182 HIGH JUMP

IAAF Rule 182 has been replaced by the following:

Safety

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

Validity of Jumps

3. An athlete may commence jumping at any height above the minimum height and may jump at their own discretion at any subsequent height. Three (3) successive failures, not necessarily at the same height, disqualify the athlete from competing further.
4. The effect of this rule is that an athlete 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. If the bar falls off without having been knocked by the athlete (e.g. due to strong wind) the athlete is not penalised.

Measuring

6. Before the commencement of the competition the Judge shall announce to the athletes the starting height and the subsequent heights to which the bar has been raised at the commencement of each round.
7. The height of the crossbar should be checked at both ends to confirm it is horizontal and in the centre to confirm the correct height.
8. In the case of a sagging crossbar measurement is made from the ground perpendicular to the upper edge of the crossbar at the point where it is lowest.
9. 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.
10. Even after all other athletes have failed, an athlete is entitled to continue until they forfeit their right to compete further.
11. The heights to which the cross-bar is raised, shall be decided after consulting with the athlete.
12. Each athlete shall be credited with the best of all their jumps, subject to the conditions relating to ties.

Start Height and Increments

13. Minimum start heights for each age group are indicated on the LA WA Events and Equipment Specification Summary at Chapter 6.
14. The bar is to be raised by 5cm increments until there are six or fewer athletes remaining and by increments of 2cm thereafter until only one athlete remains. When only one athlete remains, that athlete may choose the increments.
15. Increments for Combined Events competition is at Rule 803.

Measurement of Run In

16. Once the competition starts, athletes 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 athletes' time for the trial. The athlete may touch the upright or bar, but should the bar be dislodged, a failure must be recorded for that trial.

Age Restrictions

17. Under 9 will be the starting age group for High Jump at Competitions in Rule 1.
18. 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. (Under 8 age group may do High Jump at Centre level only, at the discretion of the Centre).
19. It shall be a valid scissor jump if all other relevant high jump rules are adhered to, and:
 - a. The head of the athlete does not go over the bar before the leading foot (the foot of the leg closest to the bar at take-off);
 - b. The head of the athlete is not below the buttocks when the buttocks clear the bar, and
 - c. The athlete's lead foot touches the mat before any other part of the body.
20. 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 the competition.
21. An invalid jump includes:
 - a. The athlete takes off with two feet.
 - b. After the jump, the bar does not remain on the support because of the action of the athlete whilst jumping.

Note: If the athlete has left the landing area and the bar falls, it is deemed an invalid jump if the athlete was responsible for the dislodgement.
 - c. The athlete touches the ground including the landing area beyond the plane of the nearer edge of the crossbar, either between or outside the uprights with any part of the body, without first clearing the bar.
 - d. Athlete touches the cross bar or the vertical section of the uprights when running up without jumping.

Apparatus

22. Apparatus specification shall be in accordance with IAAF Rule 182.

Minimum Height for mats

23. The height for scissor mats at all competition levels and in all Affiliated Associations will be between 150mm and 300mm 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.

Note: LAA recommends that 500mm mats or higher be the preferred height.

This rule shall be enforced at all levels of Competition from September 1 2019.

RULE 184 GENERAL CONDITIONS – HORIZONTAL JUMPS

IAAF Rule 184 has been replaced by the following:

1. 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

2. 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

3. Only one type of take-off area shall be used in competition:
 - a. U7-U8: A 1.00m x 1.22m mat covered with damp sand, soft earth or any similar materials where the foot imprint can be observed.
 - b. U9-U10: A 0.5m x 1.22m mat covered with damp sand, soft earth or any similar materials where the foot imprint can be observed.
 - c. U11-U17: 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, where a board or painted take-off area is not available a mat may be used.

Distance Measurement

4. For U7-U10 athletes:
 - a. Where any part of the athlete's foot lands on the take-off area, the jump will be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the imprint made in the take-off area by the take-off foot.
 - b. Where no part of the athlete's 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.
5. For U11-U17 athletes:
 - 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

6. Once the competition starts, athletes 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 outside side of the runway unsafe.

Failure

7. In the Long Jump and the Triple Jump, it shall be counted as a failure if:
 - a. Any part of the mark made by the athlete's take-off foot protrudes over the front edge of the take-off area.

Note: Or where a strip of plasticine or other suitable material (eg damp sand) is not placed immediately beyond the take-off line, the athlete's take-off foot is judged to have protruded over the front edge of the take-off area.
 - b. If an athlete takes off before reaching the take-off area it shall not, for that reason, be counted as a failure.
 - c. In the course of landing, the athlete 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 athlete walks back through the landing area without first correctly exiting the pit.
- f. An athlete 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 185 LONG JUMPS

IAAF Rule 185.5 has been replaced by the following:

The Take-off Area

1. For the U7-U8 age groups the 1.22m x 1.00m take-off mat shall be placed with the front edge 200mm from the commencement of the landing area.
2. For the U9-U10 age group the 0.5 m x 1.22m take-off mat shall be placed with the leading edge no more than 1.00m from the landing area.
3. For the U11-U17 age groups:
 - a. The take-off will be marked by a board sunken level with the runway and the surface of the landing area. If it is not possible to install a sunken board a strip of rubber shall be laid on the ground and secured so it does not slip, or a strip painted on the runway.
 - b. The take-off board should be rectangular, made of wood or other suitable rigid material and should measure 1.21m-1.22m long, 200mm (\pm 2.0mm) wide and 100mm deep and should be white.
 - c. The distance between the take-off board and the far end of the landing area should be at least 10.00m.
 - d. The take-off board shall be placed between 1m and 3m from the nearer end of the landing area.

RULE 186 TRIPLE JUMP

IAAF Rule 186 has been replaced by the following:

Competition

1. The Triple Jump shall consist of a hop, a step and a jump in that order.
2. The hop shall be made so that an athlete lands first on the same foot as that from which they have taken off; in the step the athlete shall land on the other foot, from which, subsequently, the jump is performed.
3. It shall not be considered a failure if an athlete, while jumping, touches the ground with the 'sleeping' leg.

Take off Line

4. In the Triple Jump, the take-off line shall be in whole metre increments from the edge of the pit. The Organising Committee for the Competition shall determine the take-off lines to be used for each event, prior to the commencement of the Competition.
5. Athletes 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.

Note: Rule 184.7(c) does not apply to the normal landing from the hop and step phases.

RULE 187 GENERAL CONDITIONS – THROWING EVENTS

IAAF Rule 187 has been replaced by the following:

Implements

1. Implement weight and specifications for each age group shall conform to the specifications set out in the Little Athletics Australia Standard Events and shown on the LA WA Events and Equipment Specification Summary at Chapter 6.
2. The organisers of the Competition shall provide all implements.
3. No athlete 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 an athlete when making a throw, shall be allowed except for:
 - a. Shot Put: In order to protect the wrist from injury, an athlete 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: An athlete 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, athletes in throwing events are permitted to use an adhesive substance on their hands only.
6. An athlete may not spray or spread any substance in the throwing circle.
7. In order to protect the spine from injury, an athlete may wear a belt of leather or other suitable material.
8. Once the competition has begun, athletes 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. The landing sector should be extended well in excess of the best thrower.

Record Markers

11. 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.

Validity of Throws

12. In throwing events from a circle:
 - a. An athlete must commence the throw from a stationary position.
 - b. The athlete is allowed to touch the inside of the iron band of the circle or stop board.
13. It shall be a failure if the athlete, after entering the circle and commencing to make a throw, touches with any part of the body the top of the circle or the ground outside, or improperly releases the implement in making the attempt.

Note: It, however, will not be considered a failure if the touch happens during the rotation, backward of the white line which is drawn outside the circle running, theoretically, through the centre of the circle

Interruption of a Trial

14. It is not a failure if an athlete drops an implement and it does not touch the ground outside the throwing circle or runway, provided no other rule is breached.

15. In the case of Rule 187.16 above, the athlete can retrieve the implement and continue the trial within the allocated time.
16. If the implement touches the ground outside the circle or runway it becomes a failure.

Measurements

17. All measurements shall be made immediately after each valid trial.
18. 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.
19. For a valid trial, the implement must fall completely within the inner edges of the landing sector.
20. 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.

Return of Implement

21. After each throw, implements shall be carried back to the area next to the circle or runway and never thrown back.

RULE 188 SHOT PUT

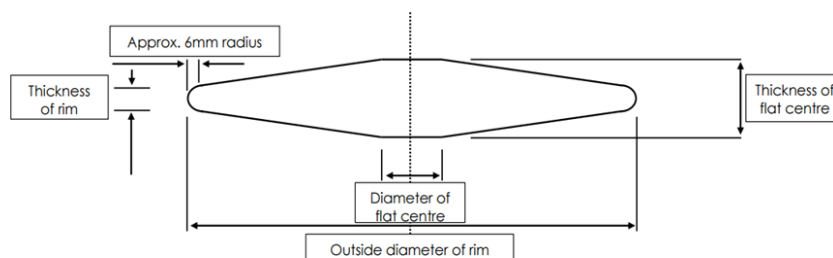
IAAF Rule 188 has been replaced by the following:

1. The shot shall be put from the shoulder with one hand only. From the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck of the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.
2. The stop board dimensions shall be in accordance with IAAF Rule 188. 2 and 188.3.
3. The shot shall be made from solid metal and conform to implement weight and specifications for each age group set out in the Little Athletics Australia Standard Events and are shown on the LA WA Events and Equipment Specification Summary at Chapter 6.

RULE 189 DISCUS THROW

IAAF Rule 189 has been replaced by the following:

1. The discus shall be made from rubber or synthetic compound, or wood or synthetic compound with a metal rim.
2. The discus implement weight and specifications for each age group shall conform to the specifications set out in the Little Athletics Australia Standard Events and are shown on the LA WA Events and Equipment Specification Summary at Chapter 6.



RULE 19 *IAAF Rule*

1. 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.
2. The breaking strain should be at least 40kg.

RULE 193 JAVELIN THROW

IAAF Rule 193 has been replaced by the following:

Competition

1. The javelin shall be held at the grip with one hand only. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted.
2. The javelin implement weight and specifications for each age group shall conform to the specifications set out in the Little Athletics Australia Standard Events and shown on the 3LA WA Events and Equipment Specification Summary at Chapter 6.
3. The sector may be accurately laid out by making the distance between the two sector lines 20m at a point 40m from the centre of the throwing arc along one of the sector lines.
4. 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.
5. For a valid throw, the tip of the javelin must fall completely within the inner edges of the landing sector.
6. It shall be a failure if the athlete, 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.
7. It is not a failure if the end of the javelin touches the ground during the run up.
8. If the javelin breaks during a throw or while in the air, it shall not count as a failure, provided the trial was otherwise made in accordance with the rules. Nor shall it count as a failure if an athlete thereby loses their balance and as a result contravenes any part of the rule. In these cases, the athlete shall be awarded a new trial.
9. At no time during the throw, until the javelin has been discharged into the air, may the athlete turn completely around, so that their back is towards the throwing arc.
10. 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.
11. An athlete 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 V – COMBINED EVENTS COMPETITION

RULE 200 COMBINED EVENTS COMPETITIONS

IAAF Rule 200.1 – 200.5 has been replaced by the following:

1. Combined events shall consist of between five (5) and seven (7) separate disciplines. Events consisting of five disciplines will be held on one day. Events consisting of six (6) or more disciplines will be held over two consecutive days.
2. The events to be conducted for each age group will be determined by the Organising Committee with reference to the Little Athletics Australia Standard Events.
3. Rules for the WA State Competition are detailed in Rule 803.

SECTION VI – INDOOR COMPETITION

1. This Section is not relevant to Little Athletics WA.

SECTION VII – RACE WALKING EVENTS

RULE 230 RACE WALKING

IAAF Rule 230 has been replaced by the following:

Definition Of Race Walking

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. 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.

Judging

2. The appointed judges shall elect between them a Chief Judge unless one has already been appointed a Chief Judge for the relevant event.
3. The number of appointed walk judges for an event, including the Chief, shall comprise a minimum of 4 and maximum of 6.
 - a. For Road Races, there should normally be a minimum of 4 to a maximum of 9 Judges including the Chief Judge.
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.
5. The Winter Meeting Manager shall have the authority to allow judges where such connections exist. Connections means: relative, coach or protégé.
 - a. This is provided there are an insufficient number of available, experienced and qualified judges without such connection.
 - b. It will be up to individual judges to disclose these connections and to indicate if they wish to stand down for a particular race.
 - c. Where possible, members of the same family should not serve as a judge for the same race.

Yellow Paddle

6. Any judge can give a “Yellow Paddle” to an athlete when an athlete appears to be in danger of failing to comply with the rules (definition of race walking per Rule 230.1).
7. Yellow Paddles 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. "Yellow Paddle No..... contact or knees"
8. For loss of contact ~ a wavy line in black on a yellow background.
9. For knees a 45° angle < also in black on a yellow background shall be used.
10. A judge can only yellow paddle an athlete once for each offence during the event.
11. A yellow paddle has no bearing on disqualification. It is possible to be yellow paddled by every judge in the race yet not receive a single warning. This advice is only to indicate to an athlete that their action is deteriorating to a dangerous state.

Red Card

12. A judge gives a “Red Card” for disqualification if an athlete is actually breaking the rules of race walking.
13. 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

14. Red Card is recorded on the judging pad and forwarded to the Chief Judge as soon as practicable.
15. A judge may only give an athlete one Red Card during the event irrespective of the infringement.
16. If a judge in an event requiring verbal Red Cards to be given, is not sure an athlete 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 athlete and the Red Card not issued.

Disqualification

17. A Red Card by three (3) or more walk judges, that in their opinion an athlete's mode of progression failed to comply with the definition of race walking brings about a disqualification.
18. Only the Chief Judge may advise an athlete of their disqualification.
19. Where an athlete is disqualified the Chief Judge shall indicate to the athlete verbally that they are disqualified and give the reasons for the disqualification.
20. The result of an event shall not become final until the Chief Walk Judge and Track Referee have given the all clear.

Methods of Judging

21. Prior to each walking event, the Chief Judge or a judge appointed by the Chief Judge, will acquaint the athletes with the judging procedures for the event.
22. 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.
23. The Chief Judge shall allocate judges their judging position.
24. Walk judges, recorders or messengers shall not use transceivers during the conduct of the event.
25. The judges must adequately cover the whole of the track/course; having approximately equal distance between judges can do this. 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.
26. Hip numbers may be worn by all walkers and will be supplied. The number will be worn on the right hip and must be clearly visible to the judges.
27. Bibs with unique number may be worn by all walkers for competition and will be supplied. The bib will be worn over the competition uniform and the number must be clearly visible to the judges.

Track Umpires and Referees

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

Walk Judge's Master Sheet

31. A copy of the master sheets of each walk event will be provided to the recorder and maintained on file until completion of the season.
32. The master sheet is that document which the Chief Judge records the Red Cards of the judges and them self and indicates which athletes received 3 or more Red Cards.
33. Judges should be indicated by number and not by name on the recorders copy.

Distance

34. The race walk distances for LA WA competitions for each age group shall be no greater than the maximum allowable distances set out in the Little Athletics Australia Standard Events. The LA WA distances are shown in the Events and Equipment Specification Summary at Chapter 6.

SECTION VIII – ROAD RACES

RULE 240 ROAD RACES

IAAF Rule 240 has been replaced by the following:

General

1. The road race section may be used as amplification to LA WA Road Walk competitions.

Distances

2. The road race walk distances for LA WA competitions for each age group shall be no greater than the maximum allowable distances set out in the Little Athletics Australia Standard Events. The LA WA distances are shown in the Events and Equipment Specification Summary at Chapter 6.

Judging

3. The appointed judges shall elect between them a Chief Judge unless one has already been appointed a Chief Judge for the relevant event.
 - a. For Road Races, there should normally be a minimum of 4 to a maximum of 9 Judges including the Chief Judge.

Course

4. The races shall be run on made-up roads. However, when traffic or similar circumstances make it unsuitable, the course, duly marked, may be on a bicycle path or footpath alongside the road, but not on soft ground such as grass verges or the like.
5. In competition the course should be indicated by distinctive markings for each distance that cannot be mistaken for other markings.

Start

6. The races shall be started by the firing of a gun, air horn or like device.
7. In races with include a large number of athletes, five minute, three minute and one minute warnings before the start of the race should be given.
8. On the command 'On your marks' the athletes shall assemble on the start line in a manner determined by the organisers. The Starter shall ensure that no athlete has their foot (or any part of their body) touching the start line or the ground in front of it, and then shall start the race.

SECTION IX – CROSS-COUNTRY RACES

RULE 250 CROSS-COUNTRY RACES

IAAF Rule 250 has been replaced by the following:

Distances

1. The cross-country distances for LA WA competitions for each age group shall be no greater than the maximum allowable distances set out in the Little Athletics Australia Standard Events. The LA WA distances are shown in the Events and Equipment Specification Summary at Chapter 6.

Course

2. The course must be designed on an open or woodland area, covered as far as possible by grass, with natural obstacles which can be used by the course designer to build a challenging and interesting race course.
3. A loop course must be designed, with the loop measuring between 500m and 3000m. If necessary, a small loop can be added in order to adjust the distances to the required overall distances of the various events, in which case the small loop must be run in the early stages of the event.
4. Existing natural obstacles shall be used if possible. However, very high obstacles should be avoided, as should deep ditches, dangerous ascents / descents, thick undergrowth and, in general, any obstacle which would constitute a difficulty beyond the aim of the competition. It is preferable that artificial obstacles should not be used but if such use is unavoidable, they should be made to simulate natural obstacles met within open country. In races where there are large numbers of athletes, narrow gaps or other hindrances, which would deny the athletes an unhampered run, shall be avoided for the first 1000m.
5. The crossing of roads shall be avoided. When it is impossible to avoid such conditions safety marshals are to remain in place for the duration of the event.
6. A 'natural', undulating course with smooth curves and short straights is the most desirable.
7. The course shall be clearly marked with different coloured flags for distances.
8. Athletes must run within 3 metres to the side of the flag designated by the officials. Normally flags must be on the athletes left.

SECTION X – 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's.
2. Requirements for submission of an ABP are detailed in the Standard Rules for Competition of Little Athletics Australia (Section 10).
3. All ABP claims are to be completed by the Competition Director and any claims will be pending until ratified by the LAA Board of Management.
4. ABP Certificates will be provided to successful athletes.

SECTION XI – WA STATE RECORDS

RULE 260(A) WA STATE RECORDS

Rule 260A is a State specific rule for State Record Claim:

General Information:

1. The process to meet a State Record Claim will also satisfy the requirements to submit a claim for an Australian Best Performance (ABP).
2. State record claims may only be submitted at competitions conducted in Rule 1 as follows:
 - a. State Track and Field Relay Championships
 - b. State Combined Event Championships
 - c. Zones Track and Field Championships
 - d. State Track and Field Championships
 - e. Meets and Special Competitions as determined by Little Athletics WA.
3. The athlete must be registered with LA WA.
4. Event records may be awarded for athlete performances in individual events conducted during the State Field Relay Championships and the State Combined Event Championships.
5. The ground on which the performance took place must have been surveyed and assessed that no athlete gained an advantage as result of the ground layout.
6. The Track Survey Certificate must be forwarded to the LA WA office prior to conducting a sanctioned State event.
7. Track Survey Certification for the WA Athletics Stadium, or other permanent tracks will be valid until the facility is resurfaced and/or remarked. In the event of full or partial resurfacing and/or remarking, a survey will be required and a copy of the certificate is to be attached.
8. All record paperwork must be retained by the Association.
9. Claims for WA State Records must be submitted using the LA WA approved State Record Claim Form and submitted to the LA WA office with a copy of supporting documentation within 7 days of the competition.
10. Claims for ABP's shall be submitted using the LAA approved ABP Claim Form and forwarded with a copy of supporting documentation within 28 days of the competition.
11. All record claims will be pending until ratified by the LA WA Board of Directors.
12. Record certificates will be provided to successful athletes.
13. A State Open Record may be achieved by an athlete who is competing by invitation at an LA WA State Event and the performance betters the current WA State Record, or where applicable, the current WA Open Record. Open Records from International athletes will not be considered for an ABP claim.
14. Only best performance at the completion of the event shall be considered for recognition as a WA State Record.

Note 1: Only best performance from heats/final shall be considered.
Note 2: Only best performance for all rounds at a field event shall be considered.

Track Record Information:

15. In addition to General information the following must be supplied:
16. Timing gates shall be commercially produced and must have been checked / calibrated / certified within 12 months prior to the competition date and a certificate supplied with the record claim.
17. Photo finish system is to meet IAAF Rules and been serviced by the supplier/distributor within the past 4 years prior to the conclusion of the State Track and Field Season, and

found to have a constant delay between the Starter's gun and start of the timing system of less than 1/1000th of a second.

18. Watches (stop watches and/or manually operated timing machines) used to time the performance must be checked by a competent watchmaker within 30 days of the start and conclusion of the State Track and Field season, and found not to be at variance by more than 0.05 sec over 20 minutes.
19. All record claim submissions to LAWA are to clearly indicate if the time was attained by electronic timing (start and stop), or if a manual start and/or stop system was used. If a manual start/stop is used the time will be treated as a watch time.

20. Electronic timing (electronic start and stop):

- a. Where timing gates are electronically started and stopped, the time shall be recorded as the time reads from the system with no adjustment and no rounding.
- b. Electronic timing shall be regarded as official unless for any reason the Chief Timekeeper decides that it obviously must be inaccurate. In such a case, the backup timekeeper times shall be official and the watch time record process followed.
- c. Three watch times are required as a backup. This is in addition to the gate system in case of a failure. Watch times are still included on the record paperwork, but it is the electronic start/stop time that is used as the record time.

Note: Variance between the electronic time and the watch times is expected.

21. Manual start and/or stop, or Watch time:

- a. Three watch times are required to be recorded for manual records.
 - i. For track races the time shall be converted and recorded to the next longer 0.1 second. Eg. 10.11 shall be recorded as 10.2
 - ii. If after converting two of the three watches agree and the third disagrees, the time recorded by the two shall be used as the official time.
 - iii. If only two times are available and they disagree, the longer time shall be official.
- b. Where timing gates are manually started and/or stopped, or watch times are used, the time shall be recorded to 1/10th of a second and the correction for standardised formula is to be applied for submission of a record. The standardisation shall be conducted by the Chief Timekeeper and verified by the Track Referee as follows:
 - i. For distances under 400m: Hand held time + 0.24 seconds.
 - ii. For distances of 400m or 4x100m relay: Hand held time + 0.14 seconds.
 - iii. For distances greater than 400m: No change.

22. The Chief Timekeeper, acting in accordance with the Rules, shall decide the official time for each athlete and sign the record claim form to endorse the results.

23. Track Referee, acting in accordance with the Rules, shall verify the recorded information and sign as confirmation.

Note 1: Electronic timing refers to a timing system capable of an automatic start using a starting gun or device and an automatic finishing system that records the times of all athletes as they break through the finish plane beam based on two points of the torso and must produce a printout of all athletes finishing order and times as per Rules of Competition.

Note 2: Timing Solution gates used by Little Athletics WA are capable of being started manually (Chief Timekeeper) or electronically by an attachment connected to the starting gun and operated via a radio link / wifi link. Times are recorded automatically as athletes break two beams on their torso on the finishing plane.

Field Record Information:

24. Throwing implements must have been check-weighed within accepted tolerances, and certified not underweight prior to competition start.
25. All measuring implements are to be calibrated and certified prior to competition start by an appropriate weights and measures authority.
26. Records of each implement number, weight and associated certificates are to be recorded and maintained by the Association.
27. Measurements for record heights and distances shall be made with a calibrated steel tape or bar. A fibreglass tape which has been tested for accuracy prior to the competition against a certified steel tape, may be used.
28. All necessary results sheets are to be signed by the Chief Referee in charge of the event as well as the site or event judge.

WA State Records and Standardisation

29. WA State Records will be recognised for competitions at Rule 260(A).2 and in events as shown on the LA WA Events and Equipment Specification Summary at Annex A.
30. Up to and including Multi Event Championships (Combined Events) 2016, LA WA used manual starts with the timing gate system. Records prior to this time have been standardised using the endorsed conversion.

CHAPTER 6: LA WA STANDARD EVENTS & EQUIPMENT SPECIFICATIONS

RULE 601 STANDARD EVENTS & EQUIPMENT SPECIFICATIONS

1. LAA shall determine a list of standard events for the U9-U15 age groups. Such events and their specifications are listed as Table 1 in the Standard Rules for Competition of Little Athletics Australia.
2. LAA shall determine a list of recommended Standard Events and Specifications for the U6-U8 and the U16-U17 age groups. A determination of events that must not be offered for those age groups at any level of competition shall also be determined.
3. State Associations may, at their discretion, conduct additional events so long as they do not contradict with LAA direction.
4. Each State Association shall offer and comply with the events and specifications for the U9-U15 age groups. For the U6-U8 and U16-17 age groups, the WA Competition Committee will make recommendations to the LA WA Board of Directors on events for inclusion in the WA Standard Events and Equipment Specifications.
5. Events deemed inappropriate for inclusion at all levels of competition by all affiliated Associations are:
 - All events over 8km
 - Pole Vault
 - Hammer Throw
 - Steeplechase
 - All events, Track or Field, which are listed as not allowed at any level of competition in the LAA Standard Events Table.
1. LA WA Standard Events and Equipment Specifications are as follows:
 - Table 1: LA WA Event and Equipment Specification Summary by Age
 - Table 2: Hurdle Specification by Age
 - Table 3: Jump Event Specifications
 - Table 4: Throw Equipment Specifications
 - Table 5: Winter Competition Specifications

Guidelines for Trialling an Event

2. Guidelines for Trialling an Event are detailed in the Standard Rules for Competition of Little Athletics Australia Chapter 6.

Table 1: LAWA EVENT AND EQUIPMENT SPECIFICATION SUMMARY 2018/19 BY AGE

	OPTIONAL AGE GROUPS						COMPULSORY AGE GROUPS														OPTIONAL AGE GROUPS				
	U6		U7		U8		U9		U10		U11		U12		U13		U14		U15		U16		U17		
	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	
70m			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
100m			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
200m			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
400m			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
800m	*4 300	*4 300	*4 300	*4 300	*4 500	*4 500	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
1500m																									
Hurdles (m)	*1	*1	*2	*2	60	60	60	60	60	60	60	60	60	60	80	80	80	90	90	100	90	100	100	110	
Long Hurdles (m)															200	200	200	200	300	300	300	300	300	300	
Walk (m)					700	700	700	700	1100	1100	1100	1100	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500	
Long Jump (m)	1	1	1	1	1	1	0.5	0.5	0.5	0.5	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	
Triple Jump (m)															0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	
High Jump Start Height					*3	*3	*3 0.95	*3 1.00	*3 1.00	*3 1.05	1.05	1.10	1.15	1.20	1.20	1.25	1.25	1.30	1.30	1.35	1.35	1.40	1.40	1.45	
Shot Put (kg)	1	1	1	1	1.5	1.5	2	2	2	2	2	2	2	2	3	3	3	3	3	4	3	4	3	5	
Discus (g)	350	350	350	350	500	500	500	500	500	500	500	500	500	500	750	750	750	750	1kg	1kg	1kg	1kg	1kg	1.5kg	
Turbo Jav (g)	Vortex	Vortex	Vortex	Vortex	300	300	300	300	300	300															
Javelin (g)														400	400	400	400	400	600	400	600	500	700	500	700
Relay 4 x 100m					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	*5	*5	
Relay 4 x 200m					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Relay 4 x 400m																									
							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	*5	*5		

*1 60m mini hurdles, max height 200mm

*2 60m mini hurdles, max height 300mm

*3 Scissor style onto scissor mats only (150mm-300mm High)

*4 Pack start for U6 & U7 300m, and U8 500m

*5 Events conducted as a combined age group

Events may not be conducted at any level of competition

Centres may offer these events but they will not be conducted at State Events

U6 sprints Up to and including 100m

U7-U8 sprints Up to and including 200m

U7-U8 Athletes may progress to Zones (State Heats and Quarter Finals)

U9-U15 Athletes may progress to Zones (State Heats and Quarter Finals) and subsequently qualify for State Championships





U16-U17 Athletes may nominate directly to State Championships

Spike Summary

- U6-U10 Athletes may not wear spike shoes for any event
- U11-U12 Athletes may wear spike shoes for:
 - events run entirely in lanes
 - long jump, triple jump, high jump and javelin
- U13-U17 Athletes may wear spike shoes for:
 - all track events except walks
 - long jump, triple jump, high jump and javelin

Table 2: HURDLES SPECIFICATIONS BY AGE

HURDLE SPECIFICATIONS																								
Short Hurdles	U6		U7		U8		U9		U10		U11		U12		U13		U14		U15		U16		U17	
	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B
Distance (m)	60	60	60	60	60	60	60	60	60	60	60	60	60	80	80	80	90	90	100	90	100	100	110	
Height (cm)	20	20	30	30	45	45	45	45	60	60	60	60	68	68	76	76	76	76	76	76	76	76	76	
Lead In (m)	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	13	13	13	13	13	13.72	
Spacing (m)	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	8	8	8.5	8	8.5	8.5	9.14	
Lead Out (m)	13	13	13	13	13	13	13	13	13	13	13	13	13	12	12	12	13	13	10.5	13	10.5	10.5	14.02	
No. of Flights	6	6	6	6	6	6	6	6	6	6	6	6	6	6	9	9	9	9	10	9	10	10	10	

Hurdles Colour Code		
60m	Brown	
80m	Black	
90m	White	
100m	Yellow	
110m	Red	
200m	Green	
300m	Green	

Long Hurdles	U13		U14		U15		U16		U17	
	G	B	G	B	G	B	G	B	G	B
Distance (m)	200	200	200	200	300	300	300	300	300	300
Height (cm)	68	68	76	76	76	76	76	76	76	76
Lead In (m)	20	20	20	20	50	50	50	50	50	50
Spacing (m)	35	35	35	35	35	35	35	35	35	35
Lead Out (m)	40	40	40	40	40	40	40	40	40	40
No. of Flights	5	5	5	5	7	7	7	7	7	7

Note: Hurdles must be transitioned to the collapsible type by 1 September 2019

*Please note - Under 11 & Under 12 athletes will change from 60m Hurdles to 80m Hurdles from 1 September 2019

Table 3: JUMP EVENT SPECIFICATIONS

HIGH JUMP MAT SPECIFICATIONS			
Minimum Mat Dimensions	Height	Width	Depth
U9 - U10: Scissor technique onto scissor mats only	150mm - 300mm	5m	3m
U11 - U17: Legal jump technique onto flop mats	Minimum 500mm	5m	3m

Note: Existing mat heights between 400mm and 500mm are to be phased out. From 2019/2020 the minimum height for flop mats of all competition levels will be 500mm

HIGH JUMP START HEIGHTS

1. Start heights indicated are used for State Competition.
2. U8 may do Scissor technique onto scissor mats at Centre level competition, at the discretion of the Centre.

HIGH JUMP BAR INCREMENTS

1. Bar rises in 5cm increments until there are six (6) or fewer competitors remaining and by increments of 2cm thereafter until only one competitor remains.
2. When only one athlete remains, that athlete may choose the increments.

HORIZONTAL JUMPS TAKE-OFF MAT / BOARD







1. U6 - U8: 1.0m x 1.22m mat
2. U9 - U10: 0.5m x 1.22m mat
3. U11 - U17: 0.2m x 1.22m mat or board sunk level with the runway, or painted on to the runway.

TRIPLE JUMP TAKE-OFF MAT / BOARD

1. Take off area shall be in whole metre increments from the edge of the pit, commencing from 4m.

Table 4: THROW EQUIPMENT SPECIFICATIONS

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

SHOT PUT SPECIFICATIONS			
Weight	Colour		Diameter Tolerance
1kg	Blue		76 - 86 mm
1.5kg	Yellow		76 - 86 mm
2kg	Orange		76 - 90 mm
3kg	White		85 - 110 mm
4kg	Red		95 - 110 mm
5kg	Green		100 - 120 mm

Weight Tolerance + 0.025kg

DISCUS SPECIFICATIONS				
Weight	Diameter Tolerance	Thickness at Centre	Flat	Radius
350g	Not specified	Not Specified	Not Specified	Not Specified
500g	134 - 139 mm	22 - 27 mm	n/a	5 mm
750g	154 - 156 mm	27 - 35 mm	n/a	5 mm
1kg	180 - 182 mm	37 - 39 mm	50 - 57 mm	6 mm
1.5kg	200 - 202 mm	38 - 40 mm	50 - 57 mm	6 mm

Weight Tolerance + 0.025kg

JAVELIN SPECIFICATIONS		
Weight	Overall Length	Length from metal tip to Centre of Gravity
400g	1.85m - 1.95m	750mm - 800mm
500g	2.00m - 2.10m	780mm - 880mm
600g	2.20m - 2.30m	800mm - 920mm
700g	2.30m - 2.40m	860mm - 1000mm

Weight Tolerance + 0.025kg

Table 5: WINTER COMPETITION DISTANCES**Cross Country Distances**

Age Group	Distance	Flag Colour
U7, U8	1000m	Pink
U9, U10	1500m	White
U11, U12	2000m	Green
U13, U14, U15, U16, U17	3000m	Orange

Note: There may be a variance of up to 100m either way for each distance.

Road Walk Distances

Age Group	Distance
U7, U8	N/A (Note 1)
U9	1000m
U10, U11	1500m
U12, U13, U14, U15, U16, U17	2000m

Note 1: Under LAA Standard Rules of Competition rules, Out of Stadia Road Walks are not to be offered to athletes in these age groups.

CHAPTER 7: ALAC SPECIFIC RULES

RULE 701 ALAC CHAMPIONSHIPS

1. Rules of Competition for the Australian Little Athletic Championships (ALAC) are as per the Standard Rules for Competition of LAA Chapter 7.

CHAPTER 8: LAWA EVENT SPECIFIC RULES

RULE 801 GENERAL

Ties and Medals

1. For any Competition at Rule 1, where a tie exists for the top three place getters in track, a dual medal will be awarded for the gold, silver or bronze position as determined by the circumstances.
2. For any Competition at Rule 1, where a tie exists for the top three place getters in field events, a countback will be conducted. A countback is determined by the next best performance. Where places can't be separated following countback, dual medals will be awarded.
3. Where dual gold medals are awarded, the next medal to be awarded is a bronze as follows:

Gold	A. Alpha	10.2
Gold	B. Bravo	10.2
Bronze	C. Charlie	10.3
4. Where dual silver medals are awarded, the next place getter is fourth.
5. Where dual bronze medals are awarded, the next getter is fifth.

Call Room

6. Athletes / Teams are required to report to the Call Room prior to the scheduled start time for each event as follows:
 - Track events - 20 minutes prior
 - Field Events - 35 minutes prior
7. Where a team / athlete fails to report to the call room prior to the last athlete crossing the call room departure line, then the athlete / team shall not be permitted to join the event.
8. For track relays, all team members competing are required to report to the call room together.
9. For field events (including field relays), individual athletes are required to report to the call room for each event. Where a clash arises, refer to Rule 142.
10. No calls will be made during the event. Calls will only begin if the program falls behind or changes need to be made to the program.
11. Athlete entry to the call room may not be before the scheduled time due to the large number of events progressing through.
12. The Call Room Referee shall apply their discretion when permitting the inclusion of late athletes to an event. In general, inclusion of late athletes will only be permitted in exceptional circumstances (such as a medical emergency - where by a Medical Certificate by the approved appointed Medical Official is provided). Where this occurs the Call Room Referee shall complete and sign an 'Athlete Late Arrival Notice', citing the reasons for allowing the athlete to compete. The athlete, and the signed notice, are to be taken to the event site and handed to the site Chief Judge. The 'Athlete Late Arrival Notice' shall be submitted with the event results.

Personal Items in Call Room

13. The Call Room Judges shall ensure that athletes are wearing the correct uniform including bibs, spikes and sponsor badges etc prior to proceeding to the event.

14. The Call Room Judges shall permit athletes to take items to site including athlete bags, towels, clothing, shoes (not including shoes exceeding spike sizes for that event), water bottles, drinks, snacks and other items required for the conduct of the event (eg high jump athletes may take tape to mark their run up).

15. Where markers for run ups are supplied by the Organising Committee, personal markers shall not be used on site.

16. Items not permitted on site include mobile phones, music devices or other similar devices, these are to remain in your bag and are not to be taken out during the competition.

Private Implements

17. Due to the requirement to measure and certify equipment prior to competition, personal implements may only be used if they have been certified by the LAWA Technical Manager prior to the commencement of competition. Certification may only be conducted by prior arrangement with the Technical Manager in advance. There is no guarantee of implement certification being achieved due to increasing demands on the volunteer organisation.

18. Where an implement has been certified in advance by the LAWA Technical Manager, the implement shall remain in their care prior to the event and shall be stored alongside Association equipment.

19. Where an implement has been certified for use, it shall be made available for use by all athletes throughout the duration of the event together with other certified Association equipment.

20. Use of personal implements at State Competition shall be at the athlete's risk. No liability for the security of, or damage to personal implements shall be assumed by the Association.

21. Personal implements may be collected at the completion of the event, at the convenience of the LAWA Technical Manager.

Officiating Requirements

22. A roster system for officiating duties shall be allocated by the Organising Committee and managed by individual Centres through their nominated Team Manager.

23. Officials are to sign in at the Technical Information Centre (TIC) and proceed to the relevant site at least 30 minutes prior to the scheduled start of the event. The location of the TIC will be advertised prior to the event date and will be signposted on the day. Once on site, officials are to report to the relevant Chief Judge.

Competition Area

24. Site officials will define the permitted 'area of competition' for athletes. Athletes shall not leave this area during the competition without the permission of the Chief Judge.

Event Coaching

25. A marked coaching area will be allocated at each field site. Coaches may only directly coach athletes from within the defined area.

Field Results

25. On completion of each field event, results are to be immediately taken to the results room for verification.

Postponement or Cancellation of Events or Competition

27. The Competition Director, Meeting Manager & Referees shall consult with the LAWA Event Directors (Competition & Development Officer and the Sport Development Manager) as outlined in the LAA Severe Weather Policy to agree and decide if the remainder of the program yet to be conducted shall be postponed, cancelled or relocated due to conditions impacting the safety of athletes and/or Officials at risk.

28. Events effecting Team Selections (E.g. U13 Australian Teams Championship/U15 Multi Event Team Championships) are to be prioritised where specific events, or the program is postponed.

29. The Organising Committee will decide whether events not conducted on the day shall be conducted at a future date, or cancelled for that year.

30. In the event of the program being abandoned for the day, all events completed, including track events where finalists have been selected, will stand.

31. If a field event, except High Jump, is not restarted, and all athletes have completed at least half the number of rounds allowed (i.e. 2 out of 4), then that event will be deemed to have been finished and final results will be determined based on performances on the completed rounds.

32. In High Jump where there are four or less athletes remaining in the event when it is stopped, the event will be deemed to have been finished and results based on performances recorded after the last completed round.

33. In High Jump where the number of remaining athletes exceeds four and the event is restarted then only those athletes who have not been eliminated from further jumping will be eligible to continue in the event. The event restart will have the bar set one increment above the height set for the last full round of jumps completed before the event was stopped. A full round is one which includes an athlete passing their turn by choice.

34. If a field event, except High Jump as determined above, is restarted, athletes are eligible to complete the event in accordance with the Competition Rules of LAWA

RULE 802 STATE TRACK AND FIELD RELAY CHAMPIONSHIPS**General**

1. The Organising Committee will advise the event date and team nomination closing dates in advance.
2. Team nominations are to be accompanied by the team nomination fee. Nomination fees will be advised in advance and reviewed annually.

Eligibility

3. To be eligible for State Track and Field Relay Championships, athletes must have met the eligibility requirements at Rule 21.
4. Each Centre is responsible for submission of nominations.
5. Centre Team Selection policies and procedures are the responsibility of each Centre.

Nominations

6. Centres may nominate a team for either the track relay, field relay, or both subject to age group requirements.
7. Each team entry is to be accompanied by a separate nomination fee. Nomination for each track relay event per age group (4 x 100m, 4 x 200m or 4 x 400m) will constitute a separate team for purposes of nominations.
8. An athlete may participate in either the track relay, or field relay events, but not both.
9. Each Centre may enter only one team, per gender, per event.
10. U17 events may be a combined age group of U16 & U17 athletes of the same gender, and will compete in the U17 age group.
11. *Where a centre has insufficient nominations for a team in the Under 16 or Under 17 age groups, centres may combine male and female athletes together to submit a team. They will compete as a mixed U17 team. Any mixed teams will compete in their own event and will not compete against same sex teams. Separate medals and state records will apply for this event. The make up of the team is at the discretion of the centre. Athletes participating in mixed event cannot participate in either the male or female Under 17 relays.*
Note: Mixed relay races are only for the Under 16 & 17 age group and will not be allowed for any other age groups.
12. Where a Centre has insufficient nominations for a team in an age group, they may nominate younger athletes to make up a team. Where an 'out of age group' athlete is required, the request must be submitted to the Organising Committee, via LAWA Office on a 'State Relay Age Promotion Application Form' for approval, at least 5 working days prior to nomination closing date.
13. Where Centres have insufficient athletes to nominate teams, they may request, in writing to the Organising Committee, via LAWA Office, to combine with athletes from other Centres of the same age group eg two or more Country Centres may combine athletes of the same age group to nominate a mixed Centre relay team.
14. NO late nominations will be accepted.

Track Relays

15. Athletes in the U8 to U17 age groups may participate as follows:
 - a. U8-U15, U17: 4 x 100m relay (heats and finals)
 - b. U8-U10: 4 x 200m relay (timed finals only)
 - c. U11-U15, U17: 4 x 400m relay (timed finals only)
16. Teams shall be seeded by using the season best times as recorded in Timing Solutions, using the four fastest times, regardless of team composition.
17. Progression for teams from heats to finals shall be in accordance with Rule 166.

18. Check markers as per Rule 170 may be used and will be supplied by LAWA. Check markers may only be placed on the track within the team's own lane.
19. Following the nomination closing date, if there are only sufficient nominations for one heat, the event will become a straight final and will be run at final time. Centres will be advised prior to the scheduled relay date if this is the case, and they will be responsible for informing athletes concerned.
20. On competition day, if insufficient teams for more than one heat report to the Call room prior to proceeding to the event, then the heat will become a straight final and will be run at the scheduled heat time.
21. Up to five athletes may be nominated, per event for track events. The five athletes constitute a team allowing the flexibility of four competitors and a reserve, if required. The management of all athletes, including the reserve where applicable, is the responsibility of each Centre.
22. In the event that a race may be required to be re-run, only athletes that competed in the original race, shall take part in the re-run. Where this is not possible (eg injury), agreement from the Chief Track Referee must be obtained on an 'Athlete Substitution Form', indicating reasons for non-availability. Failure to adhere to this rule may result in team disqualification.
23. Where all teams are not required to participate in a re-run, they won't be. Any re-run shall be conducted at the discretion of the Competition Director and Chief Track Referee and shall be conducted in the lane/s originally allocated.
Note: Only teams required to re-run shall do so. Therefore, it is possible that a single individual team MAY be required to qualify in a re-run race.
Note: Due to program time constraints, a re-run shall be conducted at a time determined by the Competition Director and Chief Track Referee and will not allow the equivalent recovery time for teams not participating in a re-run.
24. Where a track team finishes in first, second or third position overall, all nominated team members (up to five), shall be eligible to be awarded medals.
Note: Times across all heats will be compared to determine overall place getters.

Batons

25. Batons with a diameter of 32mm (+/- 2mm) shall be used by athletes up to and including U12.
26. Batons with a diameter of 38mm (+/- 2mm) shall be used by athletes U13 and above.

U8, U9, U10 Track Relay Rule Modifications

27. Athletes running the second, third and fourth relay legs shall be placed inside the takeover zone by the officials at the commencement of the race.
Note: Athletes are not required to commence from this position.
28. The baton should be passed within the takeover zone, however no disqualification shall occur if the baton is passed outside the takeover zone.
Note: The spirit of the rule is to enable younger athletes to learn the art of baton passing without the pressure of disqualification. Abuse of the spirit of the rule may result in disqualification.

Field Relays

29. Athletes in the U10 to U17 age groups may participate as follows:

- U10 Girls & Boys - Discus, Shot, Long Jump, Javelin
- U11 Girls & Boys - Discus, Shot, Long Jump, Triple Jump
- U12 Girls & Boys - Discus, Shot, Long Jump, Triple Jump
- U13 Girls - Shot, Javelin, Long Jump, Triple Jump
- U13 Boys - Discus, Shot, Long Jump, Triple Jump
- U14 Girls & Boys - Shot, Javelin, Long Jump, Triple Jump
- U15 Girls & Boys - Shot, Javelin, Long Jump, Triple Jump
- U17 Girls - Shot, Javelin, Long Jump, Triple Jump
- U17 Boys - Shot, Discus, Long Jump, Triple Jump

30. Each team shall comprise of a minimum of 2, and maximum of 4, athletes from the same age group and gender.

31. Athletes shall not compete in more than 2 events within their age group field relay.

32. Only one member per team shall contest each individual event.

33. Four events will be contested and each team must compete in all four events to be eligible for awards.

34. The management of the team allows flexibility for Centres to include a reserve, if required. The management of all athletes, including the reserve where applicable, is the responsibility of each Centre.

35. Only three trials per field event shall be conducted.

36. Points shall be awarded for each event and combined within the team to achieve an overall points score. The points allocation is not linked to positions within each individual event, but is based upon performance i.e. The closer the distance achieved is to the record mark, the more points are accumulated.

37. Substitutions of nominated athletes may only be conducted from existing team members, and shall be submitted to the Chief Field Referee on an 'Athlete Substitution Form' prior to event commencement. Failure to adhere to this rule may result in team disqualification.

38. U17 equipment specifications shall apply to the combined U16/U17 age group.

39. Athletes competing in events in which they are not entered, or where the Athlete Substitution Form has not been submitted, shall be disqualified.

Recording and Awards

40. Medals will be presented to the first three team place getters. No individual medals are awarded.

41. Presentations will occur on completion of the team event.

42. Centre points will be awarded to teams competing in finals (including timed finals). Each Centre will accumulate points towards the perpetual trophies.

43. Perpetual Trophies will be awarded to the Centre with the most points for the following:

- Girls Track Relay Award
- Boys Track Relay Award
- Overall Track Relay Award
- Field Relay Award

Records

44. If a record is achieved by an individual in the field relays, officials are to correctly complete the required paperwork and advise the Results and recording room immediately.

45. If a record is achieved by a team in the field relays, the record will be ratified following event completion.
46. If a record is achieved by a team in the track relays, officials are to correctly complete the required paperwork and advise the Results and recording room immediately.
47. All records will be pending until formally ratified.

RULE 803 STATE COMBINED EVENT CHAMPIONSHIPS

These rules are state specific and are to be read in conjunction with Section II - General Competition Rules, Section III - Track Events, Section IV - Field Events and Section V - Combined Event Competition and takes precedence over the General Rules.

General

1. To be eligible for State Combined Event Championships, athletes must have met the eligibility requirements at Rule 21.
2. Athletes must compete in their own age group.
3. There will be unlimited entries from each Centre.
4. The competition is open to the Under 11 to Under 17 age groups.
5. U15 events based on the Little Athletics Australia Multi Events which are contested nationally.
6. Events conducted are as follows:

Discipline	Boys						
	U11	U12	U13	U14	U15	U16	U17
100m	X	X	X	X	X	X	X
800m	X	X	X	X	X		
1500m						X	X
60mH	X	X					
80mH			X				
90mH				X			
100mH					X	X	
110mH							X
Long Jump	X	X	X	X	X	X	X
High Jump				X	X	X	X
Discus	X	X	X	X	X	X	X
Javelin				X	X	X	X

Discipline	Girls						
	U11	U12	U13	U14	U15	U16	U17
200m	X	X	X	X	X	X	X
800m	X	X	X	X	X	X	X
60mH	X	X					
80mH			X	X			
90mH					X	X	
100mH							X
Long Jump	X	X	X	X	X	X	X
High Jump				X	X	X	X
Shot Put	X	X	X	X	X	X	X
Javelin				X	X	X	X

Competition

7. At the discretion of the Meeting Manager, there shall, whenever possible, be an interval of at least 30 minutes between the time one event ends and the next event begins for any individual athlete.
8. In each separate event, except the last of a Combined Events Competition, the heats and groups shall be drawn so that athletes with similar performances in each individual event shall be placed in the same heat or group (subject to inclusion in the appropriate software).
9. In the last event of the Combined Events competition, the heats should be arranged so that the last event (800m or 1500m) contains the leading athletes after the penultimate event.
10. The Rules for each event constituting the competition will apply with the following exception:
 - a. In the Long Jump and each of the throwing events, each athlete shall be allowed three trials only.
 - b. In High Jump, each increase of the bar shall be uniformly raised by 3cm throughout the competition. The starting height for U15 age group aligns with that used by Little Athletics Australia in competition. Other age group starting heights are 6cm (2 rounds) lower than those prescribed in the LAWA Events and Equipment Specification summary as follows:

Age Groups	Boys	Girls
Under 14	1.24m	1.19m
Under 15	1.30m	1.20m
Under 16	1.34m	1.29m
Under 17	1.39m	1.34m

11. The number of athletes competing in each age group, may require scheduling to split groups across pits or rings. If age groups are split, parallel pits or rings should be used where possible. For high jump, each site must commence at the same baseline height for the same age group.
12. The standard Little Athletics WA false start rule (Rule 162.13(b)) will apply.
13. Any athlete failing to attempt to start or make a trial in one of the events shall not be entitled to receive an individual medal. It will not prohibit the athlete from competing and scoring points in subsequent events.

Scoring

14. The scores, according to the current IAAF Combined Events Scoring Tables, shall be recorded separately for each event and as a cumulative total. The athletes shall be placed in order according to the total number of points obtained.
15. In the event of a tie for the final placing, no count back will be applied. Tied athletes will be given equal placing.

Results & Records

16. Medals will be awarded to athletes that place first, second and third overall.
17. Individual State Records and ABP's will be recognised where applicable.
18. Records shall be maintained for the athlete overall individual point score, based on the IAAF Scoring Tables. Inaugural records will apply for any competition with a new event composition.

19. Athletes compete as a Team for their Centre for an overall trophy determined by a separate point system.
20. Team points are to be awarded as follows:
 - a. The final points of the top three age/gender competitors per Centre who have competed in all events will be totalled.
 - b. The Centre in that age/gender group with the highest points will be awarded 20 points and the next highest 19 points and so on.
 - c. The Centre who has the highest amount of points when all age/gender groups are combined will be the winner of the trophy.

Qualifying Event

21. Athletes in the Under 14 and Under 15 age groups who win a medal will be eligible to be a member of the International State Team in the following July.
Note: This does not mean that the medal winner will compete in all seven events at the International Meet as events are prioritised to individual state championship medallists.
22. All Under 15 athletes who wish to be considered for the State U15 Multi Event Team competing at the Australian Little Athletics Championships (ALACs) in April each year must nominate by 5pm on the Friday prior to the State Combined Event Championships. The top three highest placed athletes that have nominated for selection will be offered a place in the WA State Team. The final team position will remain subject to fitness prior to final team arrangements. All other Combined Event athletes who nominated for the State Team will remain as reserves for team selection, subject to fitness.

RULE 804 ZONE TRACK AND FIELD CHAMPIONSHIPS**General**

1. The organising committee will advise the event date and nomination closing dates in advance.
2. Athlete nominations are to be accompanied by the advised nomination fee. Nomination fees will be advised in advance and reviewed annually.
3. For U7 and U8 athletes, Zone Track and Field Championships is the final competition for the season. Medals will be awarded to the first three place getters in each event, age group and gender.
4. For U9 – U15 athletes, Zone Track and Field Championships is the qualification competition to progress to the WA State Track and Field Championships.
5. Athletes in the U16 and U17 age groups do not compete at Zones, but may nominate directly to the State Track and Field Championships.

Eligibility

6. To be eligible for Zone Track and Field Championships, athletes must have met the eligibility requirements at Rule 21.

Nominations

7. Only athletes in the U7 – U15 age groups may nominate.
8. There is no restriction on the number of individual athletes that may nominate.
9. Athletes may only nominate to compete at the Zone in which their Centre has been allocated to.
10. Where a remote athlete nominates to compete, they may be allocated a Zone at LAWA's discretion.
11. The maximum number of event entries per athlete is:
 - U7 - U9 4 events over the two days - no daily event limitations apply
 - U10 - U12 5 events over the two days - no daily event limitations apply
 - U13 - U15 6 events over the two days - no daily event limitation apply

Zones

12. Metro Centres will be allocated to one of the four Zones as per Table 1.
13. Country Centres will be grouped under a virtual Zone 5. Athletes from Country Centres may qualify for State Championships by either of the following options:
 - a. Nominate through Zone 5, or
 - b. Nominate to compete, and qualify, in the allocated Zone (as per Table 1)
14. Country Centre athletes may elect one of the nomination processes only, but not both.

ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5
Baldivis	Belmont	Bayswater	Hamersley	All Country
Cockburn	Gosnells	Eastern Hills	Joondalup	
Dale	Melville	Inglewood	Ridgewood	
Kwinana	Southern Districts	Kingsway	UWA	
Peel		Swan Valley		
Rockingham				
Albany *	Denmark*	Bunbury*	Esperance*	
Broome*	Lower South West*	Eastern Goldfields*	Geraldton*	
Collie*	Karratha*	Newman*	Port Hedland*	
Merredin*	Margaret River*	Ashburton*	Northam*	
Narrogin*				

* indicates a Country Centre

Table 1: Zone Allocations

Events

15. Event and equipment specifications are detailed in Chapter 6.

Recording and Awards

16. Medals will be presented to the first three team place getters in the U7 and U8 age groups.
17. Medal presentations shall occur as soon as possible following event completion and verification of results.
18. Claims for Individual State Records and ABP's are to be submitted in accordance with State Record procedures and submitted correctly on the completed State Record Claim forms to LAWA.

Competition

19. If there are insufficient competitors for more than one heat then the heat will become the final and will be run at the heat scheduled time.
20. For any event where the number of athletes competing is less than the number of athletes able to automatic qualify, athletes must still register a valid result.

State Track and Field Championship Qualification

21. Automatic Qualification for State Championships will be allocated by:
- For U9-U15 athletes – achieving an automatic qualifying position within the Zone Championships for an event as outlined in Table 2.
 - For U9-U15 Zone 5 athletes – through best nominated performance at Little Athletics Centre or State competition in the season of competition, achieve an automatic qualifying position within the Zone for an event as outlined in Table 2.
- Note:** Only athletes meeting the minimum event specification criteria are eligible for WA State Track and Field Championships, regardless of achieving automatic entry.
22. All Zone results will be reviewed on completion of competition and where a non-automatic entry is available, entry to State Championships will be offered to the next best performing athlete/s across all Zones.

23. The total number of qualifying athletes per Zone is determined by the Competition Committee based upon registration percentages.
24. In the event of an equal result within the automatic qualifying positions at Zones, the number of athletes who progress through to the State Championships will be reviewed on a case by case basis by the Competition Committee with the intent that athletes who finish within the number of automatic qualification places, progress through to State Championship.
25. Athletes must confirm acceptance of their qualification to State Championships by nominating and completing payment for each event by the advised closing date (nominally 2 days following competition).
26. Where an athlete is unable, or elects not to compete at State Championships following automatic qualification, the event entry position will be re-allocated to the next best performing athlete across all Zones, nominally within four (4) days.

Events	Max. No. Athletes	Zone	Automatic Qualification
70m, 100m, 200m, 400m, Short Hurdles	24*	1,2,3,4	5 athletes/zone Total – 20 athletes
		5	4 athletes
Shot Put, Long Jump, Triple Jump	20*	1,2,3	4 athletes/zone Total – 12 athletes
		4	5 athletes
		5	3 athletes
Long Hurdles, 800m, 1500m, Walks, Discus, Javelin, High Jump	16*	1,2,3	3 athletes/zone Total 9 athlete
		4	4 athletes
		5	3 athletes

Table 2: Maximum number of athletes automatically qualifying per zone.

* **Note:** Where automatic qualifying numbers are not met, or athletes decline to compete at State Championships, the next best performing athletes will be offered an invitation.

RULE 805 WA STATE TRACK AND FIELD CHAMPIONSHIPS**Qualification**

1. Qualification to the WA State Track and Field Championships for U9-U15 athletes is detailed in Rule 804.
2. For U16 and U17 age groups, athletes may nominate directly to for State Track and Field Championships by submitting their Little Athletics season personal best (PB) by the nominated closing date. Entry will be accepted by the best performances, to a maximum number of competitors for each event as outline in Rule 804, Table 2.
3. Only athletes meeting the minimum event specification criteria are eligible for WA State Track and Field Championships regardless of achieving automatic entry.

Event Participation Numbers

4. The Organising Committee will set the maximum number of athletes permitted to compete in each event.
5. Athletes must confirm acceptance of their qualification to State Championships by nominating and completing payment for each event by the advised closing date.
6. Where an athlete is unable, or elects not to compete at State Championships, the event entry position will be re-allocated to the next best performing athlete. For U9-U15 athletes the next best performance will be allocated from all Zones results, including Zone 5 nominations. For U16 and U17 athletes, the next best performance will be allocated from event nominations.
7. Only eligible athletes who meet the minimum qualifying criteria for that event are eligible for replacement.

Event Specifications - Field

8. LAWA Standard event and equipment specifications as detailed in Chapter 6 will apply.
9. Athletes must be able to meet the High Jump starting height as a minimum.
10. The sunken long jump board will be used for U11-U17 athletes. At the WA Athletics Stadium, the board is positioned 2m from the front of the long jump pit. A 0.5m take-off mat shall be placed with the leading edge no more than 1.00m from the landing area for U9-U10 athletes.
11. In triple jump, athletes shall nominate the distance of their take-off line, in whole metre increments, prior to event commencement. The sunken board, positioned at 9m and 11m will be used where appropriate. Athletes may amend their take-off board distance as long as they notify the officials at the event, prior to each jump.
12. Only markers supplied or approved by the Organising Committee for the marking of run ups, shall be permitted. Shoes, water bottles or other unapproved items are not to be used as markers.
13. Contrary to Rule 180, where an athlete is prevented from establishing their run up and conducting a practice trial or throw, through no fault of their own (eg event clash), the Site Judges shall permit this to occur.

Event Specifications – Track

14. The 800m, 1500m and Walk events will be run as straight finals. Where, for any reason, athlete entry exceeds numbers to safely conduct a straight final, the events will be run as timed finals, where the fastest time across races in the same event/age/gender will be deemed the winner.
15. All other track events will be programmed as heats and finals with progression to finals as per Rule 166.

16. Track events that have reduced athlete numbers as a result of low participation numbers or scratching's advised in advance, will result in the event becoming conducted as a straight final at final time.
17. Where insufficient athlete numbers present to Call Room as required for track heats, the event will be conducted as a straight final to be held at the scheduled heat time.

Medal Presentations

18. Medals will be presented as soon as possible after the final of each event.
19. On completion of each event, the medal winners are to be accompanied to the post event area and are to remain here to assist in the efficient awarding of medals.
20. Athletes with an event clashing with a medal presentation are to advise accordingly to ensure alternate arrangements are made.
21. Medals will be presented to the first three (3) placed WA athletes. Where invitational athletes place in the top 3 performances, additional medals corresponding to their placing shall be awarded to those athletes as per Rule 807.
22. Athletes shall wear approved centre uniforms, including shoes, to the presentation ceremony.

Qualifying Event - ALAC Team Selection (Under 13 athletes only)

23. The WA State Track and Field Championships is the qualifying event for the U13 team selection. ALAC Team selectors will attend the event and will determine successful team members based on the LAWA ALAC Team Selection Policy.
24. Athletes wishing to be considered for selection must nominate by the defined closing date.
25. Athletes will be contacted as soon as practical following completion of State Championships of team selection status.

Qualifying Event - International Team Selection (Under 14 and U15 athletes only)

26. U14 and U15 athletes awarded a medal at State Championships will be invited to join the WA International team that travels to Malaysia (odd years) and Singapore (even years).
27. Information regarding the International team will be forwarded to all eligible athletes at medal presentations and following the competition.

Exemption from Application of Rules

28. Dispensation from the application of the Competition Rules will not be granted to any athlete except by the Board of Directors. Such dispensation will be:
 - Announced to all Team managers at the beginning of the competition, and
 - May be appealed by any Team Manager to the Jury of Appeal.
29. Exemption is on the basis that unforeseen, or exceptional circumstances that may arise. For example, an athlete with an impairment or disability may require special assistance to enable the athlete to compete.

RULE 806 WA WINTER COMPETITION – CROSS COUNTRY & ROAD WALKS**General**

1. Winter Competition is conducted as a program alternating between Cross Country and Road Walk Events held on weekends commencing April/May each year.
2. Athletes participating in the Winter competition may elect to participate in Cross Country events only, Road Walk events only, or both event competitions.
3. The Organising Committee shall engage Centres to conduct and host events throughout the season.
4. The Organising Committee shall advise the Winter Event Program in advance. The Event Program shall detail the event date, the host centre, the venue where the event will be conducted, and specific age group start times. The Event Program shall be hosted on the Little Athletics WA website page.
5. The Winter Season will conclude with State Championship events each year.

Eligibility

6. To be eligible to participate in the WA Winter Competition, athletes must meet the requirements of Rule 4.
7. Registration and nomination for the Winter season shall be advised annually and expected to commence early April each year.
8. Cross Country competition is open to all U7-U17 athletes.
9. Road Walks competition is open to U9-U17 athletes.
10. Distances for each age group are indicated in the Events and Equipment Specification Summary at Chapter 6, within the Event Program, and in specific event information below.
11. Current registered athletes (participated in the previous summer competition) are required to nominate for Winter Competition online through their ResultsHQ profile. No additional registration fees are applicable, however athletes are required to purchase, and wear, a timing chip for competition.
12. New athletes may register for the Winter Competition online at ResultsHQ.com.au and are to contact their nominated Centre to arrange collection of registration numbers and the timing chip. A registration fee shall be charged, and a timing chip is required to be purchased, and worn for competition.
13. New athletes are permitted to run **once (1)** on a 'Come and Try' basis prior to registering. No result for 'Come and Try' athletes will be recorded. Athletes who compete under 'Come and Try' are to wear a plain white shirt and plain black shorts.

State Championships Eligibility

14. The final competition in the Event Program shall be conducted as the State Championships. To be eligible to compete at State Championships, athletes shall compete in, 'more than half' of the Centre hosted events as a minimum.
15. Athletes registered with Country Centres are exempt from the minimum qualification criteria to compete at State Championships.

Uniform

16. U9-U17 athletes shall wear the approved Centre uniform in accordance with Rule 143.
17. U7 and U8 athletes are permitted to wear either Centre uniform, or club uniform and shall comply with Rule 143.
18. Spike shoes are not permitted to be worn for Cross Country or Road Walk event.
19. Timing chips shall be secured to footwear or a lower limb throughout the event. The timing chip is required to electronically record event times and is linked to a member's

registration number. As the timing chip is linked to the individual member they cannot be swapped, or loaned, to other members. If the timing chip is not worn, individual times may not be recorded for the event.

Call Room/Registration

20. No call room / registration will be in operation during the Winter Competition. Athlete participation is recorded electronically through timing chip technology.

Race Conduct

21. Athletes shall compete in their nominated age group. Timings for event commencement vary between programs and are detailed in the Event Program.
22. Athletes shall proceed to the event start line 5 minutes prior to the scheduled event start time to allow sufficient time for athletes to be positioned ready to commence and enable the event to proceed on time, and as scheduled.
23. Age group order and groupings shall be detailed in the Event Program.
24. Under special circumstances, and at the discretion of the Winter Competition Manager, additional age groups where the same course distance is applicable, may be combined. If this occurs, the race shall commence no earlier than the last programmed race for that event distance.
25. Pacing is not allowed at any time, on or off the course.
26. Where there are more athletes than can safely be placed in a single row, the first row should be filled with athletes placed in draw order. Second, and as necessary subsequent rows, will also be filled with athletes placed in draw order. Where draw order is not available, officials will randomly place athletes in rows as required.

Cross Country Distances

27. The following table outlines the Cross Country distances for the relevant age groups:

Age Group	Distance	Flag Colour
U7, U8	1000m	Pink with Black Stripes
U9, U10	1500m	White
U11, U12	2000m	Green
U13, U14, U15, U16, U17	3000m	Orange

Note: There may be a variance of up to 100m either way for each distance.

Cross Country Specifications

28. The Cross Country course shall comply with Rule 250.
29. Cross Country events shall be conducted either as 'scratch' races, or 'handicapped' races as determined by the Organising Committee. The Event Program shall indicate the type of race to be conducted.
30. The first scheduled competition of the season shall be conducted as a 'scratch' race; all athletes shall start the race at the same time.
31. Race times shall be recorded for athletes, and these times will be used when determining a 'handicap'. The 'handicap' system is a staggered start based on competition time. The aim of the system is to allow athletes of all abilities to finish the race at approximately the same time.

32. The 'handicap' system is determined by the below table:

Distance	Maximum Handicap	Interval
1000m	1 minute	20 seconds
1500m	2 minutes	20 seconds
2000m	3 minutes	20 seconds
3000m	4 minutes	20 seconds

33. Athletes who do not have a recorded time, prior to competing in a pre-determined 'handicapped' event, shall compete from scratch.
34. The Cross Country course shall be clearly marked with flags colours indicating course distance for age groups.
35. Flag placement shall be such that the next flag in sequence is visible to ensure the course route is visible to athletes.
36. Athletes must run within 3 meters to the side of the flag designated by the official. Normally flags shall be on the athletes left.
37. Where a course consists of a loop, entry shall be roped off from the continuation, and should be manned by officials who may direct athletes.
38. The course shall only be open for inspection as follows:
- Prior to first event commencement on the day of competition; and
 - During allocated time periods as noted in the Event Program.
39. At all other times, the course is only open to athletes competing in the scheduled event. Spectators and athletes not in the scheduled event shall remain clear of the course.

Road Walk Distances

40. The following table outlines the Road Walk distances for the relevant age groups:

Age Group	Distance
U7, U8	N/A LAA Standard Rules of Competition refer
U9	1000m
U10, U11	1500m
U12, U13, U14, U15, U16, U17	2000m

Road Walk Specifications

41. Road Walk event shall comply with Rule 240.
42. Walk judging will be conducted in accordance with Rule 230.
43. Athletes shall be provided with number identification to wear for the duration of the event. The number will be used by judges when issuing infringements.

Winter Competition Manager

44. The Winter Competition Manager is appointed by the Organising Committee on behalf of Little Athletics WA.
45. The Winter Competition Manager is responsible for:
- The correct conduct of the Competition.
 - Liaising with host Centres to ensure proposed race courses meet the requirements of Rule 240 and 250 as appropriate.
 - Ensure host Centres have appropriate provisions for course safety and have available first aid assistance for the duration of the event.

- d. Shall check that all officials have reported for duty, appoint substitutes when necessary, and have authority to remove from duty any official who is not abiding by the Rules.
- e. Shall ensure officials are easily identifiable through wearing an appropriate coloured vest.
- f. Ensure effective communications are available to course officials.
- g. Implementing athlete disciplinary measures in the event of an infringement of the Rules in accordance with Rule 145.
- h. Provide a written report each week to LAWA on the weekend competition including feedback on venue, parking, toilets, sponsor tents, first aid and any other relevant information.

Team Managers

46. Centre Team Managers (previously called Centre Winter Officers) shall register their attendance and contact details on the event 'Sign On' sheet located at the Little Athletics WA Van.
47. Centre's shall ensure that a nominated Team Manager is present and their attendance is registered, at all times when athletes registered with their respective Centre are competing.
48. Team Managers shall act as the primary point of contact between Competition Officials and Centre members throughout the competition.
49. Inability of Competition Officials to contact a Team Manager in a timely manner, may have follow on consequences for Centre members.
50. Team Managers are responsible for co-ordination of spare registration numbers, age tags and timing chips in the event of lost or forgotten items. Fees will be incurred for all replacement items. Spare items may be obtained through the Little Athletics WA office.
51. Where Centres have, athletes competing in the Road Walk competition, Team Managers are to endeavour to supply at least one qualified Walk Judge.

Protests and Appeals

52. Protests may be lodged by Centre Team Managers within 15 minutes of the completion of the race, in accordance with Rule 146. The protest may initially be made orally and shall be confirmed in writing on the approved protest form. The protest must be lodged with the Association Winter Competition Manager, or their nominated delegate, and shall be accompanied by a \$55 protest fee (\$50 plus \$5 GST).

Recording and Awards

53. Race times shall be recorded on completion of each race.
54. Individual results shall be verified, uploaded and available on ResultsHQ. Event results will generally be publicly available on the Little Athletics WA website, the week following competition.
55. Medals will be presented to the first three place getters for all age groups at State Championships.
56. Medal presentations shall occur as soon as possible following event completion and verification of results.

For specific award information refer to the Awards and Recognition Handbook

RULE 807 INVITATIONAL ATHLETES AND COMPETITIONS**General**

1. Athletes from Malaysia and Singapore in the older age groups (generally U14-U15) are invited to compete at the WA State Championships. This is a reciprocal arrangement whereby the top U14 and U15 WA place getters at State Championships are eligible to compete in the International Competition hosted by Singapore and Malaysia on a rotational basis.
2. At the WA State Championships, if an International athlete is placed in the top three place getters, the appropriate medal will be awarded to the International athlete. The top three placegetters from WA will also receive medals.
3. Eg: Overall Event result will receive the following medals

1 st Athlete overall	WA	Gold
2 nd Athlete overall	International Athlete	Silver
3 rd Athlete overall	WA	Silver
4 th Athlete overall	WA	Bronze

Field Event Trials

4. If one or more athlete/s are competing by invitation (eg. International athletes) and has a performance that places them in the top eight, they will be permitted to compete in the final.
5. The total number of athletes, including International athletes, proceeding to the final round of field events will total eight.

Track Events

6. If an International athlete qualifies for a final from a heat in a track event, they will proceed to the final.
7. The total number of athletes, including International athletes, proceeding to the final is eight.

RULE 808 JUNIOR ATHLETICS CARNIVAL**Overview**

1. The aim of the Junior Athletics Carnival is to introduce a fun event for the younger age groups where they have the opportunity to socialise with other young athletes, whilst participating in coaching clinics and educational workshops.

Uniform

2. Under 6 to Under 8 athletes are required to wear their centre or club uniform whilst Tiny Tots can wear comfortable sporting clothing with branding that doesn't conflict with current Little Athletics WA sponsors.
3. Registration bibs, age tags and any other sponsor patches/badges are to be worn by all Under 6 to Under 8 athletes. Tiny Tots athletes will be supplied with a bib on event day.

Nominations

4. Centres shall encourage participation from the Under 6 - Under 8 age groups as well as Tiny Tots (3 - 4 Year Olds) to partake in a fun, introductory event at the WA Athletics Stadium.
5. Spaces will be limited so nominations will be accepted on a first in best dressed basis.
6. Athlete nominations are to be accompanied by the nomination fee. Nomination fees will be advised in advance and reviewed annually.
7. Late nominations will not be accepted.

Note: Further information will be provided on the LAWA website regarding the Junior Athletics Carnival.