



MEMORANDUM

To: Coles LAA Board
Coles LAA Senior Leadership Group
Coles LAA NTC

From: Andrew Duncan, Coles LAA Competition & Standards Director

Date: 25 May 2018

Re: Coles LAA Standard Rule Changes (excluding ALAC Rules) – Seasons 2018/19 and 2019/20

This memo outlines several Standard Rule changes previously approved at LAA Conferences over the past two to five years which were scheduled to come into effect for either the 2018/19 Season or the 2019/20 Season. Although these changes have been stated in the Standard Rules document as a note in the relevant rule, I felt it prudent to remind Associations of these changes for this year and the next.

This memo does not list those changes that were approved and were immediately put into effect or changes approved for the 2019 ALAC.

2018/19 SEASON

Age Group Changes

The definition for age groups will now be based on the calendar year in which the LAA Summer season commences, e.g. for 2018/19, age groups will be based on the age of athletes as at 31 December 2018.

Implement Weight Changes

As per Competition Motion 5 - October 2016, the following implement weights will change to align to School Sports Australia (SSA) weights for the same age groups:

Discus

- **Under 11 Boys** - was 750g, now **500g**
- **Under 11 Girls** - was 750g, now **500g**
- **Under 13 Boys** - was 1kg, now **750g**

Shot Put

- **Under 12 Boys** - was 3kg, now **2kg**

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2019/20 SEASON

Hurdle Events

As per Competition Motion 2 – October 2017, the following standard events will change at the beginning of the 2019/20 Summer season:

- **Under 11** – currently 60m Hurdles, will be **80m Hurdles**
- **Under 12** – currently 60m Hurdles, will be **80m Hurdles**

The height will remain the same, however the no. of hurdle flights and placement of hurdles will be as per other 80m Hurdle events.

Hurdle Equipment

As per Executive Motion 3 – October 2013, all Hurdles at all Centres/Clubs must be transitioned to the collapsible type of hurdle by 2020. (previously either collapsible or fixed leg hurdles were permitted)

Scissor Mat Dimensions

As per Competition motion 32 – April 2016, “scissor mats” at all competition levels and in all Affiliated Associations will be between 150mm and **300mm** with minimum dimensions of 5m x 3m (previously the height of scissor mats was between 150mm & 200mm)

Can you all please ensure these changes are distributed to your Association’s Centres & Clubs and any of your Association’s documents are updated accordingly?