



Rules for Competition

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Tasmanian Little
Athletics Association Inc.
ABN 18 754 156 567

PO Box 812
Moonah TAS 7009

Tel 1300 888 713
office@taslittleathletics.com.au

littleathletics.com.au

Foundation for all sports

Section A General Rules

1. Objective

These rules have been set down for all Little Athletics competitions conducted by Little Athletics Tasmania, its affiliated centres and clubs and comply with the Standard Events of Little Athletics Australia. The rules are based on those of the International Association of Athletics Federations (IAAF) and have been modified to be age appropriate for children and young people from the age of 5 to 15. Where these rules are silent, IAAF rules shall apply.

2. Interpretation

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

3. The Athletics Facility

Where possible, the venue should comply with the specifications laid out within the IAAF Track & Field Facilities Manual.

i. Footwear

- ii. Appropriate footwear is compulsory for all competitors in all events.
- iii. No competitor may wear football boots or cleats in any event.
- iv. Spikes are subject to ground rules, refer to local council /ground track hire guidelines.
- v. On synthetic tracks if spikes are worn starting blocks must be used.
- vi. Competitors in the U11 age group may wear spike shoes in events run entirely in lanes, long jump and triple jump.
- vii. Competitors in the U12 age group may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin.
- viii. Competitors in the U13 age group and above may wear spike shoes in all track events (excluding Race Walks), whether or not they are run entirely in lanes, long jump, triple jump, high jump and javelin.
- ix. U6 to U10 competitors are not permitted to wear spikes. Shoes capable of taking spikes will be classed as “spikes” even if the spikes have been removed and replaced with blanks or if the spikes have been removed, but not replaced.
- x. Spike shoes must only be worn during an event and are not to be worn to and from an event.
- xi. Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11. No more than two (2) blanks may be used.
- xii. Spike length
 - a. Synthetic - Track 7mm maximum
 - b. Long/Triple/High/Javelin 9mm maximum
 - c. Grass 12mm maximum
- xiii. In the high jump and long jump, the sole shall have a maximum thickness of 13mm and the heel in high jump shall have a maximum thickness of 19mm. In all other events the sole and/or heel may be of any thickness.

1. Competition Area

- i. Competitors and officials only are permitted on the Competition area. Competitors must leave the area immediately after the completion of their event.
- ii. The exception to this rule being: - athletes may warm up prior to their event with the approval and at the arena manager’s discretion.

2. Assistance to Athletes

- i. The use by athletes of music devices, mobile phones or similar devices in the competition area shall not be permitted.
- ii. Coaching by officials at an event site 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. The exception to this is that the Chief Official may provide technical coaching to Under 6 or 7 athletes to assist them in completing a legal trial. All other forms of coaching are not permitted.
- iii. At State Conducted meetings, athletes may only receive coaching during an event at an approved location or area from coaches approved by the association. Any coaching or assistance to athletes delivered from unapproved areas, or by non authorised persons/coaches, may result in the athlete being disqualified from the event.

- iv. Positive reinforcement of our athletes is always encouraged, however the following are some examples of non-acceptable assistance to athletes by parents/spectators/unauthorised coaches during competition from outside the approved area:
 - Assistance in measuring or adjusting run up
 - Advising athletes of split times during distance races
 - Advising athletes of techniques and/or providing technical advice during competition

Medical

- i. A Medical Officer, with appropriate first aid or medical qualifications, should be appointed at each athletic competition.
- ii. A Referee may call the attending Medical Officer to examine any athlete in obvious stress or pain, due to illness or injury.
- iii. 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.
- iv. 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.
- v. 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.
- vi. If the inhaler is used after the event has commenced, the athlete is required to withdraw immediately and may not return to the event.

Unacceptable behaviour

- i. 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.
- ii. If the offence is of a serious nature immediate disqualification may occur.
- v. The Arena Manager shall notify the athlete's nominated Centre representative of the behaviour and outcome.
- vi. At all State Conducted Meetings, Chief Officials have the authority to send off any athlete for undesirable behaviour and the child should not be able to complete his/her trials. The Arena Manager must be notified and the Arena Manager's decision is final.

Protests

Notice of Protest shall in the first instant be made verbally to the announcer. The written application must then be presented within 15 minutes of the posting or announcing of the result at the completion of the event. This application must be signed by a responsible Centre Official and must be accompanied by a \$20.00 fee. Each protest must include the name of the event upon which the protest is lodged and indicate the names of all involved in the incident. The relevant rule under which the protest is to be investigated must be stated. This should then be referred to the protest committee chairperson who will decide if a formal protest committee will be called to deal with the protest. The fee will be forfeited if the protest is dismissed.

SECTION B TRACK EVENTS

Standard Events

Track events offered by Little Athletics Tasmania and its affiliated centres are as follows:

60m Hurdles	- Under 6, 7, 8, 9, 10, 11, 12
80m Hurdles	- Under 13, 14G
90m Hurdles	- Under 14B, 15G
100m Hurdles	- Under 15B
200m Hurdles	- Under 13,14
300m Hurdles	- Under 15
70 Metres	- Under 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
100 Metres	- Under 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
150 Metres	- Under 6, 7
200 Metres	- Under 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
400 Metres (lane start)	- Under 8, 9, 10, 11, 12, 13, 14, 15
800 Metres (lane start)	- Under 9,10,11,12,13, 14, 15 (two athletes per lane is permissible)
1500 Metres	- Under 10, 11, 12, 13, 14, 15
700m Race Walk	- Under 9
1100m Race Walk	- Under 10, 11
1500m Race Walk	- Under 12, 13, 14, 15

Starting Blocks

1. Under 11 – Under 15 athletes only are permitted to use starting blocks. Starting blocks are encouraged to be used by competitors in events run entirely in lanes (Including relays).
2. Starting blocks will be supplied by Little Athletics Tasmania at all LATAs conducted events.
3. Athletes wearing spiked shoes must use starting blocks when the event is conducted on a synthetic track, for all events run entirely in lanes.

Lane draws

- i. Lanes for heats shall be randomly drawn.
- ii. Where there are more lanes available than athletes in a heat, it is recommended that the inside lane is not used.

Progression to final

- i. The following athletes shall progress to the final in their fully laned event:
 - **2 heats:** 1st, 2nd and 3rd in each heat plus the next 2 fastest times
 - **3 heats:** 1st and 2nd in each heat plus the next two fastest times
 - **4 or more heats:** 1st in each heat with the remaining lanes filled by the next fastest times
- ii. 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.
- iii. Where the venue has nine or more lanes, the carnival organiser shall have the discretion to allow nine or more athletes to contest the final of an event.
- iv. For track events not ran entirely in lanes (eg 1500m, 800m), timed heats will be ran if the entries exceed the maximum entries for a straight final with the final placings decided on the basis of the times obtained in those heats. No finals will be held for these events. Athletes will be seeded from fastest to slowest (based on known Personal Best times) so that the fastest qualifiers will be in the same heat.

Lane draw for finals

- i. Following the running of the heats in laned events, the athletes that progress to the final will be ranked in order of their heat time.
- ii. 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.
- iii. 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.

- iv. Event 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.
- v. Where there are more lanes available than athletes in a final, it is recommended that the inside lane is not used.

Relay races (4 x 100M)

- i. Lines shall be drawn 10m before and after the scratch line to denote the take-over zone within which lines the baton must be passed.
- ii. Members of a team, other than the first runner, may commence running not more than 10m outside the take-over zone. This area is known as the acceleration zone and is denoted by a distinctive mark.
- iii. The passing of the baton commences when it is first touched by the receiving runner and is complete at the moment it is in the hand of the receiving runner only. Within the take-over zone, it is only the position of the baton that is decisive and not the position of the body or the limbs of the competitor.
- iv. Competitors may place one check mark on the track within their own lane using adhesive tape of maximum dimensions 5mm x 40mm. Use of chalk or similar substances is prohibited.
- v. The baton must be carried by hand throughout the race.
- vi. 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.
- vii. Competitors should remain in their lanes after handing over the baton, until the course is clear.
- viii. Should any competitor wilfully impede a member of another team by running out of their lane at the finish of their leg they are liable to cause the disqualification of their team.
- ix. No competitor may run two sections for a team.
- x. In relays, only Under 11 – Under 15 athletes are permitted to wear spikes. If in any composite relay the team is made up of Under 10 or younger athletes, no athletes including the Under 11 to Under 15 athletes in that team, are permitted to wear spikes.

Hurdles races

All hurdles shall comply with the following specifications:

60 – 100 Metre Hurdles

Age Group	Distance	Height	Lead In	Distance Between	Lead Out	Number of Hurdles
Under 6	60 Metres	Max 20cm	12 Metres	7 Metres	13 Metres	6
Under 7	60 Metres	Max 20cm	12 Metres	7 Metres	13 Metres	6
Under 8	60 Metres	45cm	12 Metres	7 Metres	13 Metres	6
Under 9	60 Metres	45cm	12 Metres	7 Metres	13 Metres	6
Under 10	60 Metres	60cm	12 Metres	7 Metres	13 Metres	6
Under 11	60 Metres	60cm	12 Metres	7 Metres	13 Metres	6
Under 12	60 Metres	68cm	12 Metres	7 Metres	13 Metres	6
Under 13	80 Metres	76cm	12 Metres	7 Metres	12 Metres	9
U14 Girls	80 Metres	76cm	12 Metres	7 Metres	12 Metres	9
U14 Boys	90 Metres	76cm	13 Metres	8 Metres	13 Metres	9
U15 Girls	90 Metres	76cm	13 Metres	8 Metres	13 Metres	9
U15 Boys	100 Metres	76cm	13 Metres	8.5 Metres	10.5 Metres	10

200/300 Metre Hurdles

Age Group	Distance	Height	Lead In	Distance Between	Lead Out	Number of Hurdles
Under 13	200 Metres	68cm	20 Metres	35 Metres	40 Metres	5
Under 14	200 Metres	76cm	20 Metres	35 Metres	40 Metres	5
Under 15	300 Metres	76cm	50 Metres	35 Metres	40 Metres	7

- i. It is recommended that the hurdles used are 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).
- ii. The hurdle shall be placed so that the edge of the bar nearest the approaching hurdler coincides with the track marking nearest the athlete.
- iii. All races shall be run in lanes and each competitor shall keep to their own lane throughout.

- iv. A competitor who: -
 - a. Trails their foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance or
 - b. In the opinion of the Referee deliberately knocks down any hurdle; shall be disqualified.
- v. Except as provided in the preceding clause, the knocking down of hurdles shall not result in disqualification.

Walks

i. Definition Of Race Walking

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

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

ii. Judging

- a. The appointed judges shall elect between them a Chief Judge unless one has already been appointed a Chief Judge for the relevant carnival.
- b. All judges shall act in an individual capacity and their judgements shall only be based on observations by the human eye.
- c. The number of appointed walk judges for an event, including the Chief, shall comprise a minimum of 4 and maximum of 6.
- d. The independence of judges is extremely important and wherever possible connections between athletes and judges should be avoided. Individual Judges are required to declare their interests.
 - The Event Manager shall have the authority to allow judges where such connections exist. Connection means relative, coach or protégé.
 - This is provided there are an insufficient number of available, experienced and qualified judges without such connection.
 - It will be up to individual judges to disclose these connections and to indicate if **they wish to stand down for a particular race.**
 - Where possible members of the same family should not serve as a judge for the same race.

iii. Caution

Any judge can give a "CAUTION" to a competitor when a competitor appears to be in danger of failing to comply with the rules.

Note:

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

iv. Warning

- a. A judge gives a "WARNING" for disqualification if a competitor is actually breaking the rules of race walking.
- b. The warning may be given verbally at the time of detection of the actual infringement.
- c. The competitor is to be addressed by their walk number (leg No.) and the word "Warning" is to be used and the reason for the warning given.
*e.g.No.... WARNING FOR LOSS OF CONTACT or
No.... WARNING FOR KNEES (not straightening leg)*
- d. The warning is recorded on the judging pad and forwarded to the Chief Judge as soon as practicable.
- e. A judge may only give a competitor one warning during the event irrespective of the infringement.

Note:

- A warning should never be given unless there is absolute certainty the rules have been infringed. Any doubt existing must be given to the competitor and the warning not issued.

v. Disqualification

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

vi. Methods of Judging

- a. Prior to each walking event, the Chief Judge or a judge appointed by the Chief Judge, will acquaint the competitors with the judging procedures for the event.
- b. It is imperative that during an event all judges act in an individual capacity and their judging is not influenced by the judging of another judge, per medium of conversation or messages.
- c. The Chief Judge shall allocate judges their judging position.
- d. Walk judges, recorders or messengers shall not use transceivers during the conduct of the event.
- e. The Chief Judge may have assistance from other people who shall act as recorders and/or messengers. The functions of these messengers/recorders are:
 - To listen carefully to the Chief Judge and record the correct information onto the Chief Judge's master sheet.
 - When the Chief Judge so directs, a messenger may be used to collect warnings from the other walk judges stationed around the track/course.
- f. The judges must adequately cover the whole of the track/course, this can be done by having approximately equal distance between judges. There should be no blind spots, judges should judge from the outside of the track/course and not encroach on an area allocated to another judge, but judge from their allotted position as walkers are passing or approaching their section.

vii. Track Umpires and Referees

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

viii. Walk Judge's Master Sheet

- a. The master sheet is that document which the Chief Judge records the warnings of the judges and themselves and indicates which competitors received 3 or more warnings.
- b. Judges should be indicated by number and not by name on the notice board copy of the sheet.

ix. Uniforms and Numbers

An individual number may be required to be placed on the outside leg or attached to the pants of the competitor to assist the judges in competitor identification.

x. Summary of Chief Judge's Duties

- a. To place judges in position as required and give them the necessary direction.
- b. To ensure that the appropriate Caution indicators and documentation are issued to the judges and authorised personnel.
- c. Advise recorders and messengers of their duties.
- d. To check with each judge on completion of the event for any last minute warnings.
- e. To re-check judging master sheets and all warnings received. To make a summary of the master sheets. This summary to be placed on the notice board.
- f. To advise Referee, Finish Judges, Recorder and/or Chief Timekeeper, as may be required, of any disqualified competitor who may have crossed the finish line.
- g. To advise any disqualified competitor of his disqualification.
- h. Judging master sheets are not to be made available for general perusal. They are to be attached to the official results.

- i. Check with Track Referee to see if umpires have reported any other offences.

xi. Summary of Judges' Duties

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

Timing

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

Fully Automatic Timing and Photo Finish System

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

Hand Timing

- i. It is recommended that Timekeepers should be:
 - Placed at least 5m from, and in line with, the finish line on the outside of the track, opposite the Judges.
 - On an elevated stand in order that they may have a good view of the Starter and the finish line.
- ii. Timekeepers shall act independently from one another:
 - a. Without showing their watch to each other and without discussing times.
 - b. The Chief Timekeeper will record times, and may examine the watches to verify the reported times.

- c. The Chief Timekeeper shall then decide what the official times are for each competitor and provide the result for publication.
- iii. Sufficient timekeepers shall be appointed for the number of competitors entered, one shall be the Chief Timekeeper.
- iv. Three Timekeepers (one of whom shall be the Chief Timekeeper) shall time the winner of every event.
- v. 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 placing's.
- vi. Where there are 3 watches used to time a place:
 - a. If only 2 watches agree, the times shown by the 2 shall be the official time.
 - b. If all 3 disagree, the middle time shall be recorded as the official time.
- vii. Where there are 2 watches used to time a place and they fail to agree the slower time shall be accepted as the official time.
- viii. The time shall be taken from the flash/smoke of the gun.
- ix. Times shall be recorded to the 1/10th of a second. Unless a time is an exact 1/10th of a second, it shall be recorded to the next longer 1/10th of a second.

Gate Timing System

- i. The System shall be started either automatically by the Starter's gun or manually at the smoke or flash of the Starter's gun.
- ii. 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.
- iii. The System must be capable of printing out the time for each lane.
- iv. The uprights and any supporting struts of the gates shall be covered with suitable padding.
- vi. 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.
- vii. 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.

Place Judges

If place judges are used then the following applies: -

- i. The Place Judges determine the official placing's when hand timing is used and for distance events not run entirely in lanes when gate timing is used. They may be used when a Photo Finish System is in use, but only as a back-up for system failure.
- ii. The Place Judges must always operate from the same side of the track, preferably from the inside and where possible be placed on an elevated platform at least 5m from, and in line with, the finish line and post.
- iii. 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.
- iv. A Chief Judge will be appointed and will be responsible for allocating Place Judges for all placing's.
- v. Sufficient judges shall be appointed for the number of competitors entered.

Place Judges shall:

- i. Decide the order in which the competitors finish
- ii. Write down the lane number of the competitor they are placing. These numbers must be written down without the Judge taking their eyes off the finishers
- iii. Act independently from one another i.e. not discuss placing.
- iv. The competitors shall be placed in the order in which any part of the torso (as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finishing line.
- v. The Chief Judge will ensure that all competitors have been placed prior to advising the competitors of their placing.
- vi. In any case where the Judges cannot arrive at a decision the Chief Judge shall refer the matter to the Track Referee for decision.
- vii. The Chief Judge will notify the Chief Timekeeper or Gate Timing Operator when all Judges are ready for the next event.

The Start

- i. The Starter has entire control of the competitors on their marks, and is the sole judge of any event connected with the start. Decisions by the Starter cannot be overruled by the Track Referee.
- ii. Before the start signal is given, the Starter shall ascertain that the timing system and judges are ready
- iii. In races run entirely in lanes the Starter shall make the following commands: 'On your mark', 'Set', and the firing of the gun.
- iv. Once the command 'On your mark' has been given, late competitors are not permitted to join the event.
- v. In events run entirely in lanes, on the command of 'On your mark' all competitors shall approach the starting line. When all competitors are steady the Starter issues the command 'Set', upon which the competitors shall assume the position from which they will commence the race. When all competitors are again steady the Starter shall fire the gun to commence the race.
- vi. In races not run entirely in lanes the Starter shall make the following commands: 'On your mark', and the firing of the gun.
- vii. In events not run entirely in lanes, on the command 'On your mark' all competitors shall approach the starting line and assume the position from which they will commence the race. When all competitors are steady the Starter shall fire the gun to commence the race.
- viii. No competitor may place any part of their body on the ground on or over the starting line when they are 'on their mark'. Where a crouch start is used by the first runner of a relay race the baton may touch the ground in front of the start line, providing the preceding rules are met.
- ix. If for any reason the Starter has to speak to any competitor after the competitors are 'on their mark', the Starter shall order the competitors to stand up and the Starter's Assistant shall place them on the assembly line again.
- x. If either the Starter or their Assistant(s) are of the opinion that the start was not a fair one, they shall recall the competitors firing a gun. If the unfair start is not due to any competitor, no warning shall be given.
- xi. If the Starter is of the opinion that a competitor left their mark with hand or foot after the words 'Set' (in events run entirely in their lane) or 'On your mark' (in events not run entirely in their lane) and before the gun is fired, it shall be considered a false start.
- xii. A competitor, who after the command 'On your mark' disturbs other competitors in the race through sound or other-wise may be considered to have committed a false start.
- xiii. If a competitor fails to comply with the 'set' command after a reasonable time this may constitute a false start.
- xiv. Any competitor who commits a false start shall be warned. If a competitor is responsible for 2 false starts, or 3 in the case of multi events, they shall be disqualified from the event. In all relay heats and finals 3 breaks will apply before disqualification.
- xv. In races run entirely in lanes the following starting methods may be used:
 1. In a crouch start, the athlete's feet must touch the starting blocks (if in use) and both hands must touch the ground. At the call of 'On your mark' the athlete must have one knee placed on the ground. At the call of 'Set' the athlete must raise the knee off the ground.
 2. In a standing start, no part of the hand or knee shall touch the ground.
- xvi. In races not run entirely in lanes only a standing start may be used.

The Race

- i. Any competitor who jostles or obstructs another athlete, so as to impede their progress, shall be liable to disqualification from that event. The Referee shall have the authority to order the race to be re-held excluding any disqualified athlete or, in the case of heats, to permit any competitor(s) seriously affected by jostling or obstruction (other than the disqualified athlete) to compete in the final of the event. Normally, such a competitor should have completed the event with bona fide effort.

Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if they consider it just and reasonable to do so.
- ii. In all races run in lanes, each competitor shall keep within their allocated lane from start to finish. This shall also apply to any portion of a race run in lanes.

If the Referee is satisfied that an athlete has violated this Rule, they:

 - In the U6-U11 age group: May be disqualified if a material advantage was gained over other competitors
 - In the U12-U15 age groups: Shall be disqualified.
- iii. A competitor shall not be disqualified if they:
 - are pushed or forced by another person to run outside their lane or on or inside the kerb, or
 - Run outside their lane in the straight or outside the outline line of their lane on a bend, with no material advantage thereby being gained and no other competitor being obstructed.
- iv. The following events shall be conducted entirely in lanes: 70m, 100m, 200m, 400m, 4x100m relay and all hurdles races.
- v. The 800m shall be run in lanes as far as the near edge of the break-line marked after the first bend where competitors may leave their respective lanes. Up to two competitors may start the race in each lane.
- vi. The 1500m, 700m walk, 1100m walk and 1500m walk shall not be conducted in lanes.

- vii. A competitor, after voluntarily leaving the track, shall not be allowed to continue in the race.
- viii. Except for the 4x100m relay and as provided in Rule 6(iv), competitors may not place check marks on or alongside the track for their assistance.

SECTION C FIELD EVENTS

Standard Events

Field events offered by Little Athletics Tasmania and its affiliated centres are as follows:

Long Jump	- Under 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
Triple Jump	- Under 10, 11, 12, 13, 14, 15
High Jump	- Under 8, 9, 10, 11, 12, 13, 14, 15
Discus	- Under 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
Shot Put	- Under 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
Javelin	- Under 11, 12, 13, 14, 15
Turbo Jav	- Under 8, 9, 10
Vortex	- Under 6, 7

Markers

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

1. Competition Order (then commencement of competition)

- i. The order in which competitors shall take their trials shall be in personal best order from smallest to largest or drawn randomly if this information isn't available.
- ii. In all events, except for the High Jump, each competitor shall be allowed 3 trials.
- iii. In the Under 13 age group at State Championships and 'All State' Meets the top 8 competitors leading at the end of the third round shall be allowed another 3 trials each. In the event of a tie (after a count-back) for 8th place, any competitors so tying shall be allowed the 3 additional trials. (Tying means, in this case, achieving the same distance).
- iv. Where there are 8 competitors or fewer in the Under 13 age group, each competitor shall be allowed 6 trials regardless of the number of fouls recorded.
- v. The chief judge must get a Field Referee (State) or arena manager/official (centre), to ascertain these positions.
- vi. All six throws or jumps count for medals

Clash of Events

- i. Track takes precedence over field events except where determined by the Arena Manager
- ii. The competitor will be allowed to leave the field event when called to a track event.
- iii. When the competitor returns to the field event -
 - if the event is completed, then the competitor has no further part in the event. Any recorded trial prior to leaving is judged in the event;
 - if the Competitor has missed one or more completed rounds, the competitor cannot make up those trials, but will be slotted back into the event in the current round, even if out of turn.

Competition

- i. Commencement of Competition
 - Competition commences with the first trial in the first round.
 - The trials shall commence when the Official responsible indicates to the competitor that all is ready for the trial to begin, and the athlete is called.
 - The period allowed for this trial shall commence from that moment.
- ii. A round commences when the first athlete eligible to compete in the round commences their trial.
- iii. A round is complete when the last athlete eligible and present to compete in the round completes their trial.
- iv. Completion of Trial
 - Throws - a trial is complete when the athlete leaves the circle (discus and shot put) or runway (javelin).
 - 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.

- High Jump - a trial is complete when the Chief Judge designates a “fair/foul jump”.
- v. Completion of Competition
- High Jump - the high jump is complete when the last remaining athlete fails or decides to stop.
 - All other events are complete when the last round is completed.

Delay

- i. Competitors in field events who unreasonably delay taking a trial shall render themselves liable to have that trial disallowed and recorded as a foul.
- ii. It is a matter for the Referee to decide what is an unreasonable delay, but the following time should not normally be exceeded:
 - a. Long Jump, Triple Jump, Shot Put, Discus, and Javelin - 1 minute.
 - b. High Jump – 1 minute, but when only 2 or 3 competitors continue in the competition, the time should be increased to 1.5 minutes. If there is only 1 competitor left, then the time should be increased to 3 minutes.
- iii. A time warning may be given to an athlete. Such a warning is indicated by a raised yellow flag, which is kept raised for the last 15 seconds prior to the disallowing of a trial for exceeding the time limit.

Foul

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

Measuring

- i. The Judges shall judge, measure and record each valid trial of the competitors.
- ii. All measurements shall be made immediately after each valid trial.
- iii. All measurements must be made with steel or fibreglass tapes or bars graduated in centimetres or via a properly calibrated electronic distance measure (EDM).
- iv. 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.
- v. Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre.
- vi. In High Jump all measurements shall be made, in whole centimetres, perpendicular from the ground with a steel or fibreglass measuring bar to the lowest part of the upper (top) side of the bar.

Ties

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

Absence (from area of competition)

- i. In all field events, including Multi Event competitions, competitors may not leave the immediate area of the competition during the competition unless they have the permission of the Chief Official.

Obstruction

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

Change of Competition Area

- i. Referees shall have the power to change the place of the competition in any field event, if in their opinion the conditions justify a change.
- ii. Such a change shall be made only after a round is completed.
- iii. If a change is required because conditions are dangerous, then the round shall be restarted.

Field Referees

- i.** Separate Referees shall be appointed for jumps and throws.
- ii.** It shall be the responsibility of a Referee to:
 - a.** Ensure that the field officials prepare and set up their respective areas and have them ready for inspection by the Referee a minimum of 15 minutes prior to the commencement of the first event of the day.
 - b.** Ensure that the rules are observed and explained to the competitors.
 - c.** Decide any technical points that arise during the Carnival, 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.
- iii.** They shall have authority to warn, or exclude from the competition, any competitor guilty of improper conduct.

SECTION D THROWING EVENTS

Implements

- i. All implements shall conform to the specifications set out with Australian Little Athletics Standard Events.
- ii. All implements shall be provided by the organisers of the event.
- iii. No competitor is allowed to use any other implements, or to take them on to the competition area.

Personal Safeguards and Assistance

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

Interruption of a Trial

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

Throwing Area and Landing Sector

- i. 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.
- ii. Except for the Javelin, the landing sector shall be marked with white lines 5cm wide at an angle of 34.92° such that the lines, if extended would pass through the centre of the circle.
- iii. The 34.92° sector may be laid out accurately and conveniently by making the distance between the two points on the sector lines 20 m from the centre of the circle exactly 12m apart.
- iv. For Javelin, the landing sector shall be marked with white lines 5cm wide such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the parallel lines marking the runway and intersect at the centre of the circle of which the arc is part. The sector is thus 28.95°.
- v. The sector may be accurately laid out by making the distance between the two sector lines 20 m at a point 40 m distance from the centre of the throwing arc along one of the sector lines.
- vi. The landing sector should be extended well in excess of the best thrower.

Record Markers

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

In throwing events from a circle:

- i. A competitor must commence the throw from a stationary position.
- ii. The competitor is allowed to touch the inside of the iron band of the circle or stop board.
- iii. It shall be a foul throw if the competitor, after entering the circle and commencing to make a throw, touches with any part of the body to top of the circle or the ground outside or improperly releases the implement in making the attempt.
- iv. In Shot Put, it shall be a foul throw if any part of the body touches the top of the stop board during the putting of the shot.
- v. Provided that in the course of a trial, the foregoing rules have not been infringed a competitor may interrupt a trial once started.
 - a. The athlete **may** lay the implement down inside or outside the circle and **may** leave the circle if so desired.

- b. When leaving the circle they must step out (as required below) before returning to a stationary position and continue their throw within the time limit.
- vi. Competitors must not leave the circle until the implement has landed.
- vi. When leaving the circle the athlete must do so in a controlled manner. The first point of contact with the ground outside the circle shall be completely behind the white line drawn through the centre.
- viii. If the Discus hits the net/cage and falls within the sector lines, it shall not be recorded as a foul.

Javelin

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

Under 6, 7	Vortex
Under 8, 9, 10	300g Turbo Jav
Under 11, 12, 13G	400gram Javelin
Under 14G, 15G	500gram Javelin
Under 13B, 14B	600gram Javelin
Under 15B	700gram Javelin

Shot Put

- i. The shot shall be put from the shoulder with one hand only.
- ii. As the competitor takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting.
- iii. The shot shall not be taken behind the line of the shoulders.
- iv. Cartwheeling techniques are not permitted.
- v. Failure to comply with any of the above rules shall result in the trial being recorded as a foul.
- vi. Implement specifications are as follows:

Under 6, 7	1.0kg	Blue	Diameter tolerance: 60 to 85mm
Under 8	1.5kg	Yellow	Diameter tolerance: 70 to 90mm
Under 9, 10, 11, 12G	2.0kg	Orange	Diameter tolerance: 76 to 90mm
Under 12B, 13, 14, 15G	3.0kg	White	Diameter tolerance: 85 to 110mm
Under 15B	4.0kg	Red	Diameter tolerance: 95 to 110mm

Discus

- i. Implement specifications are as follows:

Under 6, 7	330 – 350 grams
Under 8, 9, 10	500 grams
Under 11, 12, 13G	750 grams
Under 13B, 14, 15	1.0kg

Measuring

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

SECTION E

LONG JUMP & TRIPLE JUMP

Long Jump and Triple Jump Runway

- i. 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.
- ii. Where possible the length of the runway shall be at least 40m. There is no limitation on the maximum length of the runway.
- iii. Once the competition starts, competitors may only remeasure their run up with the permission of the Chief Judge. This further re-measurement must not be made on the runway, except where the Chief Judge deems the outsides of the runway unsafe.
- iv. The take-off area shall be:
 - a. U6-U10: a 0.5m x 1m mat covered with damp sand to the depth of 1 to 2 centimetres.
 - b. U11-U15: A 0.2m x 1.22m area, consisting of either a board sunk level with the runway, or painted on to the runway, or a 0.5m x 1m mat with a 20cm white line painted on the front edge.
 - c. The Competition Director or Arena Manager will predetermine the most appropriate type of take-off area to be utilised by all athletes in that particular event.
 - d. Where possible a strip of suitable material (e.g. damp sand) may be placed immediately beyond the take-off line, to a maximum height of 7mm.
- v. In long jump the front edge of the take-off area should be 50cm from the pit for U6-U10 age groups, and 1 or 2 metres for remaining age groups.
- vi. In triple jump the take-off mat is placed at various whole metre distances from the pit. The officials shall place a suitable marker (witches hat etc) at the take-off board nominated by each competitor.
- vii. Competitors may change their take-off board as many times as they wish, as long as they notify the officials at the event, prior to each jump.

Validity of Trials

- i. The Triple Jump shall consist of a hop, a step and a jump in that order
- ii. The hop shall be made so that an athlete lands first on the same foot as from which they have taken off; in the step they shall land on the other foot, from which, subsequently, the jump is performed.
- iii. It shall not be considered a failure if an athlete, while jumping, touches the ground with the “sleeping” leg.
- iv. In the Long Jump and the Triple Jump, it shall be counted as a foul if:
 - a. Any part of the mark made by the competitor’s take-off foot protrudes over the front edge of the take-off area.
 - b. If a competitor takes off before reaching the take-off area it shall not, for that reason, be counted as a foul.
 - c. In the course of landing, the competitor touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump.
 - d. When leaving the landing area, an athlete’s first contact with the border or ground outside is nearer the take-off line than the nearest break in the sand made on landing.
 - e. After landing, the competitor walks back through the landing area without first correctly exiting the pit.
 - f. A competitor takes off from outside either end of the take-off area, whether beyond or before the extension take-off line.
 - g. Any sort of somersaulting is used.

Measurement

U6-U10:

- i. Where any part of the competitor’s foot lands on the take-off area, the jump will be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the imprint made in the take-off area by the take-off foot.
- ii. Where no part of the competitor’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.

U11-U15:

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

SECTION F HIGH JUMP

Safety

- i. The Chief Judge shall ensure that the landing area is satisfactory and that the uprights and cross bar are in good condition.
- ii. The Chief Judge shall have the power to caution any athlete using an unsafe technique, and if necessary, not allow the competitor to continue further in the event.
- iii. Restraining straps are not to be used.

Validity of Jumps

- i. A competitor may commence jumping at any height above the minimum height and may jump at their own discretion at any subsequent height. Three(3) successive failures, not necessarily at the same height, disqualifies the athlete from competing further.
- ii. The effect of this rule is that a competitor may forego their 2nd or 3rd jumps at a particular height (after failing 1st or 2nd time) and still jump at a subsequent height.
- iii. A competitor must take off from one foot.
- iv. Knocking the bar off the supports, or touching the ground or landing area beyond the plane of the uprights with any part of the body without clearing the bar shall count as a failure. Note: the plane extends two metres either side of the uprights.
- v. However, if when jumping, a competitor touches the landing area with a foot and in the opinion of the judge, no advantage is gained, the jump for that reason should not be considered as a failure.
- vi. If the bar falls off without having been knocked by the competitor (eg. due to strong wind) the competitor is not penalised.
- vii. The uprights or posts shall not be moved during competition unless the Referee considers the run up or take-off area has become unsafe. In such a case the change shall be made only after a round has been completed.

Measuring

- i. Before the commencement of the competition the Judge shall announce to the competitors the starting height and the subsequent heights to which the bar has been raised at the commencement of each round.
- ii. The height of the cross-bar should be checked at both ends to confirm it is horizontal and in the centre to confirm the correct height.
- iii. In the case of a sagging cross-bar measurement is made from the ground perpendicular to the upper edge of the cross-bar at the point where it is lowest.
- iv. 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.
- v. Even after all other competitors have failed a competitor is entitled to continue until they forfeit their right to compete further.
- vi. The heights to which the cross-bar is raised shall be decided after consulting with the competitor.
- vii. Each competitor shall be credited with the best of all their jumps, subject to the conditions relating to ties.

Increments

- i. At Centre, State and Regional meets the bar shall be raised by 5cm increments until there is one competitor left.
- ii. Starting height for State Championships shall be 10cm under qualifying height.
- iii. At State Championships the bar shall be raised by 5cm increments until there are three competitors left, and then by 2cm increments until there is one competitors. The final competitor may nominate the height.

Measurement of Run In

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

Scissor jump

Scissor jump is compulsory for all Under 8, 9 & 10 athletes.

It shall be a fair scissor jump if all other relevant high jump rules are adhered to and:

- The head of the competitor does not go over the bar before the leading foot (the foot of the leg closest to the bar at take-off).
- The head of the competitor is not below the buttocks when the buttocks clear the bar, and
- in the act of landing the athlete has made an attempt to get their feet down first.

The chief judge shall stand in line with the uprights on the left hand or right hand (correct side) judging the athlete as they approach front on.