

THE SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION INC.

RULES OF COMPETITION

1 General

1.1 Objects

These Rules set down the requirements for all competitions conducted by or on behalf of the Association and are to be used as a guide to centre competition. All competitions are to be conducted under the rules set down herein.

1.2 Benefit of the Doubt

Where there is any doubt, the benefit of the doubt must go in favour of the athlete.

1.3 Priority of Rules

The following documents collectively define the rules of competition for the association. When determining the applicable rules for a competition, the documents should be consulted in the following order:

- Event specific rules (Conference Folder)
- General Rules of Competition (this document)
- Modified Rules for Little Athletics – Officials Club Handbook
- Little Athletics Australia Rules for Competition
- IAAF Handbook

Where there is a conflict between the documents concerning a particular rule, the highest priority document will be definitive.

1.4 Officials

1. It is a condition of entry for all Association events that:
 - a. The Centre will provide a Centre Recorder to assist with result entry at the requested time
 - b. The Centre will be allocated other officiating duties at the event that are to be filled by parents/guardians and officials from that Centre.
 - c. Failure to do so may result in the Centre being denied entry to future Association events.
2. Officials at each event will be made up of parents and friends of Little Athletes under the guidance of the Chief Officials of the Association.
3. The full support of every parent and their Centre is therefore absolutely essential in making a safe and successful event for the athletes involved.
4. For championship events, parents should not officiate at field events where their children are competing.
5. **Please note that all people officiating at these meetings are volunteers.**

1.5 Age Group Competition

1. Athletes are required to compete in their correct age group in all competitions.
2. Note that where an event is scheduled as a combined age group event, all athletes in the prescribed age groups will be considered as competing in the correct age group.
3. An athlete's age group is determined by their age as at midnight on the 30th September.
4. A child must be 3 years old to be registered in the Tiny Tots age group.
5. A child must be 5 years old before they may be registered in the Under 6 age group.
 - a. Registered Tiny Tots who have turned 5 during the season may participate with the Under 6's at Centre competitions, however will still be classed as Tiny Tots.

1.6 Competition Area

Competitors and officials only are permitted on the Competition area. Competitors must leave the area when advised by the Officials.

1.7 Uniform

All athletes must compete in their full correct centre uniform. **Athletes reporting to their events without correct uniform will not be permitted to compete.** Full uniform (including shoes) must also be worn for all medal presentations. Full uniform consists of:

Centre Top – The top must have the current season's age group badge, registration number and sponsors patch securely attached, with the sponsors logos and numbers clearly visible. **There should be no other badges attached to the top.**

Shorts – Athletes must wear shorts, sports briefs or two-way stretch above the knee shorts (commonly referred to as bike shorts or skins) in their centre's approved colours. The shorts may have a centre logo on the lower left leg. Any other logos must be covered with tape.

Athletes may wear a second pair of shorts underneath their Centre shorts. If worn, they must be plain and the same colour as the approved Centre shorts colour or black, and conform to the description above.

The description of the uniform used for determining if an athlete is in the correct uniform is that provided to the Association Office at the time of the annual affiliation of the Centre. All changes to centre uniform must be approved by the Board of Directors.

Athletes requiring alternative uniform items for medical or cultural reasons may request an exemption by writing to the Competition & Technical Director, c/o the Association Office.

1.8 Footwear – Spikes

Shoes are compulsory for **ALL** competitors in **ALL** events.

1.8.1 Definitions

1. Spike(s) – A metal spike inserted into the sole of a spike shoe.
2. Spike shoe - A shoe with screw holes in the sole capable of accepting spikes.
3. Moulded sole - A shoe with plastic or rubber mouldings in the shape of spikes or wedges protruding from the sole of the shoe.

1.8.2 Safety

Spiked shoes should not be worn in the stands or outer areas of the track.

1.8.3 Rules

1. All shoes must be a running style shoe. A running style shoe is one that encloses the foot and is fastened with laces and/or Velcro.
2. No competitor may wear football boots or cleats in any event.
3. Athletes in the Under 11 age group and above may wear **spike shoes with spikes fitted** in the following events:
 - a) Track events – 100m, 200m, 400m, 60m Hurdles, 80m Hurdles, 90m Hurdles, 100m Hurdles, 200m Hurdles.
 - b) Field Events - Long, Triple and High Jumps and Javelin.
 - c) Those sections of a relay held wholly in lanes (i.e. all runners in the 4x100m; the first and second runners in the 4x200m and Medley.)
4. Athletes in the Under 13 age group and above may also wear spikes shoes with spikes fitted in the 800m and 1500m events.
5. Athletes must not wear spike shoes with spikes removed in any event.
6. Spikes must not exceed 7mm in length.
7. Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11.
8. Spikes, spike shoes or moulded sole shoes cannot be worn in the shot put or discus events.
9. Spikes are not permitted for the Walks and those parts of the relays not conducted in lanes.

1.9 Starting Blocks

1. Starting blocks may be used for all races up to and including the 400 metres (including the first leg of all relays) by all athletes in the Under 13 age group and above.

2. Personal starting blocks may only be used where blocks are not provided by the organising committee and/or venue.

1.10 Medical

1. A Medical Officer, with appropriate first aid or medical qualifications, should be appointed at each athletic competition.
2. A Referee may call the attending Medical Officer to examine any athlete in obvious stress or pain, due to illness or injury.
3. 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.
4. 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.
5. 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.
6. If the inhaler is used after the event has commenced, the athlete is required to withdraw immediately and may not return to the event.
7. If following the application of rules 4-6 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.

1.11 Team Manager

1. For each Association event, each participating Centre must nominate a Team Manager for the duration of the event. A Centre may also appoint an Assistant Team Manager.
2. The name of the Team Manager must be advised to the Arena Manager in writing prior to the start of competition.
3. Note that a Centre will not be allowed to enter a protest for any part of the competition unless the name of the Team Manager has been properly recorded at the required time.
4. If the nominated Team Manager must leave the venue before the end of competition, they must advise the Arena Manager of the name of an Assistant Team Manager who will take their place.
5. All Centres should ensure that athletes/parents are aware of the identity of their Team Manager.
6. The Team Manager is to act as liaison for their Centre officials, and to ensure that any events that the Centre is responsible for are properly staffed.

1.12 Assistance to Athletes

1. The use by athletes of music devices, mobile phones or similar devices in the competition area shall not be permitted.
2. For the purpose of this rule the following shall not be considered as unfair aid or assistance to an athlete:
 - a) A hands-on medical examination during the progress of an event by the Medical Officer(s) designated by the Organising Committee, provided that it does not delay the conduct of the competition or a competitor'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.

1.13 Protests and Appeals

1. A protest must be advised to the Arena Manager by the nominated Team Manager only, and within 10 minutes of the completion of the event.
2. Any protest must be accompanied by a fee of \$50 which will be forfeited if the protest is found to be frivolous.
3. Any protest must be confirmed in writing to the Arena Manager within 20 minutes of completion of the event on the prescribed form.
4. If a protest cannot be resolved satisfactorily between a protester and the Arena Manager, then either the protester or the Arena Manager may approach the Jury of Appeal for a resolution of the dispute.
5. The Jury of Appeal will resolve any protests submitted to them with both parties able to be heard.
6. If the Arena Manager and/or Jury of Appeal need to interview an athlete regarding a disputed event, the athlete's Team Manager will be permitted to observe the interview at the athlete's request.

7. **The decision of the Jury is final.**
8. Any Queries? ... See the Arena Manager.

1.14 Unacceptable Behaviour

1. Athletes, parents, coaches, officials and spectators are expected to follow the SA Little Athletics Code of Conduct.
2. The Chief Official of an event may warn an athlete who displays unacceptable or unsporting behaviour. Any repetition of that behaviour may lead to the athlete being disqualified.
3. If the offence is of a serious nature then immediate disqualification may occur.
4. The Arena Manager shall notify the athlete's nominated Centre representative of the behaviour and outcome.
5. In certain circumstances, the Chief Official may request that a parent/guardian of an athlete remain with that athlete for the remainder of an event. The parent may only supervise the athlete, and not provide any form of coaching.
6. The Arena Manager may remove any person from the arena for inappropriate behaviour.

1.15 Australian Best Performances

1. Australian Little Athletics has established a set of standard events that are to be used to recognise Australian Best Performances (ABP).
2. Some of the events conducted by SALAA are ALA standard events. If an athlete/team exceeds the current ABP at a SALAA Championship event, SALAA will lodge the appropriate claim with ALA.

1.16 Extreme Weather

1. For Association events conducted at Santos Stadium, the following hot weather policy will apply.
 - a. If the temperature forecast by the Australian Bureau of Meteorology, as published at 4:10pm on the Friday prior to the competition
 - i. is between 37°C and 40°C then the competition will be conducted to a Hot Weather program.
 - ii. is 41°C or above the event will be cancelled and rescheduled to the next available date.
 - b. The forecast can be accessed via the Bureau of Meteorology web site (<http://www.bom.gov.au>) shortly after 4:10pm, and will be included in ABC radio and news bulletins after 4:10pm.
 - c. Note that the program is decided based on the Friday 4:10pm forecast. Should any subsequent program change the predicted temperature, the program will not be changed again.
 - d. During days of extreme heat, track conditions will be monitored, and further changes may be made to the program to suit the conditions. This includes the possibility of cancelling events.
 - e. To accommodate the program in the shortened time frames, the number of trials conducted in field events may be reduced at the discretion of the Competition & Technical Director.
2. For all other competitions, the Centre responsible for organising the event should formulate an appropriate hot weather policy for the event and publish this to the participants prior to the event.

1.17 Coaching

1. Coaching is the act of providing specific instruction to an athlete. General encouragement of athletes is not considered coaching.
2. Coaching is not permitted within the competition arena, and will lead to the disqualification of the athlete.
3. Coaches may communicate with athletes from outside the arena. Athletes may acknowledge and communicate with their coach, however they must not leave the competition area. Such communication must not disrupt the event in progress.
4. Athletes leaving the competition area without the permission of the official in charge will be deemed to have abandoned the event and will have no further part in the event.
5. Officials will indicate to athletes the limits of the competition area prior to the commencement of the competition.
6. Coaches acting as officials at events may not provide specific instruction to athletes at the event.