

THE SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION INC.

'IGA' STATE RELAY CHAMPIONSHIP 2013/2014

Santos Stadium, Mile End
Sunday 1st December, 2013

2 Event Specific Rules

2.1 Specified Dates

Nominations Close: 11th November 2013 (at 3.00pm)
Registration Cut Off: 22nd November 2013

2.2 General Information

1. The rules of this event are specified in the following pages, and should be read in conjunction with the General Rules of Competition.
2. A March Past of all competing Centres will be held in front of specially invited guests part way through the competition. All competition must cease during this period.

2.3 Eligibility

1. To be able to enter this competition, athletes must be registered with the association by the registration cut off date.
2. Entrants in Mums and Dads events must be parents or care givers of registered Little Athletes.

2.4 Nominations

2.4.1 General

1. Centres wishing to compete at this Championship are required to nominate their teams prior to the meeting.
2. Where a Centre has sufficient athletes available to fill a team in the Track Relay Championship then that team must be nominated before the Centre is permitted to nominate a team in the Field Relay Championship. Centres who are unable to meet all of the nomination requirements due to illness or injury, or other satisfactory reason, may appeal in writing to the Competition and Technical Director (c/o the Association Office) to have certain eligibility requirements waived to enable them to compete.
3. An athlete is considered available if they are registered with the Centre by the specified cut-off date and have made themselves available for selection for relay teams.
4. A Centre may enter only one team per event (including any Mums and Dads events that may be provided during the day).
5. Centres are to submit a completed Centre Entry Form via email to competition@salaa.org.au by the closing time for nominations.
6. Centres are to forward all entry fees to SALAA to arrive no later than seven days after the close of nominations.
7. A Centre Team Nomination Form listing the names and registration numbers of all team members must be submitted by email to competition@salaa.org.au by 9:00am Saturday prior to the event.
8. Subject to event rules, team member substitutions are to be advised by submitting a Substitution Form to the Arena Manager prior to the event.

2.4.2 Track Relays

1. In order to fill teams, athletes may be advanced an age group (but only from the next lowest age group). This rule does not apply to teams in the youngest age group competing (ie Under 9).
2. For the Under 17 age group, athletes may be advanced from the Under 15 and Under 16 age groups.
3. Subject to all other rules and conditions, including the age group advancement rule, teams from a single Centre can comprise of the following...
 - a. **Girls:** Four girls in the same age group and from the same Centre
 - b. **Boys:** Four boys in the same age group and from the same Centre
 - c. **Mixed Boys/Girls:** At least one girl and one boy from the same Centre

2.4.3 Field Relays

1. In order to fill teams, athletes may be advanced as follows:
 - a. For the Under 10 to Under 16 age groups, athletes may be advanced from the next age group below and may compete in any jumping event, or any throwing event where the implement weight to be thrown is the same as the athletes age group.

Specifically, athletes from the younger age group **cannot** compete in the following events: U11 Girls Discus, U13 Girls Shot Put, U14 Girls Discus, U11 Boys Discus, U12 Boys Shot Put, U13 Boys Discus, U15 Boys Shot Put.

Note that U12 athletes competing in the U13 Long Jump event will have to take off from the 200mm board.

- b. For the Under 17 age group, athletes may be advanced from the Under 15 and Under 16 age groups. U15 and U16 Boys may not compete in the Shot Put or Discus events.
2. Subject to all other rules, teams from a single Centre can comprise of the following
 - a. Girls: Minimum of two and maximum of four girls in the same age group and from the same Centre.
 - b. Boys: Minimum of two and maximum of four boys in the same age group and from the same Centre.

2.5 Events Provided

2.5.1 Track Relays

1. U9 to U16: 4x100m and 4x200m for both boys and girls in each age group.
2. U17: 4x100m and 4x200m for both boys and girls and mixed boys/girls
3. Combined Mixed Medley of 2x100m, 1x200m, 1x400m in the following divisions:
 - a. U9 to U11
 - b. U12 to U14
 - c. U15 to U17
 - d. Each Combined Mixed team must have at least one boy and one girl, and at least two age groups must be represented.
4. Mums: 4x100m relay.
5. Dads: 4x100m relay.
6. Please refer to the section on Nominations for details of the make up of teams.

2.5.2 Field Relays

1. Four events are provided for each team – Long Jump, High Jump, Shot Put and Discus. Please refer to the section on Nominations for details of the make up of teams.
2. The teams available for each age group are:
 - a. U9 to U17: Available for both boys and girls teams in each age group.
Note that mixed boy/girl teams are not provided.

2.6 Entry Fees

1. The Santos Stadium has been hired at considerable cost to the Association for this meeting.
2. To help cover such costs a nomination fee for competitors has been set at **\$10.00 per team per event** (including any Mums and Dads events that may be provided).
3. The nomination fee must accompany the entry form.

2.7 Uniform and Footwear

1. All conditions of the general rules 1.7 and 1.8 apply to this meeting.
2. Competitors must wear full centre uniform during the March Past.
3. Spikes are not permitted in any Mums and Dads events that may be provided.
4. Competitors in Mums and Dads events are requested to wear a Centre top and other clothing similar to the colour of your Centre's uniform.

2.8 Centre Responsibilities

1. Promote this meeting at the Centre and ensure that athletes and parents are aware of this competition and the rules and conditions of entry.

2. Ensure all athletes competing at this meeting take part in the March Past.
3. The Team Manager is responsible for checking with the last leg runner whether that athlete has been handed any notice of disqualification of the team.

2.9 Parent Responsibilities

Parents are to provide full support to the running of events including reporting to the specified marshalling and events on time and to personally arrange alternatives if unable to attend at the allocated time.

2.10 Marshalling

1. Athletes are required to report to their designated marshalling area 15 minutes for Track Events and 30 minutes for Field Events prior to the scheduled start time of each event.
2. Where an athlete/team fails to marshal prior to the event being ready to leave the marshalling area, then that athlete/team will not be permitted to join the event.
3. Parents acting as officials are required to report to their allocated event 15 minutes prior to the scheduled start of their time-slot.

2.11 Special Competition Rules

2.11.1 General

1. Changes to the program, rules or other conditions will be announced over the public address system. The onus is on competitors to be aware of any changes.
2. Athletes may compete in a maximum of two events during the Championship.
3. Any athlete competing at this meeting in the Field Relay Championship is not permitted to compete in the Track Relay Championship (and vice versa).
4. Centre teams who participate in the Field Relay Championship and fail to take part in the Track Relay Championship for the same age group are liable for disqualification, excepting where sufficient athletes are not available to fill a track team (see rule on Nominations).
5. All Centres and athletes competing at this Championship are required to take part in the March Past.
6. The only persons permitted to enter the competition area are those athletes involved in an event and others directly involved in officiating of an event or the meeting generally, except with the express approval of the Arena Manager.
7. Pacing or Coaching in the arena or any other competition area, or in any marshalling area is prohibited.
8. Any breach of the rules of this competition renders the team liable to disqualification. Notices of disqualification will be given to the last leg runner of the track event team for handing to the Centre Team Manager. (The onus is on the Team Manager to seek out notices of disqualification).

2.11.2 Track Relays

1. Where more than one heat is programmed for a particular event and only sufficient teams report to fill one heat, then at the discretion of the Arena Manager, that heat may be run as a final.
2. The composition of a team can not be changed between any heat and any subsequent heat or final. An exception may only be made if certified by the Medical Officer on the basis of being medically unwise to run, together with the approval of the Arena Manager. In these circumstances, any replacement runner must be of the same gender as the replaced athlete and any advancement of a younger athlete is subject to the normal advancement rule.
3. No athlete may run more than one section of an event for their team.
4. Athletes may not compete for more than one team in the same relay event.

2.11.3 Field Relays

1. Each team must compete in all events available for their age group.
2. An age group team may be made up of 4, 3, or 2 athletes as follows:
 - a. Four athletes: Each athlete is to compete in one event only
 - b. Three athletes: One athlete competes in 2 events, others compete in 1 event
 - c. Two athletes: Both athletes must compete in two events.
3. Athletes may not compete for more than one team.

2.12 Circular Relay Rules

1. All relay events will commence in allocated lanes which will be randomly drawn before the event. The allocated lane will be retained by each team for that part of the event that must be run in lanes.

2. Where a change-over zone is in that part of an event being run in the inside lane, then the change-over for all teams can occur in the inside lane.
 - a. For the third change-over of the 4x200m and medley events, the athletes will be lined up across the track in the order of the lane draw.
 - b. Once the athletes are marshalled onto the track, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the change-over zone.
3. At change-overs, the runner must not impede or interfere with other runners at any time before or after the change-over of the baton. In particular, athletes after handing over the baton must:
 - a. when in the laned part of the event, remain in their lane until such time as it is clear and safe to leave the track
 - b. or when after the laned part of the event, leave the track quickly after ensuring it is clear and safe to do so.
4. Teams will be disqualified for causing interference to other runners during the run, or before, during and after change-overs.
5. For the 4x100m event, 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.
6. For the 4x200m and medley events, athletes must start from a stationary position wholly inside the change-over zone (ie not touching or beyond the lines that mark the change-over zone).
7. Note that athletes will be marshalled to a position with the start of the change-over zone 1-2m behind them.
8. The baton must be carried in the hand throughout the race and must be passed over to the next competitor within the change-over zone. The passing of the baton is complete at the moment it is in the hand of the receiving runner only. The position of the baton (not the athlete) is critical in determining whether it has been properly passed within the change-over zone.
9. If the baton is dropped during the event, 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. If the wrong athlete retrieves the baton, the team will only be disqualified if a material advantage is gained. (Note that it is the Track Referee who makes this decision, so the red flag must be raised by the changeover marshal.)
10. The Association will provide batons.
11. Assistance by pushing off or by any other means will cause disqualification.
12. Competitors may place one check mark on the track within their own lane using adhesive tape of maximum dimensions 50mm x 40mm. Use of chalk or similar substances is prohibited. The check mark must be removed by a member of that team at the completion of the event.

2.12.1 Relay Track Marking

1. Lines will be drawn across the track to mark the distance of each stage. The line at each stage is known as the scratch line.
2. Lines are also drawn to mark the change-over zone. These change-over zone lines are drawn 10 metres before and after the scratch line. The lines are included in the zone measurement. The baton is to be passed within these zone lines.
3. For the 4x100m event, the acceleration zone will be marked 10m behind the start of the changeover zone.

2.12.2 Lane Running Rules

1. All relay events will start in lanes, with parts of some events able to be completed in the inside lane.
2. 4x100m events:
All stages of these events must be run entirely in lanes.
3. 4x200m events:
The first two stages plus that part of the third stage up to the exit from the first bend (marked with cones) must be run in lanes. From then on all runners may use the inside lane.
4. Medley events:
The first two stages plus that part of the third stage up to the exit from the second bend (marked with cones) must be run in lanes. From then on all runners may use the inside lane.

2.13 High Jump Bar

1. The high jump bar will start at a height to ensure a recorded jump is achieved for every competing athlete.
2. The high jump bar will be raised in increments of 5 cm for the entire event.

3. Where athletes are tied for first place after a count back, equal first place will be awarded. A jump off will not be conducted.

2.14 Practice Jumps and Throws

1. Pressing time constraints require that the following conditions be observed:
 - a. No practice attempts will be allowed during this competition.
 - b. Competitors will be allowed three attempts at each event (except High Jump).

2.15 Progression from Heats to Finals

2.15.1 Track Relays

1. The following teams 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
2. If a tie occurs in the heats for a position in the final, and if there are sufficient lanes available all tying teams shall qualify for the final. If sufficient lanes are not available then the positions in the final will be randomly drawn.
3. A list of teams to compete in a final will be posted on the windows of the grandstand approximately 30 minutes after the completion of the heats.
4. Where only sufficient entries are received to fill a single heat, that event will be conducted as a straight final at the scheduled heat time.

2.15.2 Field Relays

There are no finals conducted in the field relays.

2.16 Scoring System

2.16.1 Track Relays

1. Points for the Teams Competition will be scored for the finals of the 4x100m and 4x200m events only.
2. Events for Mums and Dads are not part of any scoring system.

The scoring allocation for finishing position in finals is as per the following table.

Placing	Score	Placing	Score
1 st	10	5 th	4
2 nd	8	6 th	3
3 rd	6	7 th	2
4 th	5	8 th	1

2.16.2 Field Relays

1. Points will be awarded for every athlete's performance. These points contribute to their teams point score.
2. Points will be awarded for every place in all events.
3. Count-backs will be used to break any ties in an event. If a tie remains, then the tied teams will share the available points as per the following example.
 - a. If two teams tie for second place in an event, then the points available to be shared are 24 for 2nd place plus 23 for 3rd place giving a total available of 47 points. These points are then shared equally giving 23.5 points each. The next team (in fourth place) will receive the normal points for fourth place, ie 22 points.
 - b. Similarly, if three teams tie for fourth place in an event then they receive 21 points each and the next team (in 7th place) receives the normal 19 points for 7th place.
4. The team points (for an age group) are the total points over all of their events. The team with the highest total points wins the Field Relay for that age group.
5. In the event of a tie for total team points in an age group, and it concerns a medal position, then the performances for the tying teams in each event will be expressed as a percentage of the State Best Performance for that event. These percentages will be totalled, and the team with the higher total will take the higher place. If the tie remains, then both teams will be awarded the same place.
6. Team points for places in each event will be as per the following table:

Team Placing	Points Scored	Team Placing	Points Scored	Team Placing	Points Scored
1	25	10	16	19	7
2	24	11	15	20	6
3	23	12	14	21	5
4	22	13	13	22	4
5	21	14	12	23	3
6	20	15	11	24	2
7	19	16	10	25	1
8	18	17	9	> 25	1
9	17	18	8	FTR	1

2.17 Protests and Appeals

Protests may be lodged at this meeting in accordance with General Rule 1.13.

2.18 Recording and Awards

1. Medals will be presented to the first three place getters in the finals of each track event, and the first three placegetters in the field relay. There are no individual medals for the field events.
2. Presentations will be delayed in order for medal winners who are competing in other events to complete those events without interruption.
3. Medal winners who must leave the venue prior to their medal presentation are requested to notify the Presentation Area so that the other medal winners in their event are not unfairly delayed in their medal presentation.
4. Please note that places for medals on track events are based solely on the judged order of finishing and not simply on the basis of recorded times for the event.
5. A Trophy will be presented to the Centre which scores the highest points totalled over all track events.
6. A Trophy will be presented to the Centre which has the greatest improvement in points based on the previous State Relay Championship.
7. A March Past Trophy will be presented following the March Past. This trophy is judged by representatives of the event sponsor based on the presentation of the centres in the march past.
8. A memento will be provided to members of the fastest three teams in Mums and Dads events.

2.19 State Best Performances

State Best Performances (SBPs) may be claimed during this competition but must be ratified in accordance with the rules of the SALAA.