

SECTION 8 – ROAD RACES

IAAF RULE 240: ROAD RACES

Distances

1. The following table outlines the approximate individual leg and total event distances for the relevant age groups:

Age Group	Leg Distance	Total Distance
U9, U10	1.5km	4.5km
U11, U12	2.0km	6km
U13, U14, U15	3.0km	9km

Note: These are the optimal distances and may vary depending on the location of the event.

The Course

2. The races will be run on made-up roads. However, when traffic or similar circumstances make it unsuitable, the course may be on a bicycle path or footpath alongside the road, but not on soft ground such as grass verges or the like. The start and finish may be within an athletic arena.

The Start

3. Where there are more athletes than can be placed in a single row, the first row will be filled with athletes placed in draw order. Second, and as necessary subsequent rows, will also be filled with athletes placed in draw order.

Assistance to Athletes

4. No assistance or refreshments will be provided to athletes during the event.

Team Competition

5. Road Races will only be conducted in a relay format with teams consisting of three athletes. Once an athlete has completed their leg, they will touch hands with the next athlete to signify the next athlete can start. The next athlete will be lined up within the takeover zone.

LAVic RULE 602: ENTRIES INTO STATE CHAMPIONSHIP COMPETITIONS

All State Championship Competitions

1. The submission and payment of entries will be determined by LAVic.
2. Entries will close at the date and time set by LAVic.
3. Late entries or incorrect entries may not be accepted.
4. The Organising Committee will set the maximum number of athletes or teams allowed to compete in each event.

State Track & Field Competitions

5. For State Track & Field Competitions athletes will be limited to enter a maximum of four events.

State Relay Competitions

6. For State Relay competitions athletes will be limited to compete in a maximum of three events.
7. Centres may enter teams for any of the events conducted.
8. Regions may enter teams for some age group events.
9. For each competition, Centres/Regions must provide the names of athletes comprising each team for each event to the Organising Committee at least thirty minutes prior to the start of the first event of the competition. Where a Centre or Region has multiple teams in any event, each team must be identified by "A", "B", etc.
10. The Centre/Region Secretary, President or Team Manager must validate and sign Centre/Region team sheets.
11. The designated fine of \$250.00 may be imposed on the Centre/Region for each team found to be competing in breach of the eligibility of team formation requirements.

State Road Relay Competitions

12. For State Road Relay competitions athletes will be limited to compete in one event only.
13. Centres may enter teams for any of the events conducted.
14. Regions may enter teams for any of the events conducted.
15. For each competition, Centres/Regions must provide the names of athletes comprising each team for each event to the Organising Committee via the Clubs online portal prior to closing date and time of entries. Where a Centre or Region has multiple teams in any event, each team must be identified by "A", "B", etc.
16. The Centre/Region Team Manager must validate and sign Centre team sheets at the conclusion of each event.
17. The designated fine of \$250.00 may be imposed on the Centre/Region for each team found to be competing in breach of the eligibility of team formation requirements.

State-Cross Country Competitions

18. Team entries will not be required to be submitted. Teams will be determined based on the individual placing of athletes in the event.

LAVic RULE 611: ROAD RELAY TEAMS

Team Composition

1. For all age groups, Road Relay team composition will consist of three athletes of the same gender.
2. If a dispute arises as to the eligibility of any athlete in a team to compete, the following will take place:
 - (a) The event will be run at the advertised time with the listed teams and the Team Manager of the team in dispute will be informed that the team may be disqualified if it is subsequently found that any athlete in the team was ineligible to compete.
 - (b) In the event of a re-run, the same three athletes for each team that competed in the original race must compete in the re-run, in the same legs as the original race.
3. Any other exceptions will be considered on the day.
4. The designated fine of \$250.00 per team may be imposed on the Centre/Region for each team found to be competing in breach of the eligibility of team composition requirements.

Region Teams

5. A Centre within a Region which has less than six registered athletes in an age group may combine with another Centre to form a Region team in that age group. Each team will be subject to the following:
 - (a) Athletes must only compete in their registered age group, i.e. No age group promotions are permitted.
 - (b) The team must wear the relevant Region uniform in accordance with these Rules.

Age Group Promotion

6. Except for an athlete promoted to a higher age group, athletes must only compete in events listed for the age group in which they are registered.
7. Athletes cannot be promoted into the U9 age group.
8. Athletes in the U9 to U14 age groups can be promoted a maximum of two age groups.
9. A Centre team may consist of any combination of age groups providing at least one athlete in the team must be in the age group for which the team is entered and no athlete will have been promoted more age groups than permitted.
10. A promoted athlete must be listed on the team sheet as a promoted athlete.