

Section “A” – Competition General Rules

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

1. General Competition

1.1 Objects

- i. These Rules set down the requirements for competition for all carnivals conducted on behalf of Little Athletics NSW and are to be used as a guide to centre competition.
- ii. LAA has established a set of Standard Rules which set down the recommended best practice for competition for carnivals conducted within Little Athletics by State Associations and are applicable to the Standard Events of Australian Little Athletics. 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 9 to 15.
- iii. Standard Rules cannot be unilaterally changed by LANSW. Any changes need to be approved by LAA.
- iv. All Carnivals are to be conducted under the rules set down in the IAAF Handbook, or as otherwise stated in the following rules.

1.2 Eligibility

- i. All competitors must be registered members of Little Athletics NSW or those from invited Associations.
- ii. Competitors **MUST** compete in their own age group (with the exception of Zone/Region/State relay events [Section D 1.4 iii], and State Relays [Section D 2.1 iv]).
- iii. Age of competitors is calculated as at midnight on 30 September each year.
- iv. Protests concerning the status of an athlete to compete in a meeting must be made prior to the commencement of such meeting to the Jury of Appeal, or if no jury has been appointed, the Carnival Manager. If the matter cannot be settled satisfactorily prior to the meeting, the athlete shall be allowed to compete “under protest”.

1.3 Uniform

- i. Little Athletics NSW must approve ALL centre uniforms.
- ii. ALL competitors must compete in their registered centre uniform. In the case of “individually registered athletes” centre uniform shall be classified as the generic uniform, as determined by Little Athletics NSW.
- iii. If the uniform has a manufacturer’s logo, it must be no more than 5cm in height, have lettering no more than 4cm in height and not exceed a total of 30cm sq (ie. 5cm x 6cm, 3cm x 10cm etc.).
- iv. Athletes can wear plain compression/bike pants in colour of Centre uniform with no logos or contrasting stitching as an outer garment. If they wear compression/bike pants with logo or contrasting stitching they must wear as an under garment, underneath their scungies/shorts.
- v. No part of the uniform shall extend beyond the top of the knee. An application, in writing, for exemption to this rule **MUST** be made to the carnival organisers prior to the event. There are no exemptions for walk events.
- vi. Competition singlets/t-shirts must not cover any compulsory numbers (e.g. centre number) or patches (e.g. age patch). A competitor will be asked to tuck in the singlet/t-shirt if it covers a compulsory number or patch and a competitor may be fouled or disqualified if they fail to comply with this request.
- vii. Competitors may wear a plain “T” shirt under their competition uniform. (The colouring of such a “T” shirt must be of a neutral colour so that it does not clash with the uniform design or colour. A white “T” shirt would be preferred).
- viii. Individual “sponsors” registration numbers are to be worn by ALL LANSW competitors firmly affixed to the front of the uniform top.

- x. Approved centre numbers are to be worn by ALL LANSW competitors firmly affixed to the back of the uniform.
- xi. Individual and centre numbers must have all printing visible, without modifications to size and must clearly show the sponsor's name. The minimum size of the registration number is that indicated by the red border printed on the number. The border must be visible.
- xii. Age numbers are to be worn on the front left hand side of the uniform.
- xiii. Approved centre uniform must be worn on the presentation dais.
- xiv. "Sponsors" patches, as supplied by Little Athletics NSW, must be worn on the front top right hand side of the uniform.

1.4 Footwear

- i. Appropriate footwear is compulsory for all competitors in all events.
- ii. No competitor may wear football boots or cleats in any event.
- iii. Competitors in the U9-U10 age group may not wear spike shoes.
- iv. Competitors in the U11-U17 age groups may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin.
- v. Competitors in the U13-U17 age groups may wear spike shoes in all of the events listed in 1.4 iv, as well as events not run entirely within lanes, except walks.
- vi. All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than 2 blanks/slugs installed.
- vii. Spike shoes must only be worn during the event and **are not** to be worn to and from the event.
- viii. Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11.
- ix. Spike length (subject to any further constraint from ground policies):

a. Synthetic -	Track	7mm Maximum
	High/Long/Triple/Javelin	9mm Maximum
b. Grass -	Track/Long/Triple/High/Javelin	12mm Maximum

1.5 Starting Blocks

- i. May be used at the discretion of the competitor in events run entirely in lanes. No competitor is compelled to use a crouch start at Little Athletics NSW carnivals (subject to ground regulations).
- ii. Starting blocks may be used by competitors in the U11 and above age groups for all races up to and including the 400m (including the first leg of all relays). NB. Athletes in the U10 and below are not permitted to use starting blocks.
- iii. Personal starting blocks are not permitted where starting blocks are provided either by the venue or the Organising Committee for the carnival.
- iv. This rule will not apply where it contravenes any rule/s made by the venue manager on the use of starting blocks. Any advice issues by the venue manager must be in writing on an official letterhead.

1.6 Lanes

- i. A separate lane shall be provided for each competitor in all races up to and including 400m, except for the U6 pack start.
- ii. The 800m shall be conducted in lanes as far as the breakline, with up to 2 competitors occupying each lane.

NB. The breakline shall be an arced line, 5cm wide, across the track, marked at each end by a distinctive marker positioned outside the track. To assist athletes identify the breakline, small cones or prisms, 5cm x 5cm and no more than 15cm high, preferably of a different colour as to the breakline & lane line, shall be placed on the lane line immediately before the intersection of the lane line and the breakline.

- iii. Where possible pack starts will be started so that the inside competitor shall be in a direct line with the extension of the straight i.e. not on a curve.
- iv. The 3000m may be conducted as a split start. When there are more than 12 athletes in a race, they may be divided into two groups with one group of approximately 65% on the regular arced start line and the other group on a separate arced start line marked across the outer half of the track. The other group should run as far as the end of the first bend on the outer half of the track.

The separate arced start line shall be positioned in such a way that all the athletes shall run the same distance. The track shall be marked at the entrance to the finish straight for group starts in the 3000M to indicate where athletes starting in the outer group may join the athletes using the regular start.

NB. The breakline shall be an arced line, 5cm wide, across the track, marked at each end by a distinctive marker positioned outside the track. To assist athletes identify the breakline, small cones or prisms, 5cm x 5cm and no more than 15cm high, preferably of a different colour as to the breakline & lane line, shall be placed on the lane line immediately before the intersection of the lane line and the breakline.

1.7 Hurdles

- i. All hurdles shall comply with the specifications set out within Australian Little Athletics' Standard Events.
- a. Hurdles must be of 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).

1.8 Order of Events

The Carnival Manager shall have the right to alter the order of events.

1.9 Competition Area

Competitors and officials only are permitted on the Competition area. Competitors **MUST** leave the area immediately after the completion of their event.

1.10 Calls

- i. Each event will receive 2 calls, except for any timed carnival.
- ii. Calls **will not** be made for individual competitors in any event.

1.11 Call Room

An athlete competing at LANSW championship carnivals **MUST** report to the designated Call Room(s) prior to joining their event. The only exceptions to this are:-

- i. An athlete competing in clashing events who is taken to their event by an official.
- ii. When the carnival management makes an announcement to the contrary. i.e. when an announcement is made instructing athletes to report directly to the first field event.
- iii. If heats in any track event are condensed to a lesser amount of heats or to a straight out final, no athlete may join the event once the decision has been announced.

1.12 Competitor Order

- i. Competitors will compete in the order of lane selection for all track events.
- ii. The lane draw for finals will be posted prior to the event.
- iii. In field events, competitors shall compete in the order so drawn.

1.13 Assistance to Athletes

- i. At competitions organised by LANSW, the use by athletes of music devices, mobile phone or similar devices in the competition area shall not be permitted.
- ii. For the purpose of this rule the following shall **not** be considered as unfair aid or assistance:
 - 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 any technical device, to or from an individual who is not in the competition area.
- iii. 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.
- iv. For the purpose of this Rule pacing in races by persons not participating in the race, by runners or walkers lapped or about to be lapped or by any kind of technical device shall be considered as assistance, and are therefore not allowed.
- v. The following action shall be taken where an athlete is considered as having received assistance: -
 - a. Any athlete giving or receiving assistance from within the competition area during an event shall be cautioned by the Referee and warned that for any repetition, he will be disqualified from that event.
 - b. Any athlete contravening this rule during a field event must be cautioned by the Referee and warned that, for any repetition, they will be barred from further participation in that event. Any performance accomplished up to that time shall stand.

1.14 Protests

- i. Protests can only be lodged by the centre's nominated Team Manager.
- ii. Protests must be lodged with the carnival Information Officer and no more than half an hour after the results have been posted. An amount of \$50 must accompany a protest.
- iii. The Starters decision is final, not even the Track Referee can overturn it. A protest lodged against the start of a race will be deemed frivolous and the carnival Information Officer should advise the Team Manager prior to lodging such a protest. The \$50 accompanying the protest will be retained by the carnival Information Officer if the protest is deemed frivolous or if the centre has been advised by the carnival Information Officer that it is not a valid protest and the centre still chooses to submit it.
- iv. Photographic and/or video evidence from outside the arena will never be used by a Referee to make a decision on a protest (for track or field).
- v. The Referee may decide on the protest or may refer the matter to the Jury of Appeal.
- vi. If the Referee makes a decision, there shall be a right of appeal to the Jury, which must be made within 15 minutes after notification of the Referee's decision.
- vii. Where a protest involves disputed finish line placing, Team Managers of athletes involved may view the finish line video/photofinish solely for the purpose of ensuring that athletes are correctly identified.
- viii. When a protest is lodged, the name of the protesting centre and the reason for the protest is to be announced.
- ix. Two types of reasons only shall be announced - either on a technicality or on the judges' decision.
- x. The Jury of Appeal will consist of 3 people. A panel of 5 to 7 must be named prior to the commencement of the carnival and communicated within the carnival documentation. 3 people will be selected from that group to act as jury as required. The make up of both the initial panel and the Jury of Appeal will be determined by the following: -
 - a. Zone Championships – the Zone Coordinator (or their appointee)
 - b. Region Championships – the Region Coordinator (or their appointee)
 - c. All State Championships – the Championships/Competition Director (or their appointee)
 - d. Trans Tasman Trials & Trans Tasman Challenge – the Championships/Competition Director (or their appointee)
- ix. Protests concerning the status of an athlete to compete in a carnival must be made prior to the commencement of such carnival, to the Jury of Appeal. If no jury has been appointed, then to the Referee. If that matter cannot be settled satisfactorily prior to the carnival, the athlete shall be allowed to compete "under protest".

1.15 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.

If following the application of Rule 1.15(ii-iii) 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.

NOTE

Should an attack of asthma develop during the event, the competitor should:

- a. Withdraw from the event immediately and may not return to the event.
- b. Use their medication.
- c. Contact their family doctor as soon as possible and advise that an attack had developed and seek advice.

Should an attack develop after the race, the competitor should follow steps b and c above.

- vii. Use of inhalers is permitted while waiting at field events, but not during a trial.

Any assistance given to the athlete by the Medical Officer is for medical reasons only and therefore not regarded as assistance to the athlete.

1.16 Ultraviolet Protection

- i. Australia has the highest frequency of skin cancer in the world. Little Athletics is a summer sport; therefore we need to play an active role in protecting children and officials by setting a good example.
- ii. LANSW advises all centre and Carnival Management Committees and parents that it recommends to all parents that during day time competition:
 - a. All children wear suitable hats, unless they so desire to remove them during track and field events.
 - Should the hat be taken off or fall off during Javelin, Long Jump, Triple Jump, Shot Put or Discus no penalty will be incurred.
 - Should the hat fall off during High Jump and cause the bar to fall, then this is a foul. (All children should be informed of this prior to the commencement of the event.)
 - Should the hat fall off during a track event and impedes another athlete the offending athlete may be disqualified.
 - b. Competitors may wear a plain "T" shirt under their competition uniform. (The colouring of such a "T" shirt must be of a neutral colour so that it does not clash with the uniform design or colour. A white "T" shirt would be preferred).
 - c. Officials, parents and children should apply sunscreen to all exposed areas every 2 hours.

1.17 LANSW State Records

i. Age Groups

A permanent record shall be kept of LANSW State Records in the U7 to U17 age groups for boys and girls.

In August 2014, the Board approved to consolidate manual and electronic state record times, to come in line with what Little Athletics Australia has done with (ABP's) Australian Best Performances. This has created one system for documenting all state records.

As per LAA guidelines, a formula has been applied to current times to create a standardised system and to bring all performance times into alignment.

Once the formula has been applied, the standardised hand-held time now indicates that it has been amended using the formula, and the best result (standardised hand-held time or [FAT] Fully Automated Time) has now become the LANSW State Record for that event.

The formula used for standardising the hand held time is as follows:

For distances under 400m:	Hand held time + 0.24 seconds
For distances of 400m or 4x100m relay:	Hand held time + 0.14 seconds
For distances greater than 400m:	No change

A standardised time is indicated with **[S]**.

Historical documents are to be kept on the website.

ii. Qualifying Events

The events at which an LANSW State Record will be recognised shall be:

- Regional Track & Field Championship provided Little Athletics NSW implements are used. (Individual and Relay).
- State Track & Field Championship. (Individual and Relay).
- State Multi Event Championship (Individual).
- State Relay Championship (Individual {Field} and Relay).
- Trans Tasman Trials (Individual).
- Trans Tasman Home Challenge (Individual).

iii. Requirements for Acceptance

The following conditions must be met for acceptance of the record: -

- Must be registered LANSW athletes.
- The ground on which the performance takes place must have been surveyed and the current certificate of survey must be lodged with LANSW prior to the event.
- All equipment must comply with IAAF Rules, LANSW Inc Rules.
- The necessary Results Sheets must have been signed by the Chief Judge and Referee in charge of the event and must be retained by the Carnival Manager.
- **Field**
If more than one athlete records the same distance/height in a field event, which attains the state record, then all athletes shall be awarded a State Record (irrespective of final placings), at the conclusion of the event.
- **Track**
If more than one athlete records the same time in the same race, then only the athlete awarded first place shall be awarded a State Record. In the case of a tie for first place both athletes shall be awarded the State Record.
- The Carnival Manager shall forward a State Record Application Form to the LANSW Chief Executive Officer, seeking recognition of the record, within **7 days** of the performance. For manual records a copy of the ground survey certificate, original result and timekeeper's sheets must be attached. For electronic records a copy of the ground survey certificate and a photofinish printout (including photo) must be attached. (Carnival Manager should retain copies.)

1.18 Unacceptable Behaviour

- i. The appropriate Referee will speak to an athlete who displays unacceptable or unsporting behaviour. While speaking to the athlete, the Referee will hold up a yellow flag indicating that the athlete is being warned. Any repetition of that behaviour, either at that carnival or at subsequent carnivals, the athlete will be disqualified.
- ii. The Carnival Manager will notify the athlete's centre team manager. If the team manager is not present at the carnival a letter will be sent to the centre.
- iii. If the offence is of a serious nature then immediate disqualification may occur.
- iv. Little Athletics NSW is to be notified by the Zone/Region Coordinator, if an athlete has been given a yellow flag. The information will be passed on to the Manager of the next Association carnival.

1.19 Team Manager

Centres must nominate the name/s of the centre Team Manager/s to the Information Officer of the Championships at least 30 minutes prior to the start of the carnival, with the exception of Trans Tasman Trials and State Cross Country & Road Walk Championships. This is to be done on the Little Athletics NSW supplied form. If no Team Manager is named, it will result in centres not being able to lodge any protests. If a centre is allocated officiating duties, the Team Manager will be responsible for organisation of those officials at the event.

1.20 Safety Officer

A Safety Officer must be appointed by the organising committee for all Championships/Carnivals and must adhere to all LANSW safety guidelines.

1.21 Wind Gauge

As per IAAF requirements. May be used for U13-U17, for their own qualifications, for track events up to 200m, Long Jump and Triple Jump.

1.22 The Athletics Facility

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