

Standard Competition Rules 2016-2017 of Little Athletics South Australia

**(Rules of Competition for the Conduct of Association Championships
& Guidelines for Affiliated Centres and Clubs)**

These rules and instructions are a collection of the relevant Little Athletics South Australia Competition Rules together with rules of the International Association of Athletics Federations (IAAF) as found in the IAAF official handbook. Unless otherwise specified in this regulation the IAAF Rules and Regulations will be used, and applied.

REVISION DATE: 30 June 2016

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COMPETITION RULES
of
LITTLE ATHLETICS SOUTH AUSTRALIA

PREFACE

Little Athletics competitions in Australia are conducted in accordance with the Competition Rules of the IAAF currently in force with modifications provided for in these Rules.

Where it has been decided the IAAF Rules are not indicative or correct for athletes in the age groups covered by Little Athletics Australia (LAA), the IAAF Rule or part thereof has been rewritten to reflect the nature and abilities of athletes in the various age groups.

There are also a number of rules relating to Associations Championships and their processes which are not covered by IAAF and these have been listed in a separate document by each Association.

IAAF Chapters 3 – Anti-Doping & Medical and Chapter 4 – Disputes will not be used. The relevant Affiliated Associations Grievance procedures will deal with any dispute related to competitions under these Rules where processes have been exhausted through these Rules.

IAAF wording in many Rules relate to National and International situations. Where this occurs they will be interpreted as being National or Affiliated Associations situations.

For Athletes and Officials for competitions covered under these Rules, you will need to have an understanding of BOTH the IAAF Rules booklet and this document.

From time to time the IAAF and Athletics Australia will release new versions of the Rules or Technical documents. The LAA Technical Committee will assess these changes and will update these rules to reflect any changes which may occur.

IAAF RULE BOOK

Online copies of the current IAAF Rule Book can be downloaded from the following IAAF Website:

<http://www.iaaf.org>

On the menu at the bottom of the page click OFFICIAL DOCUMENTS. On the IAAF DOCUMENTS LIBRARY page click RULES & REGULATIONS. From here download the Competition Rules

or you can go directly to the following page:

<http://www.iaaf.org/about-iaaf/documents/rules-regulations>

CHAPTER 1 – COMPETITIONS

RULE 1: COMPETITIONS

1. The following Little Athletics competitions are covered by these rules:
 - (a) Association Track and Field Championships
 - (b) Association Relay Championships
 - (c) Association Multi-Event Championships
 - (d) Association Cross-Country Championships and Qualifying Rounds
 - (e) Invitation Meetings and Competitions as determined by Little Athletics South Australia
2. Regions and Centres will have the right to organise Region or Centre competitions and they may organise such other inter Region or inter Centre events as they deem necessary.

RULE 3: REGULATIONS GOVERNING THE CONDUCT OF LITTLE ATHLETICS COMPETITIONS

1. LASA may produce regulations governing the conduct of competitions held under the Rules. The regulations may be varied and amended by the LASA Board of Directors as it sees fit.

RULE 4: REQUIREMENTS TO COMPETE IN LITTLE ATHLETICS COMPETITIONS

1. No athlete may take part in a Little Athletics Competition unless they are a member of an Affiliated Centre or Club.
2. To be recognised as a member of an Affiliated Centre or Club, an athlete must be listed in the Association membership database as an active and financial member, and have had their registration number recorded in the system.

CHAPTER 2 – ELIGIBILITY

RULE 20: DEFINITION OF AN ELIGIBLE ATHLETE

1. An athlete is eligible to compete if they agree to abide by the Rules and have not been declared ineligible.

RULE 21: ELIGIBILITY

1. Each Association Competition will have a Registration Cut-Off date. All athletes must be registered with a Centre/Club by this date to be eligible for the competition (refer Rule 4).
2. Each Association Competition will have a Nomination Close date. All athletes intending to compete in that competition must have submitted their nomination for that competition in the prescribed way by the specified date to be eligible.
3. Championship competitions have additional eligibility requirements - please refer to the relevant rules for that competition.
4. Para-athletes intending to enter designated para-athletics events must have a current Classification Certificate or a Letter of Provisional Classification from an accredited Track and Field Classifier.

Information about classification is available from the Australian Paralympic Committee – www.paralympic.com.au.

CHAPTER 5 – TECHNICAL RULES

RULE 100: GENERAL

1. All Competitions as defined in Rule 1 will be held under the rules of LAA and the IAAF and this will be stated in all announcements, advertisements, programmes and printed material.
2. Where para-athletes are participating in Little Athletics competitions, any allowances made in the IPC Rules will apply for those athletes.

SECTION 1 – OFFICIALS

RULE 120: OFFICIALS OF THE COMPETITION

1. The Organising Committee of a competition will appoint all officials for all competitions listed in Rule 1 based on nominations submitted by Individuals and Centres.
2. Nomination for a particular position does not guarantee an appointment.
3. The IAAF refers to International Competitions, Officials and Delegates. Where these definitions refer to International or National Bodies, this refers to National Bodies or Affiliated Association bodies.

SECTION 2 – GENERAL COMPETITION RULES

RULE 140: THE ATHLETICS FACILITY

1. Where possible, the venue should comply with the specifications laid out within the IAAF Track & Field Facilities Manual.
2. A certificate must be obtained from a licensed surveyor or similarly qualified person, stating that the track is of the correct dimensions and this certificate must be current.

RULE 141: AGE AND SEX CATEGORIES

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 and Cross Country competitions, however will still be classed as Tiny Tots.

RULE 142: ENTRIES

1. Competitions under the Rules are restricted to eligible athletes (See Chapter 2).
2. Eligible athletes may only compete for their Centre.

Simultaneous Entries

3. Except for High Jump, if an athlete is entered in both a Track Event and a Field Event, or in more than one Field Event taking place simultaneously, the appropriate Referee or Chief Judge may allow the athlete to take their trial out of round and out of order in all rounds of the competition in an order different from that decided upon by the draw prior to the start of the competition. However, if an athlete subsequently is not present for a particular trial, it may be deemed that they are passing once the period allowed for the trial has elapsed. It is not permitted for an athlete to have two or more trials in succession, nor can an athlete demand to have a trial that has been missed.

Note: Any qualifying rounds of the competition must be completed, and any finalists determined prior to any trials from the remaining rounds being taken.

4. For High Jump, where simultaneous events occur, the Referee or Chief Judge, may only allow an athlete to compete out of order at the current height of the bar prior to the athlete absenting the event and when they re-join the competition. When the athlete re-joins the competition it will be at the current height of the bar. It is not permitted for the athlete to demand to have attempts at a height that has been missed.
5. An athlete, or their representative, must notify the Call Room Judge when marshalling for an event if they have a clash of event.

Failure to Participate

6. In all Competitions as defined in Rule 1, if an athlete fails to participate in an event it will not preclude them from competing in any other event of the competition.
7. A fixed time for the final confirmation of participation will be published in advance of the competition.

RULE 143: CLOTHING, SHOES AND ATHLETES BIBS

Clothing

1. Any change in the colour, style or design of any part of a competition uniform must be submitted to the Association for approval, prior to manufacture.

2. All athletes competing at competition listed in Rule 1 must wear a uniform which conforms to the standards as defined by the Association.
3. Uniforms must not carry any unapproved branding larger than 30mm x 30mm square.
4. Athletes may wear a second top underneath their approved uniform top. If worn, the top must be plain and the same colour as the predominant colour of the approved uniform top or white and it must conform to Rule 143.3.
5. For Cross Country events, athletes may wear black leggings in lieu of their approved Centre shorts colour and must conform to Rule 143.3.
6. Athletes may wear a second pair of shorts (or leggings for Cross Country) underneath their approved uniform shorts. If worn, they must be plain and the same colour as the approved uniform shorts colour or black except where they impinge on the safety of the athlete in the event and must conform to Rules 143.3 and 143.5.
7. The Organising Committee will provide lane/team identification where necessary, e.g. lane numbers, wrist bands or other identification.
8. Failure to comply with uniform standards may result in an athlete being disqualified.
9. Athletes requiring alternative uniform items for medical or cultural reasons may request an exemption by writing to the Organising Committee via the Competition and Events Coordinator.

Footwear and Shoes

10. Footwear is compulsory for ALL athletes in ALL events.
11. 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.
12. The wearing of footwear with blades or cleats constructed of hard plastic will not be permitted.
13. All spike shoes must be worn with all holes filled with a complete set of spikes with no more than two blanks/slugs installed.
14. Spike shoes will only be permitted to be worn in the events listed in the following table:

Age Groups	Track Events	Field Events	Relays	Cross-Country
U9, U10	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed
U11, U12	All events run entirely in lanes	All jump events & Javelin	4x100m, Laned sections of 4x200m and Medley	No spike shoes allowed
U13, U14, U15, U16, U17	All events except Race Walks	All jump events & Javelin	All events	No spike shoes allowed

15. The permitted maximum length of spike allowed for age groups and events listed in Rule 143.18 is listed in the following table:

Maximum Length Allowed	Specialist High Jump/Javelin footwear with heel spikes
7mm	9mm

16. Only spike designs known as conical or pyramid ("Christmas tree") will be permitted.
17. Spike shoes must only be worn within the defined Competition Arena or at the field event venue while the athlete is competing.

18. Athletes must not wear spike shoes with spikes removed in any event.
19. Improper or incorrect wearing of spike shoes by an athlete detected by officials will be referred to the Referee.
20. Athletes causing unnecessary delays fitting footwear, particularly in the Call Room, will be referred to the Referee and may be subject to disqualification.

RULE 144: ASSISTANCE TO ATHLETES

As per IAAF Rule 144 with the following addition:

Medical

7.
 - (a) If on the advice of Medical Staff, further treatment is required; and/or 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.
 - (b) On advice from 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.
 - (c) Asthmatics should use their inhalers prior to the event if necessary and will be allowed to take their inhalers to the event site.
 - (d) Asthma inhalers cannot be held in the hand during track events, but may be used between trials by athletes in field events.

RULE 146: PROTESTS AND APPEALS

As per IAAF Rule 146, with the following exceptions:

IAAF Rule 146.2, IAAF Rule 146.3, IAAF Rule 146.7 and IAAF Rule 146.8

2. Protests concerning the result or conduct of an event must be made within 15 minutes of the official announcement of the result of that event.
3. Only athletes or Team Managers can make oral protests to the Referee and Referees cannot consider unofficial film or picture video evidence.
7. An appeal to the Jury of Appeal must be made within 15 minutes:
 - (a) of the official announcement of the amended result of an event arising from the decision made by the Referee; or
 - (b) of the advice being given to those making the protest, where there is no amendment of any result
 - (c) And the protest fee will be set at \$50.00
8. The Jury of Appeal cannot consider unofficial film or picture video evidence.

RULE 147: MIXED COMPETITION

1. Mixed events between boys and girls and different age groups may be permitted at the discretion of the Organising Committee.
2. Athletes must only compete in an event at the scheduled time for that age group.
3. In the case of mixed events (Track or Field) being scheduled, State Best Performances may be claimed - see Rule 260.
4. Where mixed competitions are conducted, separate results must be declared for each sex and age group

RULE 150: VIDEO RECORDING

1. An official video recording as per the IAAF rule is not required for any Little Athletics competition.

SECTION 3 – TRACK EVENTS

RULE 161: STARTING BLOCKS

1. Starting blocks provided by the Organising Committee 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 U12 and above age groups, except where this contravenes any rule(s) made by the Organising Committee and/or Venue Manager on the use of starting blocks. Any advice issued by the Venue Manager must be in writing on an official letterhead.

RULE 162: THE START

1. The start of a race will be denoted by a line 5cm in width. In all races not run in lanes the start line will be curved, so that all the athletes start the same distance from the finish.
2. The commands used by the starter will be:
 - (a) For events up to and including 400 metres and all Relay events:
 - "On your marks"
 - "Set"
 - When all athletes are steady, the audible starting device will be activated.
 - (b) For events longer than 400 metres:
 - "On your marks"
 - When all athletes are steady, the audible starting device will be activated.
3. On the command "On your marks" or "Set", as the case may be, all athletes must without delay assume their full and final set position.
4. If the Starter is not satisfied that all athletes are ready for the start to proceed, the Starter will order all athletes to stand up and the start procedure will recommence.
5. Any athlete making a false start will be warned. Any athlete who is responsible for a false start will be disqualified as follows:
 - (a) A Combined Events Competition: for three false starts.
 - (b) In all other cases: for two false starts.
6. The Starter or Recaller(s), who are of the opinion that the start was not a fair one, will recall the athletes by using an audible starting device.
7. In relay events the contacting of the ground by the baton when held in the hand in a crouch starting position will not be subject to penalty.

False Start

8. The following will/may constitute a false/unfair start:
 - (a) Failure to comply with Rule 162.3 after a reasonable time,
 - (b) An athlete through action or noise disturbs other athletes in the race after the command "On your marks",
 - (c) If an athlete leaves their mark with hand or foot after the words "On your marks" or "Set" as the case may be, and before the actual sound of the starting device,
 - (d) The Starter will warn any athlete(s) who, in their opinion, were responsible for the false start. This may result in more than one athlete being warned. If the unfair start is not caused by an athlete, no warnings will be given,

Note: In practice, when one or more athletes make a false start, others are inclined to follow and strictly speaking, an athlete who does so follow has also made a false start.

 - (e) Using a starting technique that is not appropriate for the age group and/or event,
 - (f) The dropping of a relay baton by an athlete during a start of a relay event will not constitute a false or unfair start.

Starting Techniques

9. Standing Start: A standing start may be used by all athletes in all events.
10. Crouch Start: A crouch start may be used for all races up to and including the 400 metres (including the first leg of all relays).
 - (a) One knee must be in contact with the ground in the "On your marks" position.
 - (b) In a crouch start, with or without starting blocks, both hands must be in contact with the ground when the athlete is in the "Set" position.

RULE 163: THE RACE

As per IAAF Rule 163, with the following exceptions:

IAAF Rule 163.3 (b) (Lane Infringements) (last sentence)

3. (b) ...Except as stated in IAAF Rule 163.4, if the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that an athlete has violated this Rule, the Referee
for U9 to U11 age groups, may disqualify the athlete or change the order of finishing on the Judges result sheet.
for U12 and above age groups, will disqualify the athlete.

IAAF Rule 163.8 to IAAF Rule 163.13: Wind measurements are not applicable for any competition held under Rule 1.

RULE 165: TIMING AND PHOTO FINISH

1. Two alternative methods of timekeeping will be recognised:
 - (a) Hand Timing obtained from watches or electronic gates with a manual start.
 - (b) Fully Automatic Timing obtained from either photo finish systems or electronic gates with automatic start.
2. The time will be taken to the moment at which any part of the body of an athlete (i.e. the torso as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.
3. Times for all athletes will be recorded.

Hand Timing

4. Timekeepers will use manually operated electronic timers with digital readouts. All such timing devices are termed "watches" for the purpose of the Rules.
5. Watches will be started by the timekeepers and all times recorded will be deemed manual.
6. The time must be taken from the flash/smoke of the audible starting device.
7. Three official timekeepers (one of whom must be the Chief Timekeeper) and one or two additional timekeepers will record the performance of the first athlete(s) across the finish line. The performances recorded by the additional timekeepers' watches will not be considered unless one or more of the official timekeepers' watches fails to record the performance correctly, in which case the additional timekeepers' watch will be called upon, in such order as has been decided previously, so that in all the races, three watches should have recorded the official time for the first athlete(s) crossing the finish line.
8. For all hand-timed races, times will be read and recorded as follows:
 - (a) For races on the track, unless the time is an exact 0.1 second, the time will be converted and recorded to the next longer 0.1 second, e.g. 10.11 will be recorded as 10.2.
9. If, after converting as indicated above, two of the watches agree, the performance shown by the two watches will be the official time. If all three watches disagree, the middle performance will be the official time.

Electronic Timing System – Manual Start

10. The timing system will be started manually in close proximity to the timekeepers and all times recorded will be deemed manual.

Fully Automatic Timing and Photo Finish System

11. Where a fully automatic minimum dual beam or equivalent electronic timing system is in use (i.e. the timing system is automatically activated by the starting device and each athlete's/team's time is automatically recorded as they cross the finish line) the finishing order, providing times are not equal (see Rule 126.2), will be determined using the official times and all times recorded will be deemed electronic.

Timing Systems in Heats

12. Only one system of timing will be in operation for all heats of each track event/discipline for any single age group.

RULE 166: SEEDINGS, DRAWS AND QUALIFICATIONS IN TRACK EVENTS

As per IAAF Rule 166, with the following exceptions:

IAAF Rule 166.2 & IAAF Rule 166.3

Rounds and Heats

1. For events up to 400m and Relays
 - (a) State Relay Championships
First place in each heat, with remaining lanes filled by next fastest teams based on times.
 - (b) State Individual Championships
2 Heats - First three athletes in each heat, plus the next two fastest times
3 Heats - First two athletes in each heat, plus the next two fastest times
4 or more heats - First athlete in each heat, with remaining lanes filled by next fastest athletes based on times

Note: Where there are equal fastest times that exceed the maximum number of advancements, placing will take precedence.

2. For 800m events
 - (a) Heats will be drawn with up to two athletes per lane.

Ranking and Composition of Heats

2. If Best Performances are provided, competitors will be seeded slowest to fastest. If no Best Performances are provided, competitors will be randomly drawn into heats.
3. Lanes for heats shall be randomly drawn.
4. Where there are more lanes available than athletes in a heat, the inside lane should always remain free.

RULE 168: HURDLE RACES

1. The hurdle must be made of metal with the top bar made of wood or other suitable material. Hurdles must consist of two feet and two uprights supporting a cross-bar (see Diagram 1).
2. 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).

Note: For Centres and Clubs, hurdles must be transitioned to the collapsible type by the year 2020.

3. The hurdle cross-bar must be adjustable in height. The cross-bar must be 65-75mm high, 10-30mm wide and between 1170 and 1200mm in length. The end of the cross-bar must project 25mm to 75mm outside the hurdle frame upright.
4. The approach side of each cross-bar must be painted white and black in colour or with other strong distinctive contrasting colours (and also in contrast with the surrounding environment). The contrasting stripes must be 270-280mm from the mid-point of the cross-bar and must be 95-105mm wide.

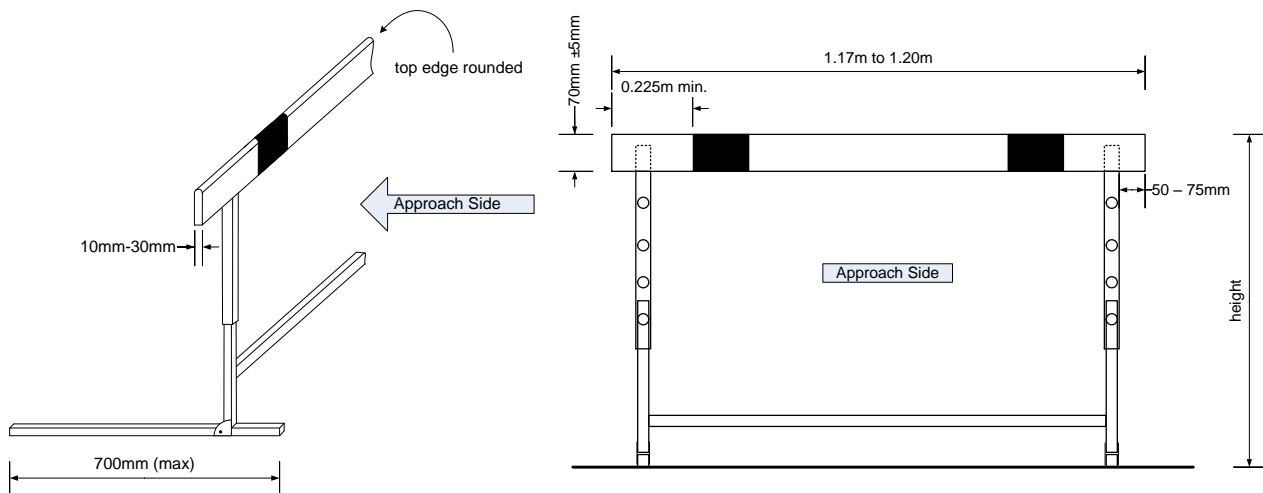


Diagram 1 : Hurdle Specifications

5. Each hurdle must be placed on the track so that the feet will be on the side of the approach by the athlete. The hurdle must be placed on the track so that the edge of the cross-bar nearest the approaching athlete coincides with the track mark nearest the athlete.

Note: For collapsible type hurdles the feet may be extended past the uprights

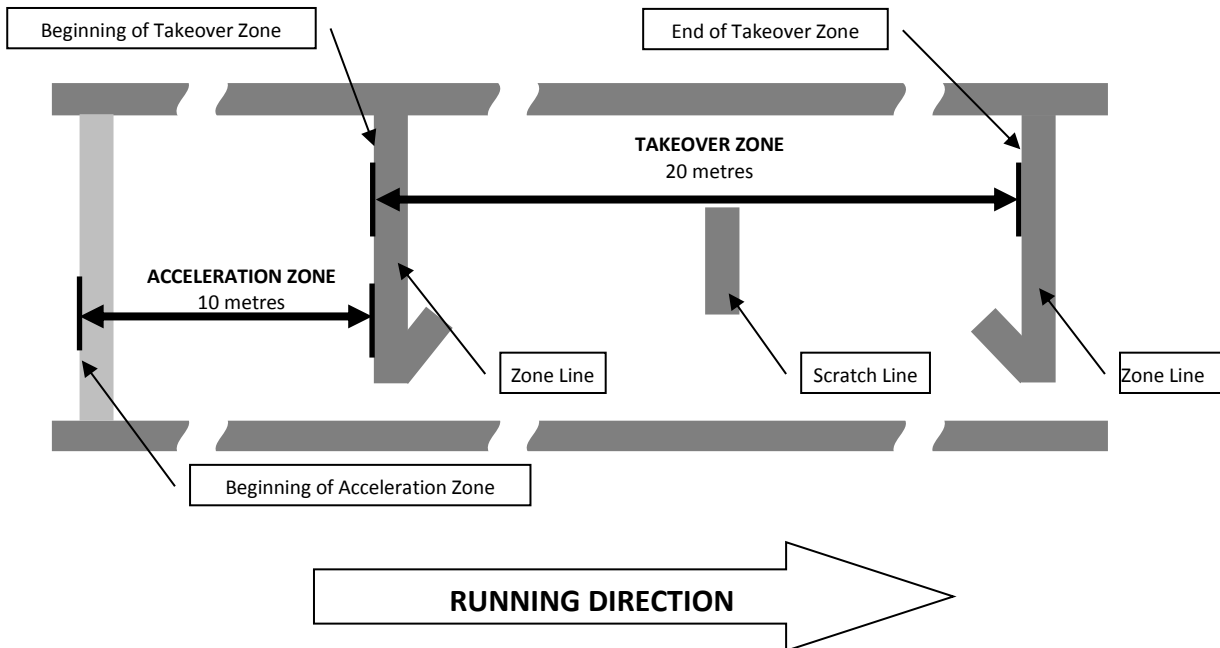
6. All races must be run entirely in lanes and each athlete must remain entirely within their own lane throughout the race. An athlete who trails a foot or leg alongside any hurdle, or jumps any hurdle not in their own lane or in the opinion of the Referee, deliberately knocks down any hurdle by hand or foot will be disqualified. The unintentional knocking down of hurdles may not disqualify nor prevent a record being set.
7. Refer to LASA Rule 601: Equipment Specifications, for hurdle heights and track placement of hurdles for all age groups.

RULE 170: RELAY RACES**Events**

- The standard distances shall be 4x100m, 4x200m and Medley Relay (100m, 100m, 200m, 400m).

Takeover Zone

- Lines 5cm wide will be drawn 10m before and after the scratch line to denote the takeover zone within which lines the baton must be passed.
- The takeover zone will start and finish at the edges of the zone lines nearest the start line in the running direction.

**Acceleration Zone**

- The acceleration zone is indicated by a distinctive mark ten metres before the beginning of the takeover zone where the receiving athlete may begin to accelerate prior to commencing the baton change.
- The acceleration zone is only used during laned baton changes.
- The acceleration zone may only be used in the 4x100m event. The receiving athlete must take up their starting position **WITHIN** the takeover zone or acceleration zone as permitted.

Breakline

- The breakline must be an arced line marked after the bend, 50mm wide, across all lanes other than lane 1. To assist athletes identify the breakline, small cones or prisms, 50mm x 50mm and no more than 0.15m high, preferably of different colour from the breakline and the lane lines, will be placed on the lane lines immediately before the intersection of the lane lines and the breakline. The breakline is the point where the athletes may leave their respective lanes and cross to the inside of the track.

Note: In addition to the small cones or prisms, the breakline may also be marked with flags on either side of the track.

- The position of the breakline will be:
 - 4 x 200m: at the beginning of the back straight on the third leg of the race.
 - Medley: at the beginning of the front straight on the third leg of the race.

The Race

9. An athlete must not run more than one section (leg) of a relay race.
10. The baton must only be carried in the hand during the race.
11. If the baton is dropped it must be recovered by the athlete who dropped it. If an athlete other than the athlete, who dropped the baton, recovers the baton, the team may be disqualified. The athlete may leave their lane if necessary to retrieve the baton provided they do not impede another athlete (See Rule 163 and IAAF Rule 163.3)
12. If during the race an athlete takes or picks up the baton of another team, his team shall be disqualified. The other team should not be penalised unless an advantage is obtained.

Check Marks

13. When all or the first portion of a relay race is being run in lanes, athletes may place one check-mark (supplied or approved by the Organising Committee) within the athletes own lane and clear of the lines marking the lane. No other check-mark may be used.

All Baton Changes

14. The passing of the baton must take place within the takeover zone. The passing of the baton commences when it is first touched by the receiving athlete and is complete at the moment it is in the hand of the receiving athlete only. The position of the baton is decisive, not the athlete's body, head, feet or legs.
15. Prior to the race being under the Starter's control an athlete will be given reasonable time to set their check mark and take up their starting position. Any athlete who wastes time will be warned and if the warning is ignored is liable to disqualification.
16. Once the race is under the Starter's control an athlete is liable to be disqualified if they exit the rear of the takeover or acceleration zone.
17. Officials must not physically assist athletes during baton changes.

Laned Baton Changes

18. Incoming athletes, on completing the baton change, must stay in their lanes until told by the Chief Marshall to clear the track.

Unlaned Baton Changes

19. Receiving athletes will be lined up in lane draw order in a position two metres inside the line denoting the beginning of the takeover zone. The position will be indicated by the placement of cones on the inside and outside of the track.
20. Incoming athletes, on completing the baton change, must clear the track quickly endeavouring to ensure that no interference is caused to other athletes.

Baton Structure

21. The baton must be a single piece smooth hollow tube, circular in cross-section made of a rigid material. Batons should be coloured to enhance visibility.
22. The following table lists the conformance specifications for each individual relay baton:

Diameter		Length		Weight	
Min	Max	Min	Max	Min	Max
30mm	34mm	280mm	300mm	70gm	80gm

Reporting Procedure For Officials

23. Infractions observed by any officials will be noted on a pre-printed form. These forms will be collected by the Referee to enable the Referee to adjudicate on the infringement.

SECTION 4 – FIELD EVENTS

The IAAF Rules will be observed for all Field Events. Exceptions to the Rules will be listed in this section.

RULE 180: GENERAL CONDITIONS

As per IAAF Rule 180.

A. VERTICAL JUMPS

RULE 181: GENERAL CONDITIONS

As per IAAF Rule 181, with the following exceptions:

IAAF Rule 181.4 & IAAF Rule 181.7

4. Unless there is only one athlete remaining and they have won the competition:
- (a) The bar must never be raised by less than 2cm in the High Jump after each round of trials; and
 - (b) The increment of the raising of the bar must never increase; and
 - (c) The bar must be raised after each round of trials in increments depending on the number of athletes remaining in the competition, as per the following table:

No of Athletes	Increment
Greater than 6	5cm
6 or less	3cm
3 or less	2cm

Note: The first raise of the bar will be 5cm regardless of the number of athletes in the competition.

These Rules 181.4(a), (b) and (c) will not apply once the athletes still competing agree to raise it to a State Best Performance height directly.

After an athlete has won the competition, the height or heights to which the bar is raised will be decided by the athlete, in consultation with the relevant Chief Judge or Referee.

Note: This does not apply for a Multi-Events Competition.

In a Multi-Events Competition held under Rule 1, each increase will be uniformly 3cm in the High Jump throughout the competition.

7. The distance between the uprights must not be less than 3.62m nor more than 4.06m.

RULE 182: HIGH JUMP

As per IAAF Rule 182, with the following exceptions:

IAAF Rule 182.1, IAAF Rule 182.2, IAAF Rule 182.6 & IAAF Rule 182.10

Competition

1. **In addition to Rule 182.1, for U8, U9 & U10 age groups only:**
The athlete must take off from one foot, clear the bar in a vertical position and the first contact made on the landing area must be made by one or two feet.
2. **In addition to Rule 182.2, for U8, U9 & U10 age groups only:**
An athlete also fouls if:
 - (a) The athlete's head clears the bar before the leading foot (the foot closest to the bar at take-off).
 - (b) The athlete's head goes below the buttocks when the buttocks clear the bar.
 - (c) On landing, the first contact with the landing area is not made by one or both feet.

Apparatus

6. The distance between the uprights must not be less than 3.62m nor more than 4.06m.

Landing Area

10. The following landing areas will be used for the relevant age groups:
- (a) U8 - U10 Age Groups: For all competitions, the landing area should be not smaller than 5m long x 3m wide, and between 0.15m and 0.20m high behind the vertical plane of the crossbar.
 - (b) U11 and above Age Groups: For all competitions, the landing area should be not smaller than 5m long x 3m wide x 0.5m high behind the vertical plane of the crossbar.

Note 2: The landing area may be comprised of one or more mats - ideally secured together by means of ring/hook, Velcro or other suitable fastener.

Note 3: Little Athletics Australia recommends the landing area be 0.5m or higher as its preferred height. Older mats 0.4m high may continue to be used.

Note 4: For centres, the 5m x 3m mat will not be mandatory until 2019/2020 season.

B. HORIZONTAL JUMPS

RULE 184: GENERAL CONDITIONS – HORIZONTAL JUMPS

As per IAAF Rule 184 with the following exceptions:

IAAF Rule 184.3, IAAF Rule 184.8 and IAAF Rule 184.10

Take-off Board

3. The following take-off boards will be used for the relevant age groups:

(a) U9 - U10 Age Groups

The take-off board must measure 1.22m x 0.5m

Note: 1.0m x 0.5m mats may continue to be used.

The take-off may be a 1.22 metre x 0.5m piece of carpet, canvas or rubber covered with a thin layer of sand or chalk.

(b) U11 and above Age Groups

(i) The take-off board must measure 1.22m x 0.2m.

The take-off may be marked by a board sunk level with the runway, or defined by a contrasting colour to the runway surface created by using tape. The foul area may be indicated by a strip of damp sand, plasticine or other similar material.

Distance Measurements

8. The following process will be followed to measure the distances for the relevant age groups:

(a) U9 - U10 Age Groups

The measurement of each jump will be made immediately after the trial. Except in the case of Rule 184.8 (ii), all jumps must be measured from the nearest break in the landing area made by any part of the body to the front edge of the imprint made by the take-off foot.

In the case of an athlete taking off before reaching the take-off area, the jump is measured from the nearest break in the landing area made by any part of the body to the back edge of the take-off area. The measurement must be taken perpendicular to the back of the mat or its extension.

(b) U11 and above Age Groups

The measurement of each jump will be made immediately after the trial. All jumps must be measured from the nearest break in the landing area made by any part of the body to the take-off line, or take-off line extended (see Rule 185.1(f)). The measurement must be taken perpendicular to the take-off line or its extension.

Wind Measurement

10. Wind measurements will not be taken into consideration

RULE 185: LONG JUMP

As per IAAF Rule 185 with the following exception:

IAAF Rule 185.4

Take-off Line

4. The front edge of the take-off board should be not less than 0.5m and not more than 3.0m from the front edge of the landing area.

RULE 186: TRIPLE JUMP

As per IAAF Rule 186 with the following addition:

IAAF Rule 186.4 & 186.6

Take-off Line

4. For all competitions defined in Rule 1, take-off lines may be set at any whole metre distance from the nearer end of the landing area.

Change of Take-off Line

6. Athletes may change their take-off line during a competition. Athletes must notify the event officials of the change prior to the commencement of a jump.

Safety

7. For safety reasons a warning will be given to any athlete who lands less than 50cm into the pit. It will be recommended that the athlete change the take-off line. If the athlete continues to land less than 50cm into the pit after the warning, the jump will be considered a foul.

C. THROWING EVENTS

RULE 187: GENERAL CONDITIONS – THROWING EVENTS

As per IAAF Rule 187 with the following exceptions:

IAAF Rule 187.1, IAAF Rule 187.2 & IAAF Rule 187.5

Official Implements

1. In all Competitions as defined in Rule 1, the implements used must comply with LAA specifications. Refer to Rule 188, Rule 189 & Rule 193 for equipment dimensions and tolerances and also LASA Rule 601: Equipment Specifications for specific weights for age groups.
2. All implements will be provided by the Organising Committee.

Assistance

5. The following will not be considered assistance and are therefore allowed:
 - (a)

U13 and above Age Groups: The use by an athlete, in order to obtain a better grip, of a suitable substance on their hands only. A shot putter may use such substances on their neck.

All other Age Groups: Athletes must not use any substances on their hands or neck to obtain a better grip on the throwing implement.
 - (b)

U13 and above Age Groups: The placement by an athlete, in the Shot Put and Discus Throw, on the implement, chalk or a similar substance. All substances used must be easily removable using a wet cloth and must not leave any residue.

All other Age Groups: Athletes must not use any substances on the throwing implement to obtain a better grip on the throwing implement.
 - (c) The use of taping on the hands and fingers that is not in contravention of Rule 187.4(a).

RULE 188: SHOT PUT

As per IAAF Rule 188 with the following exceptions:

IAAF Rule 188.4 & IAAF Rule 188.5**The Shot**

4. The shot must be made of solid iron, brass or any metal not softer than brass, or a shell of metal filled with lead or other material. It must be spherical in shape and the surface must be smooth.
5. It must conform to the following specifications:

Age Group	Nominal Weight	Diameter	
		Min	Max
U9, U10, U11, U12G	2.000kg	76mm	90mm
U12B, U13, U14, U15G, U16G, U17G	3.000kg	85mm	100mm
U15B, U16B	4.000kg	95mm	110mm
U17B	5.000kg	100mm	120mm

Shot Put Weight Tolerance: -0.000 to +0.025kg

RULE 189: DISCUS THROW

As per IAAF Rule 189 with the following exceptions:

IAAF Rule 189.1 & IAAF Rule 189.2**The Discus**

1. The body of the discus must be circular in shape, the sides of which must have a flat area with the cross sections of the edge rounded in a true circle. The dimension, construction and total weight must correspond to the requirements of Rule 189.2. The implement may be constructed from the following materials:
 - (d) Rubber or synthetic based compound, or
 - (e) Plastic or wood with a metal rim.

Each side of the discus must be identical and must have no indentations, projections or sharp edges. The sides must taper in a straight line from the beginning of the curve of the rim to a circle (see Diagram 2).

Note: Metal rimmed discus may only be used from a discus cage that conforms to IAAF Rule 190.

2. The discus must conform to the following specifications:

Age Group	Nominal Weight	Construction	Dimensions						
			Diameter (D)		Flat (F)		Thickness (T)		Radius (R)
			Min	Max	Min	Max	Min	Max	
U9 & U10	500g	Compound	130mm	136mm	30mm	36mm	22mm	27mm	5mm
U11, U12, U13G	750g	Compound; Plastic with metal rim	154mm	157mm	35mm	42mm	26mm	30mm	5mm
U13B, U14, U15,	1kg	Compound; Plastic with metal rim	180mm	183mm	50mm	58mm	37mm	40mm	6mm

U16, U17G									
U17B	1.5kg	Compound; Plastic with metal rim	200mm	203mm	50mm	58mm	38mm	41mm	6mm

Discus Weight Tolerance: -0.000 to +0.025kg

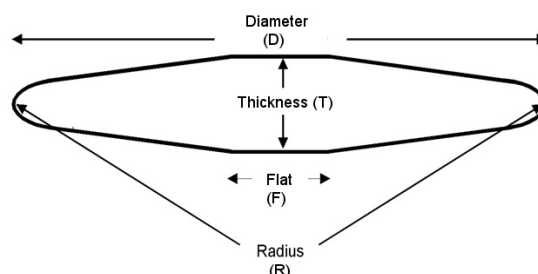


Diagram 2: Discus Specifications

RULE 190: DISCUS CAGE

A discus cage compliant with IAAF Rule 190 should be used whenever possible. Only the athlete throwing the discus is permitted inside the throwing cage.

RULE 193: JAVELIN THROW

As per IAAF Rule 193 with the following exceptions:

Rule 193.6

The Javelin

6. The following table lists the conformance specifications for each nominal weight:

Age Groups		U11, U12, U13G, U14G	U15G, U16G, U17G	U13B, U14B	U15B, U16B, U17B
Nominal Weight		400g	500g	600g	700g
Weight Range	Min	400g	500g	600g	700g
	Max	425g	525g	625g	725g
Overall Length (L0)	Min	1.85m	2.00m	2.20m	2.30m
	Max	2.05m	2.10m	2.30m	2.40m
Distance from tip of metal head to centre of gravity (L1)	Min	0.75m	0.78m	0.80m	0.86m
	Max	0.82m	0.88m	0.92m	1.00m
Distance from tail to centre of gravity (L2):	Min	1.030m	1.12m	1.28m	1.30m
	Max	1.200m	1.32m	1.50m	1.54m
Length of metal head (L3):	Min	0.200m	0.22m	0.25m	0.25m
	Max	0.280m	0.27m	0.33m	0.33m
Width of cord grip (L4):	Min	0.130m	0.135m	0.140m	0.150m
	Max	0.140m	0.145m	0.150m	0.160m
	Min	20mm	20mm	20mm	23mm

Diameter of shaft at thickest point (in front of grip) (D0):	Max	23mm	24mm	25mm	28mm
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Note: The specifications in the above table are used to determine the seventeen various conformance specifications as detailed in Figure 25 - International Javelin of the IAAF Rule Book

SECTION 5 – MULTI-EVENTS COMPETITION

RULE 200: MULTI-EVENTS COMPETITION

1. The Multi-Event will consist of between five and seven separate disciplines. Events consisting of five disciplines will be held on one day. Events consisting of six or more disciplines will be held on two consecutive days.
2. The events to be conducted for each age group will be determined by the organising committee with reference to the Little Athletics Australia Standard Events.

General

3. The time interval between the completion of one discipline and the start of the next will be at the discretion of the Meeting Manager, in consultation with the Chief Referee.
4. The Rules for each event constituting the competition will apply with the following exceptions:
 - (a) Field Disciplines:
 - (i) If the number of athletes competing or scheduling considerations dictates:
 - may be split across parallel pits or rings or;
 - different disciplines may be conducted at the same time, but when reciprocated each must occur on the same parallel pit or ring,
 - (ii) Except for High Jump, the number of trials per athlete will be three unless advised otherwise by the Organising Committee.

For High Jump, an athlete will only be allowed to have a maximum of 8 jumps.
If an athlete reaches their maximum of 8 jumps the athlete must stop competing in the event
If an athlete has three consecutive failures, regardless of the height at which any of such failures occur, the athlete will be disqualified from further jumping
The athlete must nominate which heights they will attempt to clear during the competition
For High Jump, a bar height of one metre will be used as the benchmark height to determine the 3cm intervals.
 - (b) Track Disciplines:
 - (i) Only heats will be conducted with points allocated to the performance obtained in the heat, i.e. finals will not be run.
 - (ii) An athlete responsible for three (3) false starts shall be disqualified.
5. The 800 metres will normally be scheduled as the last discipline conducted for all age groups. If multiple heats are required for an age group, athletes will be seeded so that the last heat contains the athletes leading at the conclusion of the previous event (i.e. Heats will be run in the ranking position order as at end of previous event).
6. A Field event is considered to have begun once the first athlete has completed a trial. No athlete may join that field event after this time.
7. Points are awarded for performance and will be allocated to each athlete for each individual discipline using Scoring Tables approved by the Organising Committee.

Note: All tables have a finite lower limit and as a result an athlete may score zero points, the scoring of zero points does not however exclude an athlete from being placed.
8. An athlete failing to attempt to start or make a trial in one of the individual events will not be entitled to receive a place. It will not prohibit the athlete from competing and scoring points in subsequent events.
9. Performances and points will be posted/displayed for public viewing as soon as practicable after the completion of each individual discipline as follows:
 - (a) For the discipline, and
 - (b) As a cumulative total.

- 10.** The winner will be the athlete who obtains the highest cumulative total. In the event of a tie for any final placing athletes will be awarded equal placing.

SECTION 7 – RACE WALKING EVENTS

RULE 230: RACE WALKING

Distances

1. The standard distances for race walking events conducted on the track shall be 700m, 1100m and 1500m.

Definition of Race Walking

2. 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. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

Judging

3.
 - (a) The Chief Judge at any competition should be the highest graded Judge available.
 - (b) All the Judges will act in an individual capacity and their judgements will be based on observations made by the human eye.
 - (c) There must be one Judge less than number of red cards required for disqualification from any one Centre officiating in the same event. This ensures no one Centre has disqualification power of an athlete.

Note: This rule may be waived if there are insufficient judges available from other Centres.

 - (d) For Track Races, there should normally be a minimum of three to a maximum of six judges including the Chief Judge.
 - (e) For Road Races, there should normally be a minimum of six to a maximum of nine judges including the Chief Judge.

Chief Judge

4.
 - (a) The Chief Walk Judge will allocate the judging positions for each Judge in the race. The Chief Judge will view the start and finish of the race, and may judge from any position during the race.
 - (b) Prior to the start time of each race, the Chief Judge or their appointed assistant will identify themselves to the athletes and explain the technicalities of walk judging.

Yellow Paddle

5. When a judge is not completely satisfied that an athlete is fully complying with Rule 230.2, the judge may show the athlete a yellow paddle indicating the offence and also call out the athlete's number, and the offence observed e.g. "Caution Number 77 contact". An athlete cannot be shown a second yellow paddle by the same Judge for the same offence. Having shown a yellow paddle to an athlete, the Judge will inform the Chief Judge of the action after the race.

Note: Yellow Paddles may be given anytime during a race.

Red Cards

6. When a Judge observes an athlete failing to comply with Rule 230.2 by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge will for:
 - (a) U12 and above Age Groups: not verbally give a red card to an athlete.
 - (b) All other Age Groups: verbally give a red card to an athlete.The judge will call out, athlete's number, and the offense observed e.g. "Red Card Number 77 contact". If a Judge believes that an athlete may not have heard the verbal red card, the Judge should repeat the verbal red card at the next sighting of the athlete.

Note: Athletes will not physically be shown a red card

The judge will note the red card on their judging sheet along with their name/signature and hand it to the Chief Judge after the race.

A judge can only red card an athlete once. If a Judge red cards an athlete more than once, only one red card will be accepted by the Chief Judge.

Disqualification

7. (a) The following number of reports (red cards) for disqualification will apply for the number of Judges officiating in the race:

NO. OF JUDGES	NO. OF RED CARDS REQUIRED FOR DISQUALIFICATION
4 to 6	3
3	2

- (b) At the conclusion of the race, if an athlete is disqualified, the Chief Judge will indicate this to the athlete verbally and give the reason for disqualification. The result of an event will only become final on the clearance of the Chief Judge and Track Referee.

SECTION 9 – CROSS-COUNTRY RACES

RULE 250: CROSS-COUNTRY RACES

Distances

1. The following table outlines the approximate event distances for the relevant age groups:

Age Group	Distance
U9, U10	1.5km
U11, U12	2km
U13, U14, U15	3km

The Course

2. The course will be clearly marked with flags or posts. Each side of the course will have a different colour set of flags. The placement of the flags will be such that the next flags in sequence are clearly visible from the previous flags. If the course incorporates a loop which could potentially lead to confusion by the athletes, the entry to such loop will be roped off from the continuation and may be manned by officials who may direct athletes.
3. The terrain should be undulating, with no high obstacles, or difficult sections.

The Start

4. 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

5. No assistance or refreshments will be provided to athletes during the event.
6. Except as in Rule 250.5, the Organising Committee may arrange to have a tortoise/hare to direct athletes along the course.

SECTION 10 – SOUTH AUSTRALIAN BEST PERFORMANCE

RULE 260: SOUTH AUSTRALIAN BEST PERFORMANCE

1. South Australian Best Performances (SBP) will be maintained for all events listed in the Standard Events table
2. For a performance to be accepted as a South Australian Best Performance the following criteria must be observed:
 - (a) The performance must be achieved at a State Championship or other approved Association controlled special meeting. This does not include normal Centre meetings, Centre Championships or Open Days.
 - (b) The claim for the performance must be submitted on an official form supplied by the Organising Committee; complete with all documentary evidence to the LASA office within twenty eight days after the event (see Rule 260.3 & 260.4).
 - (c) For Track events:

The track must conform to Rule 140.

The timing must conform to Rule 165.

Where fully automatic timing is being used (see Rule 165.10), only one time needs to be lodged with the SBP claim to be accepted.

If fully automatic timing is not being used (see Rule 165.5 to 165.8), three times must be lodged with the SBP claim to be accepted.

Times must be checked and signed by the Chief Photo Finish Operator or the Chief Timekeeper and the Referee of the meeting.

For hand time performances, the performance will be rounded to 0.1 seconds and then standardised to align to a fully automatic time as follows:

 - Distances under 400m: + 0.24 seconds
 - Distances of 400m or 4x100m relay: + 0.14 seconds
 - Distances greater than 400m: No change
 - a standardised time will be indicated with {S} or similar

Note: As of August 2015 all existing SBP Track performances will be standardised using the formulas in Rule 260 (c) (vi).
 - (d) For Field events:

All distances and heights must be checked and the recording sheet signed by the Chief Judge and Referee or Referee's delegate.

All implements and measuring apparatus must be verified for compliance with specifications or certified equipment prior to the commencement of the competition program. (Refer to IAAF Rule 137 for process for compliance of approved scientific measuring apparatus e.g. EDM devices)

The performance will be measured either by using a calibrated and certified steel tape or bar or by an approved scientific measuring apparatus, the accuracy of which has been confirmed by a qualified Measurement Judge.

The recording of a South Australian Best Performance requires the Referee to check the manner in which the trial is measured is correct and to verify the measurement of the trial using a certified tape, except where an approved scientific measuring apparatus is being used.
 - (e) Wind assistance will not be considered as a factor in determining South Australian Best Performances.
3. Claims for South Australian Best Performance will be accepted for individual events as follows:

- (a) Existing South Australian Best Performance: The number of athletes/teams in the event will not be an impediment.
- (b) New Event:
 There must be at least three athletes/teams participating.
 The SBP will be awarded at the end of the season and will take into account the best performance at all valid competitions listed in Rule 260.2(a).
 Providing the criteria at 0 & 0 above are met, Organising Committees will submit completed paperwork for new events as if it is a claim for an existing South Australian Best Performance.

RULE 261: EVENTS FOR WHICH SOUTH AUSTRALIAN BEST PERFORMANCE RECORDS ARE RECOGNISED

Event	Age Group								
	U9	U10	U11	U12	U13	U14	U15	U16	U17
70m	X	X							
100m	X	X	X	X	X	X	X	X	X
200m	X	X	X	X	X	X	X	X	X
400m	X	X	X	X	X	X	X	X	X
800m	X	X	X	X	X	X	X	X	X
1500m			X	X	X	X	X	X	X
60m Hurdles	X	X	X	X					
80m Hurdles					X	G			
90m Hurdles						B	G	G	G
100m Hurdles							B	B	B
200m Hurdles					X	X			
300m Hurdles							X	X	X
700m Race Walk	X								
1100m Race Walk		X	X						
1500m Race Walk				X	X	X	X	X	X
High Jump	X	X	X	X	X	X	X	X	X
Long Jump	X	X	X	X	X	X	X	X	X
Triple Jump			X	X	X	X	X	X	X
Discus	X	X	X	X	X	X	X	X	X
Javelin			X	X	X	X	X	X	X
Shot Put	X	X	X	X	X	X	X	X	X
4 x 100m Relay	X	X	X	X	X	X	X	X	X, MS
4 x 200m Relay	X	X	X	X	X	X	X	X	X, MS
Medley Relay			MAS			MAS			MAS

Legend:

B – Boys Only	MS – Mixed Sex
G – Girls Only	MAS – Mixed Age and Sex (U9-U11, U12-U14, U15-17)
X – Both Genders	Shaded Areas – Event not recognised as an SBP for that age group

CHAPTER 6 – STANDARD EVENTS & EQUIPMENT SPECIFICATIONS

LASA RULE 600: STANDARD EVENTS

The following events are approved and recommended for use at Centre/Club meetings.

Tiny Tots

Tiny Tots are to participate in **skill games** from the LANSW “Tiny Tots On Track” manual, the LAVic “On Track” manual or similar resources.

Under 6 to Under 8 Track and Field Events

	Under 6		Under 7		Under 8	
	Girls	Boys	Girls	Boys	Girls	Boys
50m	✓	✓	✓	✓		
70m	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
Pack Start	300m	300m	500m	500m	700m	700m
60m Hurdles	*	*	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓
High Jump					✂	✂
Shot Put	1kg	1kg	1kg	1kg	1.5kg	1.5kg
Discus	350g	350g	350g	350g	500g	500g
Vortex	✓	✓	✓	✓	✓	✓

✂Athletes in the Under 8 age group must jump using the “scissors” technique.

High Jump will not be available for Under 6 and Under 7 athletes at any competition.

* Mini-hurdles up to 20cm in height may be used for U6 hurdle events. Standard hurdles are not to be used for this age group.

Events in grey may not be offered to any athlete in that age group.

Centres may also conduct the LAVic “On Track” program in support of the standard events for the Under 6 to Under 8 age groups.

Under 9 to Under 17 Track and Field Events

	U9		U10		U11		U12		U13		U14		U15		U16		U17	
	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B
70m	✓	✓	✓	✓														
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
60m Hurdles	45cm	45cm	60cm	60cm	60cm	60cm	68cm	68cm										
80m Hurdles									✓	✓	✓							
90m Hurdles												✓	✓		✓		✓	
100m Hurdles														✓		✓		✓
200m Hurdles									68cm	68cm	76cm	76cm						
300m Hurdles													✓	✓	✓	✓	✓	✓
700m Walk	✓	✓																
1100m Walk			✓	✓	✓	✓												
1500m Walk							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Jump	✂	✂	✂	✂	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	2kg	2kg	2kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg	3kg	3kg	3kg	4kg	3kg	4kg	3kg	5kg
Discus	500g	500g	500g	500g	750g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg	1.5kg
Javelin	*	*	*	*	400g	400g	400g	400g	400g	600g	400g	600g	500g	700g	500g	700g	500g	700g
4x100m Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x200m Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

✂Athletes in the Under 9 and Under 10 age groups must jump using the “scissors” technique.

*Centres may offer the Vortex or TurboJav at Centre competitions. This will not be offered as a Championship event.

Events in grey may not be offered to any athlete in that age group.

Centres may allow athletes to compete over a lesser distance in a track event, use a lower hurdle height, or use a lesser weight in a field event where an athlete would not be able to compete with the standard distance, height or weight. Such performances will not be valid for records or qualification purposes.

LASA RULE 601: EQUIPMENT SPECIFICATIONS

Some of the events and age groups in the following tables are not held for competitions listed in Rule 1. Where these events are held it is recommended that the relevant Organising Committee uses these specifications as listed.

Hurdle Specifications

	No of Flights	Height	Lead In	Lead Out	Spacing
60 metre (45)	6	45 cm	12 metres	13 metres	7.0 metres
60 metre (60)	6	60 cm	12 metres	13 metres	7.0 metres
60 metre (68)	6	68 cm	12 metres	13 metres	7.0 metres
80 metre	9	76 cm	12 metres	12 metres	7.0 metres
90 metre	9	76 cm	13 metres	13 metres	8.0 metres
100 metre	10	76 cm	13 metres	10.5 metres	8.5 metres
200 metre (68)	5	68 cm	20 metres	40 metres	35 metres
200 metre (76)	5	76 cm	20 metres	40 metres	35 metres
300 metre	7	76 cm	50 metres	40 metres	35 metres

Note: All hurdles must be of the fully collapsible type by 2019/20.

Shot Put Specifications

The shot shall be made from solid metal and conform to these specifications:

Weight	Colour	Diameter Tolerance
1kg	Blue	76 to 86 mm
1.5kg	Yellow	76 to 86 mm
2kg	Orange	76 to 90 mm
3kg	White	85 to 110 mm
4kg	Red	95 to 110 mm
5kg	Green	100 to 120 mm

Weight tolerance –0.000 to +0.025 kg

Discus Specifications

Weight	Diameter Tolerance	Thickness at centre
350g	Not specified	Not specified
500g	134 to 139 mm	22 to 27 mm
750g	154 to 156 mm	27 to 35 mm
1kg	180 to 182 mm	37 to 39 mm
1.5kg	200 to 202 mm	38 to 40 mm

Weight tolerance –0.000 to +0.025 kg

Javelin Specifications

Weight	Overall Length	Length from metal tip to Centre of Gravity
400g	1.85m to 1.95m	750mm to 800mm
500g	2.00m to 2.10.m	780mm to 880mm
600g	2.20m to 2.30m	800mm to 920mm
700g	2.30m to 2.40m	860mm to 1000mm

Weight tolerance –0.000 to +0.025 kg

High Jump Specifications

Minimum mat dimensions

Jump Style	Height	Width*	Depth*
Scissors (U8-U10)	150mm - 200mm	5000mm	3000mm
Fosbury Flop (U11+)	500mm for new mats 400mm for existing mats	5000mm	3000mm

The 5000mm x 3000mm dimensions will be mandatory from 2019/20.

Cross Country Events

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
400m	✓											
500m	✓✓											
600m		✓										
750m		✓✓										
800m			✓									
1000m			✓✓	✓	✓							
1200m						✓	✓					
1500m				✓✓	✓✓							
2000m						✓✓	✓✓	✓	✓	✓	✓	✓
3000m								✓✓	✓✓	✓✓	✓✓	✓✓

✓✓ = Championship Distance

CHAPTER 7 – LASA SPECIFIC RULES

LASA RULE 701: OFFICIALS

1. It is a condition of entry for all Association events that:
 - (a) The Centre will be allocated officiating duties at the event that are to be filled by parents/guardians and officials from that Centre.
 - (b) 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.

LASA RULE 702: 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 Technical Information Centre 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 Technical Information Centre 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 a liaison for their Centre officials, and to ensure that any events that the Centre is responsible for are properly staffed.

LASA RULE 703: ELIGIBILITY

Applicable Competitions

1. The following competitions have defined eligibility criteria that must be met by athletes in order to compete in that competition:
 - (a) State Multi Event Championships
 - (b) State Relay Championships
 - (c) State Challenge
 - (d) State Individual Championships

Eligibility

2. Athletes must have been registered with the Association by 31st December, 2016.
3. To be eligible for these competitions, athletes must have competed in a minimum of 20 events at their registered centre/club between their date of registration and the close of nominations for that competition.
4. Performances may only be counted once the athlete is fully registered. Performances achieved at a 'Come and Try' session do not count towards eligibility or qualification.
5. An individual discipline may only be counted as one event at a competition (e.g. competing in the 100m twice still only counts as one event.)
6. At most, 7 events may be counted towards an athlete's eligibility total within a week.

Qualification

7. For the State Multi Event Championships, State Challenge and State Individual Championships, athletes must also meet qualification standards to be eligible. Please refer to the rules for these competitions for details.
8. Performances recorded at any Little Athletics competition an athlete participates in may be counted towards meeting the qualifying standards..
9. For Under 13 age group and above, performances achieved at an Athletics SA competition may be counted towards meeting the qualifying standards.
10. Performances achieved by an athlete making an individual visit to another centre are only valid for qualification purposes when both of the following conditions have been met:
11. The performance has been recorded by the Recorder of the visited Centre
12. The performance has been verified by the athlete's own Centre Recorder with the Recorder of the visited centre.

Verification and Exemptions

13. Eligibility and Qualification criteria must be certified by the athlete's Centre recorder.
14. Spot Checks of eligibility will be performed by Association officials.
15. Athletes who are unable to meet all of the eligibility requirements due to illness or injury, or compassionate grounds, may appeal to the Organising Committee (via the Competition and Events Coordinator)) by completing the prescribed application form and providing the requested supporting documentation.

LASA RULE 704: STATE CARNIVAL

Specified Dates

1. Athletes must be registered by 6/11/2016.
2. Athletes must have submitted their nomination by 6/11/2016.

Nominations

3. Athletes must nominate for this event through the Association online entry system by the specified nominations close date.
4. Late entries will not be accepted.
5. Para-athletes may participate in this competition in any event that is available for their classification.

Events Provided

6. Events will be provided for Under 9 to Under 12 age groups. Most standard events are provided with time slots specified for each age group.
7. Athletes may choose their own events but the number of events they can take part in is restricted to five events.

Special Competition Rules

8. Changes to the programs, rules or other conditions will be announced over the public address system. The onus is on competitors to be aware of any changes.

Scoring System

9. Points are awarded for performance and will be allocated to each athlete for each individual event using Scoring Tables approved by the Organising Committee.
10. All tables have a finite lower limit and as a result an athlete may score zero points, the scoring of zero points does not however exclude an athlete from being placed.
11. For Para-Athletes, the points will be based on the MDS table.

Protests and Appeals

12. Protests may be lodged at this meeting in accordance with Rule 146.

Recording and Awards

13. For each centre with 16 or more competing athletes, the aggregate points for the Centre will be calculated and divided by the number of competing athletes.
14. The Centre with the highest score as calculated above will be presented the LASA Cup.

LASA RULE 705: SA STATE CLASSIC (PB DAY)

Specified Dates

1. Athletes must be registered by 27/11/2016.
2. Athletes must have submitted their nomination by 27/11/2016.

Nominations

3. Athletes must nominate for this event through the Association online entry system by the specified nominations close date.
4. Late entries will not be accepted.
5. Para-athletes may participate in this competition in any event that is available for their classification.

Events Provided

6. Events will be provided for Under 6 to Under 17 age groups. Most standard events are provided with time slots specified for each age group.
7. Athletes may choose their own events but the number of events they can take part in is restricted to five.
8. A Tiny Tots session will be conducted for registered Tiny Tots.

Special Competition Rules

9. Changes to the programs, rules or other conditions will be announced over the public address system. The onus is on competitors to be aware of any changes.
10. An athlete may leave a field event to do a track event and then return to that field event.
11. 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 Meeting Manager.

LASA RULE 706: MULTI EVENT CHAMPIONSHIPS

Specified Dates

1. Athletes must be registered by 31/12/2016.
2. Athletes must have submitted their nomination by 2/1/2017.
3. Qualification Period: 1st September 2016 to 2nd January 2017.

Eligibility

4. All athletes intending to enter the Multi Event Championships must have met the eligibility requirements as per Rule 703.
5. Athletes in the Under 9 to Under 13 age groups must have recorded a performance equal to or better than the Multi Event Qualifying Standard in at least three of the five events to be conducted for their age group prior to the nomination close date, and have recorded a valid performance in the other two events.
6. Athletes in the Under 14 to Under 17 age groups must have recorded a valid performance in each of the events to be conducted for their age group prior to the nomination close date.
7. Para-athletes may enter the State Multi Event Championships provided that:
 - (a) They have a certificate of classification or letter of provisional classification
 - (b) Have achieved a minimum MDS score in at least two of the events offered for their age group
Minimum 30.0 for field events
Minimum 50.0 for track events

Nominations

8. Athletes must nominate for this event through the Association online entry system by the specified nominations close date.
9. Late entries will not be accepted.

Events Provided

10. A number of fixed events will be provided for each of the Under 9 to Under 17 age groups.
 - (a) Five events over one day for Under 9 to Under 13
 - (b) Six events over two days for Under 14
 - (c) Seven events over two days for Under 15 to 17
11. Athletes must enter all programmed events set for their age group.
12. Refer to the program for details of the events provided for each age group.
13. Para-athletes will only compete in events that are recognised events for their classification. Hurdles are not a recognised event for any classification.

Marshalling

14. Athletes are required to report to the Call Room 15 minutes for Track Events and 30 minutes for Field Events prior to the scheduled start time of each event.
15. Where an athlete fails to marshal prior to the event being ready to leave the Call Room, then that athlete will not be permitted to join the event.
16. Parents acting as officials are required to report to the event site 15 minutes prior to the scheduled start of their time-slot.

Special Competition Rules

17. The Multi Event Championships are conducted as per Rule 200.
18. Changes to the programs, rules or other conditions will be announced over the public address system. The onus is on competitors to be aware of any changes.

19. The Multi-Event Championship serves as the selection trial for the Under 15 State Team representatives. As such, field attempts will **not** be restricted for this age group in the event of the hot weather program being used.
20. Under 15 State Team selection is based on the LAA Point Scores for the events conducted at the Australian Little Athletics Championship Multi Event competition. These may differ from the LASA point scores.

Scoring System

21. Points are awarded for performance and will be allocated to each athlete for each individual discipline using Scoring Tables approved by the Organising Committee.
22. All tables have a finite lower limit and as a result an athlete may score zero points, the scoring of zero points does not however exclude an athlete from being placed.
23. For Para-Athletes, the points will be based on the MDS table.

Protests and Appeals

24. Protests may be lodged at this meeting in accordance with Rule 146.

Recording and Awards

25. A medal will be presented to the first three place getters in each Age Group based on aggregate points. Medals are not awarded for individual events.
26. Separate medals for Para-Athletes will be awarded to the first three placegetters in each age group based on aggregate MDS scores.
27. In the case of athletes scoring equal aggregate points, they shall be awarded equal placing.
28. Medal winners who must leave the venue prior to their medal presentation are requested to notify the Presentation Assembly Area so that the other medal winners in their event are not unfairly delayed in their medal presentation.

LASA RULE 707: STATE TRACK AND FIELD RELAY CHAMPIONSHIPS**Specified Dates**

1. Athletes must be registered by 31/12/2016.
2. Centres must submit team nominations to LASA by 22/1/2017.

Eligibility

3. To be eligible for the State Relay Championships, athletes must have met the eligibility requirements as per Rule 703.

Nominations

4. 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 Events Coordinator (c/o the Association Office) to have certain eligibility requirements waived to enable them to compete.
5. 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.
6. A Centre may enter only one team per event (including any Mums and Dads events that may be provided during the day).
7. Centres may apply to the Organising Committee via the Competition and Events Coordinator to enter combined centre teams using the prescribed form. One of the centres comprising the combined team must nominate the team on their Centre Entry.
8. Centres are to submit team nominations by 22/1/2017 (team member names are not required at this time).
9. Centres are to submit team member names by 5:00 PM 10th February 2017.
10. Subject to event rules, team member substitutions are to be advised by submitting a Substitution Form to the Technical Information Centre prior to the event.
11. Para-athletes may be selected as members of Centre relay teams.

Track Relays

12. In order to fill teams, athletes may be advanced from a younger age group. This rule does not apply to teams in the youngest age group competing (i.e. Under 9).
 - (a) Under 9 to Under 12 athletes may be advanced one age group (e.g. an Under 9 athlete can compete in an Under 10 team)
 - (b) Under 13 to Under 16 athletes may be advanced one, two or three age groups (e.g. an Under 13 athlete may compete in an Under 14, Under 15, or Under 16 team)
13. Subject to all other rules and conditions, including the age group advancement rule, teams can comprise of the following...
 - (a) Girls: Four girls in the same age group
 - (b) Boys: Four boys in the same age group
 - (c) Mixed Boys/Girls: At least one girl and one boy

Field Relays

14. In order to fill teams, athletes may be advanced as follows:
 - (a) For the Under 10 to Under 15 age groups, athletes may be advanced from the next age group below and may compete in any jumping event (except U11 High Jump), or any throwing event where the implement weight to be thrown is the same as the athletes age group.

- (b) Specifically, athletes from the younger age group cannot compete in the following events: U11 Boys and Girls High Jump, U11 Girls Discus, U13 Girls Shot Put, U14 Girls Discus, U11 Boys Discus, U12 Boys Shot Put, U13 Boys Discus, U15 Boys Shot Put.
 - (c) Note that U10 athletes competing in the U11 Long Jump event will have to take off from the 200mm board.
 - (d) For the Under 16 age group, athletes may be advanced from the Under 14 and Under 15 age groups. U14 Boys may not compete in the Shot Put event.
 - (e) 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.
15. Subject to all other rules, teams can comprise of the following
- (a) Girls: Minimum of two and maximum of four girls in the same age group.
 - (b) Boys: Minimum of two and maximum of four boys in the same age group.

Events Provided

16. Track Relays
- (a) U9 to U16: 4x100m and 4x200m for both boys and girls in each age group.
 - (b) U17: 4x100m and 4x200m for both boys and girls and mixed boys/girls
 - (c) Combined Mixed Medley of 2x100m, 1x200m, 1x400m in the following divisions:
U9 to U11
U12 to U14
U15 to U17
Each Combined Mixed team must have at least one boy and one girl, and at least two age groups must be represented.
 - (d) Mums: 4x100m relay.
 - (e) Dads: 4x100m relay.
17. Field Relays
- (a) 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.
 - (b) The teams available for each age group are:
 - (c) U9 to U17: Available for both boys and girls teams in each age group. Note that mixed boy/girl teams are not provided.

Marshalling

18. Teams/athletes are required to report to the Call Room 15 minutes for Track Events and 30 minutes for Field Events prior to the scheduled start time of each event.
19. Where a team/athlete fails to marshal prior to the event being ready to leave the Call Room, then that athlete will not be permitted to join the event.
20. Parents acting as officials are required to report to the event site 15 minutes prior to the scheduled start of their time-slot.

Special Competition Rules

21. 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.
22. Athletes may compete in a maximum of two events during the Championship.
23. Any athlete competing at this meeting in the Field Relay Championship is not permitted to compete in the Track Relay Championship (and vice versa).
24. 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).

25. All Centres competing at this Championship are required to take part in the March Past.
26. 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).

Track Relays

27. 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 Meeting Manager, that heat may be run as a final.
28. The composition of a team cannot 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 Meeting 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.
29. No athlete may run more than one section of an event for their team.
30. Athletes may not compete for more than one team in the same relay event (e.g. cannot compete in the 4x100m for two different teams).

Field Relays

31. Each team must compete in all events available for their age group.
32. 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.
33. Athletes may not compete for more than one team.

High Jump Bar

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

Progression from Heats to Finals

36. Track Relays
 - (a) The following teams shall progress to the final in their event:
First in each heat with the remaining lanes filled by the next fastest times
 - (b) 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.
 - (c) 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.
 - (d) 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.
37. Field Relays
 - (a) Each athlete will receive three attempts at each field event (except high jump).

Scoring System

38. Track Relays
 - (a) Points for the Teams Competition will be scored for the finals of the 4x100m and 4x200m events only.
 - (b) Events for Mums and Dads are not part of any scoring system.
 - (c) 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

39. Field Relays

- (a) Points will be awarded for every athlete’s performance. These points contribute to their teams point score.
- (b) Points will be awarded for every place in all events.
- (c) 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.

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, i.e. 22 points.

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.

- (d) 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.
- (e) 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.
- (f) 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	NM	1

Recording and Awards

40. 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.
41. Presentations will be delayed in order for medal winners who are competing in other events to complete those events without interruption.
42. 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.
43. Please note that places for medals in track events are based solely on the judged order of finishing and not simply on the basis of recorded times for the event.
44. The Pam Sard Trophy will be presented to the Centre which scores the highest points totalled over all track events, as per 707.39 above.
45. The Lou Moyes Trophy will be presented to the Centre which has the greatest improvement in points based on the previous State Relay Championship.
46. The 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.

LASA RULE 708: STATE CHALLENGE

Specified Dates

1. Athletes must be registered by 31/12/2016.
2. Athletes must have submitted their nomination by 19/2/2017.
3. Qualification Period: 1st September 2016 to 19th February 2017.

Eligibility

4. All athletes intending to enter the State Challenge must have met the eligibility requirements as per Rule 703.
5. Athletes who have qualified for the State Individual Championships in three or more events are ineligible to enter the State Challenge.
6. Athletes cannot enter an event in the State Challenge that they have qualified for in the State Individual Championships, regardless of whether they nominate for that event in the State Individual Championships.
7. Athletes in the Under 9 to Under 13 age groups must have bettered or equalled the qualifying standard for the nominated event(s) within the specified Qualification Period.
8. Athletes in the Under 14 and Under 15 age groups must have recorded a valid performance in the nominated events within the specified Qualification Period.
9. Para-athletes who have not qualified for the State Individual Championships may nominate for the State Challenge.

Nominations

10. Athletes must nominate for this event through the Association online entry system by the specified nominations close date.
11. Late entries will not be accepted.

Events Provided

12. All standard events (except Walks, Relays and Cross Country) will be provided for each of the Under 9 to Under 15 age groups.
13. The number of events that an athlete can compete in is limited to five.
14. Should there be too many entries for a particular event, the Organising Committee may limit the fields to a manageable number. Performances on entry forms will be used to assist this process.

Marshalling

15. Athletes are required to report to the Call Room 15 minutes for Track Events and 30 minutes for Field Events prior to the scheduled start time of each event.
16. Where an athlete fails to marshal prior to the event being ready to leave the Call Room, then that athlete will not be permitted to join the event.
17. Parents acting as officials are required to report to the event site 15 minutes prior to the scheduled start of their time-slot.

Special Competition Rules

18. 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.
19. A competitor is not permitted to join a field event after it has started unless the official in charge of that event has been notified beforehand that the athlete will be delayed by a clash in their events.

High Jump Bar

20. The bar will start at 10cm below the qualifying height, and then be raised as per Rule 181.4.
21. For Under 14 and Under 15 events, the starting height will be the same as for the Under 13 events.

22. If all athletes agree, the chief judge may nominate an alternative starting height. The alternative starting height must be greater than the originally specified starting height.

Progression from Heats to Finals

23. Track events will be conducted as timed finals, where the final places are determined by performances obtained across all heats.
24. Heats will be conducted from slowest to fastest, based on best performances submitted at the time of entry.
25. Field events (except high jump) will be conducted with three trials only.

Recording and Awards & Scoring System

26. Recording and Awards

- (a) Medals will be presented to the athletes with the best three performances in each event.
- (b) Presentations will be delayed in order for medal winners who are competing in other events to complete those events without interruption.
- (c) 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.
- (d) Please note that placings 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.
- (e) A Boy and Girl "Athlete of the Meet" will be chosen based on performances over all of their events at this Championship.
- (f) For Para-Athletes, places for each event will be determined using the multi-disability method, using the Athletics Australia Multi-Disability Standards (MDS) tables. Medals will be presented to the first three place getters in each event as determined by this method.
- (g) Athletes entered as a Para-Athlete will only be eligible for medals in the Para-Athlete event, and not the able-bodied event.

27. Scoring System

The scoring system for the selection of the athletes of the meet is as follows:

- (a) Points are awarded based on final places in each event:

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

- (b) No points are awarded if less than three athletes compete in the event.
- (c) In the event of a tie for the Athlete of the Meet, all tying athletes will be named Joint Athletes of the Meet.

LASA RULE 709: STATE INDIVIDUAL CHAMPIONSHIPS

Specified Dates

1. Athletes must be registered by 31/12/2016.
2. Athletes must have submitted their nomination by 19/2/2017.
3. Qualification Period: 1st September 2016 to 19th February 2017.

Eligibility

4. All athletes intending to enter the State Individual Championships must have met the eligibility requirements as per Rule 703.
5. Athletes in the Under 9 to Under 15 age groups must have bettered or equalled the qualifying standard for the nominated events on two occasions within the specified Qualification Period.
6. Athletes in the Under 16 and Under 17 age group must have recorded a valid performance in the nominated events within the Qualification Period.
7. Para-athletes must have achieved a minimum MDS score for each of the nominated events on at least two occasions at a Centre/Club meeting during the qualification period.
8. The minimum MDS scores are defined as follows:

	U9-U11	U12-U14	U15-U17
Track	50.0	60.0	70.0
Field	30.0	35.0	40.0

Nominations

9. Athletes must nominate for this event through the Association online entry system by the specified nominations close date.
10. Late entries will not be accepted.

Events Provided

11. All standard events (except Relays and Cross Country) will be provided for each of the Under 9 to Under 17 age groups.
12. For para-athletes, all standard events (except Relays and Cross Country) will be provided for each of the Under 9 to Under 17 age groups where that event (or similar) is an available event for the athlete's classification as per the International Paralympic Committee (IPC) rules for Athletics.
13. The number of events that an athlete can compete in is limited to five.
14. Should there be too many entries for a particular event, the Organising Committee may limit the fields to a manageable number. Performances on entry forms will be used to assist this process.

Marshalling

15. Athletes are required to report to the Call Room 15 minutes for Track Events and 30 minutes for Field Events prior to the scheduled start time of each event.
16. Where an athlete fails to marshal prior to the event being ready to leave the Call Room, then that athlete will not be permitted to join the event.
17. Parents acting as officials are required to report to the event site 15 minutes prior to the scheduled start of their time-slot.

Special Competition Rules

18. 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.
19. A competitor is not permitted to join a field event after it has started unless the official in charge of that event has been notified beforehand that the athlete will be delayed by a clash in their events.

20. Where possible, Para-Athletes will compete at the same time as the able-bodied athletes in that event.
21. Para-Athletes may be required to compete separately in the interests of safety for all competitors.
22. A parent/guardian/coach may accompany the athlete in the arena to liaise with the officials on behalf of the athlete.
23. Athletes requiring a guide runner for track events must advise the Organising Committee at the time of nomination to ensure a lane is made available for the guide.
24. Seated throwers will need to supply their own throwing frame, pegs, and tie downs. The athlete's support personnel will be responsible for setting up the frame.

High Jump Bar

25. The bar will start at 5cm below the qualifying height, and then be raised as per rule 181.4.
26. For Under 16 and Under 17 events, the starting height will be the same as for the Under 15 events.
27. If all athletes agree, the chief judge may nominate an alternative starting height. The alternative starting height must be greater than the originally specified starting height.

Progression from Heats to Finals

28. Field Events
 - (a) In all field events (excepting High Jump), if there are 8 or less competitors at the start of the event then all those competitors will be given 6 trials (i.e. throws or jumps).
 - (b) If there are more than eight competitors then all will start with 3 trials.
 - (c) After the initial three trials, the leading 8 competitors (and any equals) are determined and then these competitors will be given an additional 3 trials.
 - (d) Performances for an athlete are determined over all of the trials they contested.
29. Track Events
 - (a) The following athletes shall progress to the final in their 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
 - (b) Lane allocations for finals will be performed as follows.
 - (i) Following the running of the heats, athletes shall be ranked on the following basis:
 - Fastest heat winner, second fastest heat winner, etc
 - Fastest 2nd place in heat, second fastest 2nd place in heat, etc
 - Concluding with: Fastest next qualifier, second fastest next qualifier
 - (c) Using the rank determined above, three random draws will take a place
 - (i) one for the highest four ranked athletes to determine placings in lanes 3, 4, 5 and 6;
 - another for the fifth and sixth ranked athletes to determine placings in lanes 7 and 8;
 - another for the two lowest ranked athletes to determine placings in lanes 1 and 2.
 - (d) Where tied times occur for a position in the final, and if there are sufficient lanes available all tying athletes shall qualify for the final. If there are insufficient lanes, then the following will be applied:
 - (i) In the first instance this will be resolved by selecting athletes with the best placing in their heat. If a tie still occurs for a position in the final, the positions in the final will be randomly drawn.
 - (e) A list of athletes to compete in a final will be posted on the windows of the grandstand approximately 45 minutes after the completion of the heats.
 - (f) Where only sufficient entries are received to fill a single heat, that event will be conducted as a straight final.

- (g) Finals for all track events will be held on Track 1. Where the heats are scheduled on Track 2 and a straight final is required, the final will be held at the scheduled final time on Track 1.

Recording and Awards & Scoring System
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30. Recording and Awards

- (h) Medals will be presented to the first three place getters in the finals of events.
- (i) Presentations will be delayed in order for medal winners who are competing in other events to complete those events without interruption.
- (j) 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.
- (k) Please note that placings 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.
- (l) A Boy and Girl "Athlete of the Meet" will be chosen based on performances over all of their events at this Championship. Winners will be announced at a later date.
- (m) For Para-Athletes, places for each event will be determined using the multi-disability method, using the Athletics Australia Multi-Disability Standards (MDS) tables. Medals will be presented to the first three place getters in each event as determined by this method.
- (n) Athletes entered as a Para-Athlete will only be eligible for medals in the Para-Athlete event, and not the able-bodied event.

31. Scoring System

The scoring system for the selection of the athletes of the meet is as follows:

- (a) Points are awarded to athletes who reach the finals on the following basis:

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

- (b) No points are awarded if less than three athletes compete in the event.
- (c) Bonus points are awarded when an athlete achieves or exceeds an existing State Best Performance.
 - Equal SBP 3 Points
 - New SBP 5 Points
- (d) Bonus points are awarded where an athlete achieves or exceeds an existing Australian Best Performance
 - (i) Equal ABP 8 Points
 - New ABP 10 Points
- (e) If an Australian Best Performance that also happens to be a State Best Performance were achieved, only the points for the Australian Best Performance would be awarded.
- (f) In the event of a tie for the Athlete of the Meet, in the first instance the athlete with the most State Best Performances will be named Athlete of the Meet. If this does not separate the athletes, then all tying athletes will be named Joint Athletes of the Meet.

LASA RULE 710: CROSS COUNTRY SEASON AND CHAMPIONSHIPS

Specified Dates

1. Athletes must be registered by 30/6/2017 to be eligible for the State Cross Country Championships.
2. Athletes must have submitted their nomination by 19/7/2017 for the State Cross Country Championships.

Cross Country Competitions

3. The Cross Country season runs from May to July each year.
4. LASA will publish a program of Cross Country competitions to be conducted by centres during the season.
5. Centres are to nominate by June 30 each year to be included in the following seasons cross country program.
6. In addition to the LASA Cross Country program, centres located more than 100km from Adelaide may conduct their own Cross Country competitions.
7. Results of all Cross Country competitions are to be submitted to LASA by the Monday following the competition.
8. Only results from competitions submitted to LASA will be counted towards an athlete's eligibility for the State Cross Country Championships.

LASA Programmed Meets

9. Cross Country competitions on the LASA Cross Country program are to be conducted to the time table set by LASA.
10. Two distances are scheduled for each age group during the season, with a shorter distance in the first half of the season and a longer distance in the second half of the season.

Regional Cross Country Meets

11. Regional centres may conduct their own cross country meets at a day and time that suits their membership.
12. Centres must advise LASA of the date and time of scheduled Cross Country meets prior to the meet.
13. Centres may elect to conduct different distance events, however the distance for each age group should not exceed the standard LASA distances.

Eligibility

General

14. Only registered Little Athletes are able to participate in age group events.
15. Only parents or care-givers of a registered Little Athlete are able to participate in the Mums and Dads events.
16. Athletes may only compete in their own age group.
17. Unregistered athletes may participate in one Cross Country meeting as a 'Come and Try'.
18. A 'Come and Try' will not count towards an athlete's qualification for State Cross Country Championships.
19. Para-athletes may participate in Cross Country events. Where necessary, a para-athlete may compete in a younger age group than their own where the distance covered by that age group is more appropriate to their abilities.

State Cross Country Championships

20. To be eligible for State Cross Country Championships, athletes must have competed in at least three preliminary Cross Country competitions.

21. Athletes who are unable to meet all of the above qualification requirements due to illness or injury, or other satisfactory reason, may appeal in writing to the Organising Committee via the Competition and Events Coordinator to have certain eligibility requirements waived to enable them to compete.

Entry Fees

22. For LASA programmed events, the entry fee is \$2 per event.
23. A different fee may be set for the Cross Country Championships.
24. There is no fee for the Tiny Tots or open events.

Marshalling

25. Athletes are to report to the designated marshalling area 10 minutes before the scheduled starting time of their event.

Recording and Awards

Programmed Competitions

26. Athletes will receive a certificate showing their performance.
27. Participation ribbons may be issued by the host centre.
28. If place ribbons are awarded, they should only be awarded in the Under 9 and above age groups.
29. Results of Cross Country competitions are to be submitted to LASA by the Monday following the competition.

State Cross Country Championships

30. Medals will be awarded to the first three placegetters in each event for the Under 9 and above age groups.
31. All participating athletes will receive a certificate.

Scoring System

32. For the State Cross Country Championships, a scoring system applies to determine the Boys and Girls Champion Centres.
33. Points are only scored for the Under 9 to Under 17 age groups.
34. Points are determined as follows:
(a) Add 1 to largest field of qualified athletes on the day that equals penalty points. (e.g. largest field U10 B - 22 Athletes - penalty 23 for Boys).
(b) First receives 1 point, second receives 2 points, third receives 3 points and so on.
(c) Only three qualified Athletes from each Centre can score points for their Centre. Additional placegetters from each Centre will have no bearing on other teams' ability to score team points.
(d) If a Centre has only 2 qualified entrants who come first and sixth, points gained for that Centre are 1, 6 and 23 (penalty). The lowest team points scored wins the trophy.