

CROUCH STARTS & FOOTWEAR

CROUCH STARTS

A crouch start shall be used by all athletes in the Under 12 to Under 15 age and Inter-Aths groups (Boys and Girls) for all track events up to and including the 400m.

Athletes are permitted to use their own starting block for the start of track events up to and including 400m on the understanding that they are to be put into a pool for use by other Under 12 to Under 15 and Inter Aths athletes whilst not in personal use.



FOOTWEAR

Athletes shall wear suitable shoes as foot covering.

Spikes are permitted for use by all under 12-15 athletes in the following events:

Track Events: 70m, 100m, 200m, 400m, 60mH, 80mH, 90mH, 100mH, 200mH, 300mH.

Field Events: Long Jump, Triple Jump, High Jump, and Javelin.

Relays: All events, except for the Under 12 child in the Under 9-12 mixed age medley.

In age groups/events where spikes are not permitted, the wearing of "spikes" with the actual spikes removed is not permitted.

Spikes shall only be worn within the arena or at the field event venue for the purpose of the event in which the athlete is competing.

RACE WALKING

DEFINITION

- 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 shall be straightened (ie. not bent at the knee) from the moment of first contact with the ground until it passes under the body in the vertical upright position.

CAUTIONS, REPORTS & DISQUALIFICATIONS

- A judge may verbally caution an athlete twice, once for contact and once for knees.
- However, once a judge has reported the athlete for an infringement the judge may not apply a caution. No cautions are allowed in the last lap of an event.
- When cautioned an athlete, the judge should call the athlete's number first. The term caution must be used.
- A judge who determines that an athlete's mode of progression does not comply with the definition gives a report.
- An Under 9 and Under 10 athlete is addressed by the number and the term report or reported must be used along with the reason for the report.
- For Under 11-15 & Inter Aths athletes all reports are non-verbal.
- No of reports needed for disqualification depends on the number of judges as follows:

NO. OF JUDGES	NO. OF REPORTS NEEDED FOR DISQUALIFICATION
4, 5, 6 or 7	3
3	2

TRIPLE JUMP

RULES OF TRIPLE JUMP

- Each athlete is allowed three (3) trials. (Unless Programmed otherwise)
- Definition of triple jump, consisting of three (3) distinct sections:
- **A Hop:** Athlete takes off and lands on the same foot as that from which they have taken off.
- **A Step:** Athlete lands on the other foot (to that used on the hop).
- **A Jump:** Athlete jumps from one foot and lands on one or both feet in the sandpit.
- A foul jump is recorded if:
 - Any part of the athlete's take off foot protrudes over the front line, or side edge of the take off mat/board.
 - After completing a jump the athlete walks back through the landing pit.
 - In the course of landing, the athlete touches the ground outside the landing area nearer to the take off point than the nearest break in the landing area made by the jump. (The trailing leg may make contact with the runway during the jump)
- No markers may be placed on the runway, but may be placed alongside runway.
- If in running up to take off an athlete passes the edge of the board/mat furthest from the landing pit, it shall be called a trial even if the jump is not complete.
- The run up may not exceed 40 metres.
- In the event an athlete should land in the pit on their step they should be allowed another trial after the position of the take off mat is altered.
- To be a valid jump the athlete must land in the pit.

TAKE OFF AREA	Triple Jump
Under 10 - 16	A mat 0.20m x 1m, or a board where facilities permit.

LONG JUMP



RULES OF LONG JUMP

- Each athlete is allowed three (3) trials. (Unless Programmed otherwise)
- To be a valid jump the athlete must:
 - take off from one foot.
 - place take off foot on or behind the board/mat. If any part of the foot is over the edge of the board/mat then the jump is a foul.
- No markers may be placed on the runway, but may be placed alongside runway.
- If in running up to take off an athlete passes the edge of the board/mat furthest from the landing pit, it shall be called a trial even if the jump is not complete.
- The run up may not exceed 40 metres.
- If after completing the jump an athlete walks back through the landing area the jump is a 'no jump'.
- In the course of landing an athlete must not touch the ground outside the landing area, nearer to the take off point than the nearest break (imprint) in the landing area.

TAKE OFF AREA	Long Jump
Under 6 - 8	A mat 1m x 1m
Under 9 - 10	A mat 0.5m x 1 m
Under 11 - 16	A mat 0.20m x 1m, or a board where facilities permit.

JAVELIN



RULES OF JAVELIN

- Each competitor is allowed three (3) throws. (Unless Programmed otherwise)
- The javelin must be held at the grip with the hand in contact with the grip.
- Taping of two (2) or more fingers together is illegal, except to cover a cut of wound. Gloves are not permitted.
- After commencing the run up and until the javelin has been thrown, a competitor must not turn completely around so that their back is towards the arc.
- The tip of the javelin must leave its mark within the lines marking the sector.
- A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the javelin.
- The competitor must remain on the runway until the javelin has landed.
- The competitor must not touch or cross the throwing arc during the course of the trial.
- All competitors must leave the runway to the rear of the arc.
- The javelin must be thrown over the shoulder or upper part of the throwing arm and must not be slung or hurled.

MEASURING THE JAVELIN

- The official places the spike (with the zero end of the tape) on the nearest part of the imprint mark made by the javelin.
- The tape is draw tight and through the centre of the circle.
- The distance is measured at the point where the tape crosses the inner edge of the ring to the nearest centimeter.

JAVELIN WEIGHTS

Age Group	Size	Age Group	Size
Under 6 - 7 Boys	Vortex	Under 6 - 7 Girls	Vortex
Under 8 - 9 Boys	Turbo Jav	Under 8 - 9 Girls	Turbo Jav
Under 10 - 12 Boys	400g	Under 10 - 14 Girls	400g
Under 13 - 14 Boys	600g	Under 15 -16 Girls	500g
Under 15 - 16 Boys	700g		

HIGH JUMP

RULES OF HIGH JUMP

- An athlete may approach the bar from any angle.
- An athlete must take-off from one foot only.
- An athlete may pass on his second or third trial at a particular height above the starting height.
- Three consecutive failures, regardless of height, will disqualify the athlete.
- If the bar falls after an athlete has landed and left the mat it MAY be considered a failure.
- Three balks indicate a failure, as does ducking under the bar and touching the mat.
- Diving over the bar is deemed a no jump.
- The bar should be raised in 5cm increments until there are six (6) competitors or less, then in 2cm increments, with agreement of athletes.
- A competitor has (in general) ninety (90) seconds in which to attempt a clearance (completed trial), provided the aborted trial was not caused by external factors, the expiration of the time shall cause the "non-attempt" to count as a failure.

STARTING HEIGHTS (Sunbury LAC)

Age Group	Boys	Girls
Under 8 (Scissor)	60cm ?	60cm ?
Under 9	75cm	70cm
Under 10	85cm	80cm
Under 11	95cm	90cm
Under 12	1.05m	1.00m
Under 13 14 15	1.15m	1.10m
Under 16	1.25m	1.20m

DISCUS



RULES OF DISCUS

- Each athlete is allowed three (3) throws. (Unless Programmed otherwise)
- The throw must be commenced from a stationary position.
- The discus must land so that the imprint mark is within the inner edges of the sector.
- The athlete must remain in the circle until the discus has landed. Failure to do so will result in a foul throw.
- The competitor must not touch the top of the circle or the ground outside the circle during the trial with any part of the body. The competitor is allowed to touch the inside of the discus ring edge.
- The competitor may enter the circle from any direction, but must leave from the REAR HALF of the discus circle.

MEASURING THE THROW

- The official places the spike (with the zero end of the tape) on the nearest part of the imprint mark made by the discus.
- The tape is draw tight and through the centre of the circle.
- The distance is measured at the point where the tape crosses the inner edge of the ring.
- Measurements are made to the nearest centimetre below the distance thrown unless the reading is a whole centimetre.
- Ties are broken by referring to the next best throw.

DISCUS SIZES

Age Group	Size	Age Group	Size
Under 6, 7 & 8 Boys	350g	Under 6, 7 & 8 Girls	350g
Under 9 & 10 Boys	500g	Under 9 & 10 Girls	500g
Under 11 & 12 Boys	750g	Under 11, 12 & 13 Girls	750g
Under 13, 14, 15 & 16 Boys	1kg	Under 14, 15 & 16 Girls	1kg

SHOT PUT



RULES OF SHOT PUT

- Each competitor is allowed three throws. (Unless Programmed otherwise)
- The throw must commence from a stationary position.
- If the competitor leaves the circle before the shot has landed it shall be deemed a foul throw.
- The competitor must not touch the top of the circle during the trial with any part of their body. They may touch the inside of the shot put circle.
- The shot must land so that the point of impact is within the inner edges of the lines marking the sector.
- The shot shall be Put from the shoulder with one hand only. At the start of the trial the shot shall touch the jaw line, close to the ear, and shall not be dropped below this position during the action of putting.
- The athlete may, during the course of each trial, stop, place the shot put down in the ring, then recommence the attempt, providing that this occurs only once in any trial and that no other infringement has occurred.
- The athlete may enter the circle from any direction (but preferably from the rear half) but must leave from the REAR HALF of the circle.

MEASURING THE PUT

- The official places the spike (with the zero end of the tape) on the nearest part of the imprint mark made by the shot.
- The tape is drawn tight and through the centre of the circle.
- The distance is measured at the point where the tape crosses the inner edge of the ring to the nearest centimeter.

SHOT SIZES

Age Group	Size	Age Group	Size
Under 6 & 7 Boys	1.0kg	Under 6 & 7 Girls	1.0kg
Under 8 Boys	1.5kg	Under 8 Girls	1.5kg
Under 9, 10,11 Boys	2.0kg	Under 9,10,11 & 12 Girls	2.0kg
Under 12, 13 & 14 Boys	3.0kg	Under 13,14,15 & 16 Girls	3.0kg
Under 15 & 16 Boys	4.0kg		

HURDLE EVENTS

Event	Age Group	Height of Hurdle	Distance To 1st Hurdles	Distance Between Hurdles	Distance To Finish	Number of Hurdles
60m	Under 8, 9	45cm	12m	7m	13m	6
60m	Under 10,11	60cm	12m	7m	13m	6
60m	Under 12	68cm	12m	7m	13m	6
80m	Under 13 Under 14 (G)	76cm	12m	7m	12m	9
90m	Under 14 (B) Under 15 (G)	76cm	13m	8m	13m	9
100m	Under 15 (B) Under 16	76cm	13m	8.5m	10.5m	10
200m	Under 13	68cm	20m	35m	40m	5
200m	Under 14	76cm	20m	35m	40m	5
300m	Under 13,14, 15 & I/Aths	68cm	50m	35m	40m	7

