RULES OF COMPETITION

2026/27



NSW ATHLETICS

REVISION 2026/2027

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PREFACE

These rules are provided for the following purposes:

- As guidelines to support weekly club Activities
- For use at all Zone and Regional Championships for all age groups
- For use at the NSW Athletics State Championships (age groups 9s, 10s, 11s, 12s)
- For use at the NSW Combined Events carnival in March

It is important to note that all other State Championships for ages 13s and above will be conducted under the rules of World Athletics (or World Para Athletics as appropriate) with modifications as outlined in the Technical Regulations available for each specific competition on the NSW Athletics website. For the avoidance of any doubt, these competitions include, but may not necessarily be limited to: NSW Junior Championships, NSW Combined Event Championships (January), NSW Relay Championships (weekend 2).

Furthermore, other competitions as delivered by NSW Athletics, will have their own competition rules/Technical Regulations, and may, if appropriate, refer back to the Rules of Competition (ROC) or World Athletics rules where it is deemed necessary. For the avoidance of any doubt, these competitions would include the Treloar Shield, NSW Specialist Series, NSW Allcomers series, Winter Track & Field, Primary Schools Carnival, NSW All Schools, NSW Winter Running & Walking Series.

At any time where there is doubt about the application or interpretation of these rules, the benefit of that doubt shall be in favour of the athlete.

Little Athletics Standard Rules

Little Athletics competitions in Australia are conducted in accordance with the WA Technical Rules (TR), Competition Rules (CR) and Medical Rules (MR) currently in force with modifications provided for in these Rules.

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

Where a whole WA Rule or part of a WA Rule is modified, the modification will be listed.

The following rules must be applied for all Competitions conducted within Little Athletics by Affiliated Associations and are applicable to the Standard Events of Australian Little Athletics. Except as otherwise provided in these rules, all competition will be conducted in accordance with the World Athletics (WA) rules of competition. The exceptions to the WA Rules stated in these rules have been modified to be age appropriate for children and young people from the age of Under 7 and above.

Affiliated Associations must seek written approval from the LAA Management Team or BOD to modify the standard rules at affiliated competitions.

These rules apply to National and Association competitions.

There are several rules relating to Affiliated Associations Championships and their processes which are not covered by WA, and these have been incorporated in this document. Each LAA Association will be expected to adopt the LAA Standard Rules for Competition and may make Association-based additions to satisfy their local requirements.

For Athletes and Officials participating in competitions covered under these rules, you will need to understand BOTH the WA Rules booklets and this document.

At any time where there is doubt about the application or interpretation of these rules, the benefit of that doubt shall be in favour of the athlete.

From time-to-time World Athletics, Athletics Australia, Little Athletics Australia, and other bodies may release new versions of the Rules or Technical documents. The LAA National Technical Committee will first assess these changes and make recommendations to the LAA Management Team and then will update these rules to reflect any changes if required.

Individual Association Grievance procedures will deal with any dispute related to competitions under these rules where processes have been exhausted through these rules.

WA Competition Rule Book

Online copies of the current WA Rule Book can be downloaded from the following website:http://www.worldathletics.org

Click on the menu option at the top right of the page (three stacked lines), click on LIBRARY. At the top of the page click on Constitution and Book of Rules. The main tab to use will be Book C - Competition. The rules consist of two documents – C1.1 Competition Rules and C2.1 Technical Rules.

WPA Competition and Classification Rule Books Online copies of the current WPA Rule Books can be downloaded by clicking following links:

World Para Athletics Rules and Regulations
https://www.paralympic.org/athletics/rules

NSW Athletics

NSW Athletics was launched in June 2026 creating a truly unified and integrated athletics offering. This streamlines the sport under a single affiliation structure, a single membership model and a single championship and event pathway, ensuring a more inclusive, efficient, and accessible experience for all participants in the NSW athletics community.

Abbreviations

WA	World Athletics
WPA	World Para Athletics
AA	Australian Athletics (formerly Athletics Australia)
LAA	Little Athletics Australia
NSWA	NSW Athletics

CHANGES TO RULES SINCE JULY 2025

RULE	PAGE	DESCRIPTION	CHANGE	DATE
Preface	1-2	Preface	Updated preface to reflect formation of NSW Athletics	July 2026
Preface	2	Preface	Update of statement on NSW Athletics	July 2026
Preface	2	Preface	Update of common abbreviations	July 2026
7.2	35	False Start	Replace “break” with “false start”	July 2026
7.3 (a)	35	6s 200m and 300m	Update that 6s 200m and 6s 300m do notrun in lanes	July 2026
7.6.1 (a)	37	Obstruction	Update “wheelchair” to “Para”	July 2026
7.6.2 (a) and (d)	37	Lane Infringement	Update age groups to align with NSWA pathway	July 2025
7.8 (p)	40	4x200m race	Include third way to run race	July 2026
11.9	63	Natural Disaster Clause	Update “Sport and Events Manager” to “General Manager – Sport Delivery”	July 2026
11.12 (ii)	64	Program for Zone/Region	Update “will” to “may”	July 2026
12	69 and 70	Para Classifications	Update “RR” to “T71-72”	July 2026

Note 1 – Throughout the document, updates have been made to refer to NSW Athletics rather than LANSW and ANSW.
Note 2 – Throughout the document, references to “centres” have been updated to “clubs”.
Note 3 – Throughout the document, references to “Multi-Class” have been updated to “Para”.
Note 4 – Throughout the document, edits have been made to make terms gender neutral where appropriate.
Note 4 – Throughout the document, edits have been made to formatting and errors that do not affect content.

SECTION A

STANDARD EVENTS & SPECIFICATIONS

1. LAA STANDARD EVENTS & EQUIPMENT SPECIFICATIONS

1.1. Standard Events

a. Little Athletics Australia shall determine a list of standard events for the Under 9 to Under 15 age groups. Such events and their specifications shall be listed on the LAA website and must be offered by all Affiliated Associations in their Association Championship(s).

b. Little Athletics Australia shall determine a list of recommended Standard Events and Specifications for the Under 6 to Under 8 age groups and a list of events that must not be offered for those age groups at any level of competition. Such events and their specifications are listed on the LAA website on the Rule of Competition.

c. Little Athletics Australia shall determine a list of recommended Standard Events and Specifications for the Under 16 and Under 17 age groups. Such events and their specifications shall be listed on the LAA website.

d. Little Athletics Australia shall determine a maximum allowable distance to be offered for each age group for the conduct of Out of Stadia Cross Country races and Out of Stadia Road Race Walking at all levels of competitions. Such events and their specifications shall be listed on the LAA website.

e. The maximum (individual leg) distance for track and height/weight specification for field within a relay event, must not exceed that age group's individual maximum specification as listed in the Standard Event Table and/or the Recommended Standard Events Table(s)

f. Associations may, at their discretion, conduct additional events at State Championships or at any other level so long as they do not contradict what is listed in the Standard Events on the LAA website.

g. Events deemed inappropriate for inclusion at all levels of competition by all affiliated Associations:

- All events over 8km
- Pole Vault
- Hammer Throw
- Steeplechase
- All events, Track or Field, which are listed as not allowed at any level of competition in Table 1 on the LAA website

1.2 Guidelines for Trialling an Event

a. Ensure that all equipment and specifications are in strict accordance with that as advised by the LAA.

b. The trialist must only be the age and gender as specified suitable for the event. It is not permissible to "experiment" outside these specifications.

c. The trial must be conducted under normal conditions.

d. At all times, the appropriate safety considerations must be adopted.

e. The trial shall be conducted with the greatest number of athletes in each age/gender group(s) possible.

f. The trial shall be for a maximum of two years.

g. The following points are to be reported:

i. age, gender, and number of athletes involved in each trial.

ii. safety considerations.

iii. event acceptance by athletes.

iv. ability of athletes to learn and perform the event, level of skill attained.

v. compare those skill levels to other events if possible.

vi. determine whether modifications etc. are required by consulting participating athletes/officials; and

vii. final evaluation should give an overall judgement on the event as to its viability:

- as an additional event.
- to replace an existing event.
- not to be adopted for a particular gender/age group; or
- not to be adopted for any gender/age group.

Note: *Australian Best Performance cannot be claimed when an event is classified as a Trial Event or Modified Trial Event. If the event or modification is adopted as standard by LAA, retrospective claims can be submitted for ratification.*

2. EVENT AND EQUIPMENT SPECIFICATIONS

2.1 Event Specifications

TABLE 1 – all events up to 12s listed in this table are aligned with LAA Rules and as described in Rule 1 above.

Age groups are defined in rule 5.2.2 of this document.

The 6s and 7s are recommended standard events that may be offered. Events in these age groups must not exceed the distances and/or specifications listed.

The 8s to 15s are standard events that may be offered at a Club level but must be offered at Zone, Region & State Championships. Events in these age groups must not exceed the distances and/or specifications listed.

The 16s, 17s and U20s are standard events that may be offered at a Club, Zone and Region level. Events in these age groups must not exceed the distances and/or specifications listed.

These event specifications provide a limit on the events an age group is able to compete in (including at clubs). Events that are not listed for an age group cannot be conducted for that age group.

	CLUB ONLY	CLUB & ZONE ONLY	CLUB, ZONE & REGION	CLUB, ZONE, REGION & STATE									
TRACK	**6s**	**7s**	**8s**	**9s**	**10s**	**11s**	**12s**	**13s**	**14s**	**15s**	**16s**	**17s**	**U20**
50 metres	✔	✔											
70 metres	✔	✔	✔	✔	✔								
100 metres	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔
200 metres	✔ Pack Start	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔
400 metres			✔ Pack Start	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔
Pack Start	300m	500m	700m										
800 metres				✔	✔	✔	✔	✔	✔	✔	✔	✔	✔
1500m						✔	✔	✔	✔	✔	✔	✔	✔
3000m								✔	✔	✔	✔	✔	✔
Walk (zone, region, state)				700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m	1500m	
Walk (state only)								3000m	3000m	3000m	5000m	5000m	5000m 10000m
Sprint Hurdles			60m	60m	60m	80m	80m	80m (F) 90m (M)	90m (F) 100m (M)	90m (F) 100m (M)	100m (F) 110m (M)	100m (F) 110m (M)	100m (F) 110m (M)
Long Hurdles								200m	300m	300m	400m	400m	400m
Relay Jnr													
4 x 100m				✔	✔	✔	✔						
Relay Snr													
4 x 100m								✔	✔	✔	✔	✔	
FIELD	**6s**	**7s**	**8s**	**9s**	**10s**	**11s**	**12s**	**13s**	**14s**	**15s**	**16s**	**17s**	**U20**
Scissor High Jump				✔	✔								
High Jump						✔	✔	✔	✔	✔	✔	✔	✔
Long Jump	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔
Triple Jump						✔	✔	✔	✔	✔	✔	✔	✔
Discus	350gm	350gm	500gm	500gm	500gm	500gm	750gm	750gm	1kg	1kg	1kg (F)	1kg (F)	1kg (F)
											1.5kg (M)	1.5kg (M)	1.75kg (M)
Shot Put	500gm	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg (F)	3kg (F)	3kg (F)	3kg (F)	4kg (F)
	Pink	Blue	Yellow	Orange	Orange	Orange	Orange	White	White	White	White	White	Red
									4kg (M)	4kg (M)	5kg (M)	5kg (M)	6kg (M)
									Red	Red	Green	Green	
Javelin						400gm	400gm	400gm(F)	500gm (F)	500gm (F)	500gm (F)	500gm (F)	600g (F)
								600gm (M)	700gm (M)	700gm(M)	700gm (M)	700gm(M)	800g (M)
Total # Events	**8 events**	**8 events**	**9 events**	**11 events**	**11 events**	**13 events**	**13 events**	**15 events**	**15 events**	**15 events**	**15 events**	**15 events**	**15 events**

PARA				REGION & STATE + Optional Zone			State + Optional Zone & Region	
TRACK	**Further event specs information in Section E**			**9s-10s**	**11s-12s**	**13s-14s**	**15s-16s**	**U20**
100m				✔	✔	✔	✔	✔
200m				✔	✔	✔	✔	✔
400m				✔	✔	✔	✔	✔
800m				✔	✔	✔	✔	✔
1500m					Optional	Optional	Optional	✔
FIELD	**Further event specs information in Section E**			**9s-10s**	**11s-12s**	**13s-14s**	**15s-16s**	**U20**
Long Jump				✔	✔	✔	✔	✔
Shot Put				✔	✔	✔	✔	✔
Discus				✔	✔	✔	✔	✔
Javelin					✔	✔	✔	✔

2.2 Hurdle Specifications

TABLE 2

Sprint Hurdles – Zone, Region and State (qualification through the pathway)

Age group	Distance	Run in	Separation	Run out	Flights	Height
8s Male	60 metres	12 metres	7 metres	13 metres	6	45 cm.
8s Female	60 metres	12 metres	7 metres	13 metres	6	45 cm.
9s Male	60 metres	12 metres	7 metres	13 metres	6	45 cm.
9s Female	60 metres	12 metres	7 metres	13 metres	6	45 cm.
10s Male	60 metres	12 metres	7 metres	13 metres	6	60 cm.
10s Female	60 metres	12 metres	7 metres	13 metres	6	60 cm.
11s Male	80 metres	12 metres	7 metres	12 metres	9	60 cm.
11s Female	80 metres	12 metres	7 metres	12 metres	9	60 cm.
12s Male	80 metres	12 metres	7 metres	12 metres	9	68 cm.
12s Female	80 metres	12 metres	7 metres	12 metres	9	68 cm.
13s Female	80 metres	12 metres	7 metres	12 metres	9	76 cm.
13s Male	90 metres	13 metres	8 metres	13 metres	9	76 cm.
14s Female	90 metres	13 metres	8 metres	13 metres	9	76 cm.
14s Male	100 metres	13 metres	8.5 metres	10.5 metres	10	76 cm.
15s Female	90 metres	13 metres	8 metres	13 metres	9	76 cm.
15s Male	100 metres	13 metres	8.5 metres	10.5 metres	10	76 cm.

Sprint Hurdles – State Only (direct entry to State. Zone and Region optional)

Age group	Distance	Run in	Separation	Run out	Flights	Height
14s Male	100 metres	13 metres	8.5 metres	10.5 metres	10	84 cm.
15s Male	100 metres	13 metres	8.5 metres	10.5 metres	10	84 cm.
16s Female	100 metres	13 metres	8.5 metres	10.5 metres	10	76 cm.
16s Male	110 metres	13.72 metres	9.14 metres	14.02 metres	10	76 cm.
16s Male	110 metres	13.72 metres	9.14 metres	14.02 metres	10	91 cm.
17s Female	100 metres	13 metres	8.5 metres	10.5 metres	10	76 cm.
17s Male	110 metres	13.72 metres	9.14 metres	14.02 metres	10	76 cm.
17s Male	110 metres	13.72 metres	9.14 metres	14.02 metres	10	91 cm.
Under 20 Female	100 metres	13 metres	8.5 metres	10.5 metres	10	84 cm.
Under 20 Male	110 metres	13.72 metres	9.14 metres	14.02 metres	10	99 cm.

Sprint Hurdles- Club Only (where no 110m Track is available)

Age group	Distance	Run in	Separation	Run out	Flights	Height
16s Male	100 metres	13.72 metres	9.14 metres	13.16 metres	9	76 cm.
17s Male	100 metres	13.72 metres	9.14 metres	13.16 metres	9	76 cm.
Under 20 Male	100 metres	13.72 metres	9.14 metres	13.16 metres	9	76 cm.

Long Hurdles – Zone, Region and State (qualification through the pathway)

Age group	Distance	Run in	Separation	Run out	Flights	Height
13s Female	200 metres	20 metres	35 metres	40 metres	5	76 cm.
13s Male	200 metres	20 metres	35 metres	40 metres	5	76 cm.
14s Female	300 metres	50 metres	35 metres	40 metres	7	76 cm.
14s Male	300 metres	50 metres	35 metres	40 metres	7	76 cm.
15s Female	300 metres	50 metres	35 metres	40 metres	7	76 cm.
15s Male	300 metres	50 metres	35 metres	40 metres	7	76 cm.

Long Hurdles –State Only (direct entry to State. Zone and Region optional)

Age group	Distance	Run in	Separation	Run out	Flights	Height
16s Female	400 metres	45 metres	35 metres	40 metres	10	76 cm.
16s Male	400 metres	45 metres	35 metres	40 metres	10	84 cm.
17s Female	400 metres	45 metres	35 metres	40 metres	10	76 cm.
17s Male	400 metres	45 metres	35 metres	40 metres	10	84 cm.
Under 20 Female	400 metres	45 metres	35 metres	40 metres	10	76 cm.
Under 20 Male	400 metres	45 metres	35 metres	40 metres	10	91 cm.

Long Hurdles – Club Only (where no 400m Track is available)

Age group	Distance	Run in	Separation	Run out	Flights	Height
16s Female	300 metres	50 metres	35 metres	40 metres	7	76 cm.
16's Male	300 metres	50 metres	35 metres	40 metres	7	76 cm.
17's Female	300 metres	50 metres	35 metres	40 metres	7	76 cm.
17's Male	300 metres	50 metres	35 metres	40 metres	7	76 cm.
U20 Female	300 metres	50 metres	35 metres	40 metres	7	76 cm.
U20 Male	300 metres	50 metres	35 metres	40 metres	7	76 cm.

2.3 Field Specifications

TABLE 3

Shot

Weight				Diameter			Colour
	Minimum		***Maximum***	***Minimum***		***Maximum***	
500g	*No specs as not competition*						Pink
1 kg	1 kg		1.025 kg	76mm		86mm	Blue
1.5 kg	1.5 kg		1.525 kg	76mm		86mm	Yellow
2 kg	2 kg		2.025 kg	76mm		90mm	Orange
3 kg	3 kg		3.025 kg	85mm		110mm	White
4 kg	4 kg		4.025 kg	95mm		110mm	Red
5 kg	5 kg		5.025 kg	100mm		120mm	Green
6 kg	6 kg		6.025 kg	105mm		125mm	

Discus

Weight			
	Minimum		***Maximum***
350 g	350 g		375g
500 g	500 g		525 gm
750 g	750 g		775 gm
1 kg	1 kg		1.025 Kg
1.5 kg	1.5 kg		1.525 Kg
1.75 kg	1.75 kg		1.725 Kg

Diameter			Material
Minimum		***Maximum***	
119mm		121mm	Compound
134mm		138mm	Compound
154mm		156mm	Synthetic
180mm		182mm	Synthetic
200mm		202mm	Synthetic
210mm		212mm	Synthetic

Javelin

Weight			
	Minimum		***Maximum***
400 gm	400 gm		425 gm
500 gm	500 gm		525 gm
600 gm	600 gm		625 gm
700 gm	700 gm		725 gm
800g	800 gm		825 gm

Length		
Minimum		***Maximum***
1.85m		1.95m
2.00m		2.10m
2.20m		2.30m
2.30m		2.40m
2.60m		2.70m

Batons

Diameter
38mm +/- 2mm (Senior)
32mm +/- 2mm (Junior)

Length			Weight
Minimum		***Maximum***	
280mm		300mm	50 gm
280mm		300mm	50 gm

High Jump Bar

Diameter		
Minimum		***Maximum***
29mm		31mm

Length	
4m (+/-20mm)	*2 D shaped end sections*

2.4 Spike Specifications

Table 4

SPIKES	6s	7s	8s	9s	10s	11s	12s	13s	14s	15s	16s	17s	U20
to be read in conjunction with Rule 5.8.1	x	x	x	x	x	✔	✔	✔	✔	✔	✔	✔	✔
						Laned Track Events only + LJ, TJ, HJ & JT	Laned Track Events only + LJ, TJ, HJ & JT	All Track Events Except Walks + LJ, TJ, HJ & JT	All Track Events Except Walks + LJ, TJ, HJ & JT	All Track Events Except Walks + LJ, TJ, HJ & JT	All Track Events Except Walks + LJ, TJ, HJ & JT	All Track Events Except Walks + LJ, TJ, HJ & JT	All Track Events Except Walks + LJ, TJ, HJ & JT

Note – Local ground rules may contravene NSWA Rules

2.5 Cross Country & Road Walks Maximum Distances

Table 5

The following distances are the maximum allowable distance to be offered for each age group for the conduct of Out of Stadia Cross Country, Road Running and Road Race Walking races at all levels of competitions.

CROSS COUNTRY												
	7s	8s	9s	10s	11s	12s	13s	14s	15s	16s	17s	U20
Female	1km	1km	1.5km	2km	3km	3km	3km	4km	4km	4km	4km	6km
Male	1km	1km	1.5km	2km	3km	3km	3km	4km	4km	6km	6km	8km

ROAD WALKS												
	7s	8s	9s	10s	11s	12s	13s	14s	15s	16s	17s	U20
Female	N/A	N/A	1.2km	1.5km	2km	2km	3km	3km	5km	8km	8km	15km
Male	N/A	N/A	1.2km	1.5km	2km	2km	3km	3km	5km	8km	8km	15km

PARA CROSS COUNTRY							
	7s	8s	9s-10s	11s 12s	13s-14s	15s-16s	U20
Female	N/A	N/A	1.5km	2km	3km	3km	3km
Male	N/A	N/A	1.5km	2km	3km	3km	3km

SECTION B

COMPETITION GENERAL & TECHNICAL RULES

These rules are provided for the following purposes:

- As guidelines to support weekly Club Activities.
- For use at all Zone and Regional Championships for all age groups.
- For use at the NSW Athletics State Championships (age groups 9s, 10s, 11s, 12s).
- For use at the NSW Combined Event Carnival in March.

It is important to note that all other State Championships for ages 13s and above will be conducted under the rules of World Athletics (or World Para Athletics as appropriate) with modifications as outlined in the Technical Regulations available for each specific competition on the NSW Athletics website. For the avoidance of any doubt, these competitions include, but may not necessarily be limited to: NSW Junior Championships, NSW Combined Event Championships (January), NSW Relay Championships (weekend 2).

Furthermore, other competitions as delivered by NSW Athletics, will have their own competition rules/Technical Regulations, and may, if appropriate, refer back to the Rules of Competition (ROC) or World Athletics rules where it is deemed necessary. For the avoidance of any doubt, these competitions would include the Treloar Shield, NSW Specialist Series, NSW Allcomers series, Winter Track & Field, Primary Schools Carnival, NSW All Schools, NSW Winter Running & Walking Series.

3. MEDICAL RULES

3.1 Medical/Safety Services at Competitions

a. A Medical Officer, with appropriate first aid or medical qualifications, should be appointed at each athletic competition.

b. A Referee may call the attending Medical Officer to examine any athlete in obvious stress or pain, due to illness or injury. If on the advice of the Medical Officer:

   i. Further treatment is required; and/or

   ii. 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.

c. On advice from the Medical Officer to the appropriate Referee, an athlete may be removed from an event if they appear to be suffering from heat stress, an asthma attack or any other medical condition which poses a serious risk of injury.

d. Asthmatics should use their inhalers prior to the event if necessary and shall be allowed to take their inhalers to the field event site. Asthma inhalers may be carried by an athlete during the event but must not be held in the hand.

e. If the inhaler is used after the event has commenced, the athlete is required to withdraw immediately and may not return to the event.

- If following the application of Rules 3.1c & 3.1d, the athlete returns to competition and suffers a further asthma attack, they shall be immediately removed from that and all other events to seek medical treatment.
- Use of inhalers is permitted while waiting at field events, but not during a trial.

Note: - Should an attack of asthma develop during the event, the athlete should:

- Withdraw from the event immediately and may not return to the event.
- Use their medication.
- Contact their family doctor as soon as possible and advise that an attack had developed and seek advice.
- Should an attack develop after the race, the athlete should seek medical advice.
- Any assistance given to the athlete by the Medical Officer is for medical reasons only and therefore not regarded as assistance to the athlete.

f. When an athlete has been advised not to compete due to an injury or illness as per above sections the athlete may compete at their own risk on completion and submission of a Parent/Guardian Medical Advice Waiver form.

4. COMPETITION & TECHNICAL RULES

At any time where there is doubt about the application or interpretation of the rules, the benefit of that doubt shall be in favour of the athlete.

4.1 Officials

4.1.1 Referees

a. Sufficient Referees shall be appointed to cover all event areas, including but not limited to, Call Room, Track Events and Field Events.

    i. Preferably, separate Field Event Referees shall be appointed for jumps and throws.

b. It shall be the responsibility of a Referee to:

    i. Ensure that the field officials prepare and set up their respective areas and have them ready for inspection by the Referee a minimum of 15 minutes prior to the commencement of the first event of the day.

    ii. Supervise the set up and verification of the check measurement prior to and at the conclusion of each event when an EDM is used.

    iii. Ensure that the rules are observed and explained to the athletes.

    iv. Decide any technical points that arise during the competition, including those not covered by the rules.

    v. Ensure the Chief Judges correctly supervise the measurement of performances.

    vi. Upon completion of each event check and sign the final result sheet and immediately hand to the Recording Area.

    vii. Deal with any disputed points.

    viii. Verify that records have been correctly measured and verify High Jump record attempts are measured prior to trials being taken.

c. The appropriate Referee shall rule on any protest or objection regarding the conduct of the competition.

d. They shall have authority to warn, or exclude from the competition, any athlete guilty of improper conduct.

e. If in the opinion of the Referee circumstances arise at any carnival so that justice demands that any event should be contested again, the Referee shall have the power to declare the event void and such event shall be held again, either on the same day or on some future occasion.

f. If for any reason an athlete is hampered in a trial in a field event, the Referee shall have the power to award that athlete a substitute trial.

g. Referees and judges may change their mind if their decision was incorrect.

Note:

- It is desirable that Referees visit the ground prior to the meet.
- They should check the landing areas, runways, take-off areas, circles, and boards, making sure that everything is in order throughout the competition.
- During the carnival they should move around checking measurements, observing the way officials are carrying out their duties, speeding up things where officials and/or athletes are unnecessarily slow.
- They must be familiar with the current NSWA Rules of Competition and WA Rules.

4.1.2 Field Judges

4.1.2.1 Appointment of Judges

a. The Chief Judge for each field event shall: -

i. Allocate the duties among the officials for their respective events.

ii. Inspect the area they are responsible for.

iii. Check for any hazards that may cause injury to the athletes.

iv. Ensure that all facilities comply with the Rules of Competition.

4.1.3 Track Referee

4.1.3.1 Appointment

a. A separate Referee(s) shall be appointed for the track.

b. A Referee appointed to oversee the start is designated the Start Referee.

c. If no Start Referee is appointed, then the Track Referee is the Start Referee at the start/finish line. For any starts away from the main start/finish line, the Track Referee can deputise the Chief Starter as the Start Referee.

4.1.3.2 Responsibilities

a. It shall be the responsibility of the Track Referee to:

i. See that the rules are observed and explained to the athletes.

ii. Decide any technical points which arise during the meeting, and for which provision has not been made in the rules.

iii. Order re-runs of track events (involving only those athletes whose positions are in dispute).

iv. Check the final results.

v. Deal with any disputes/protests.

vi. Verify records.

b. They should be personally satisfied as to the markings on the track (staggers, take-over zones, hurdles, etc.). If any issues arise, then the Track Referee needs to consult with the Carnival Manager to amend those issues.

c. To confer with the Chief Walk Judge and indicate any athletes who are to be disqualified for track infringements before walk results are finalised.

d. They shall have jurisdiction to decide placings in a race only when the Judges of the disputed place or places are unable to arrive at a decision.

e. Referees and judges may change their mind if their decision was incorrect.

f. The Start Referee should exercise all the powers of referee in relation to the start.

Note

- *They should be placed in a position to watch the whole race in case of obstruction, infringement, or interference on the part of any athlete.*
- *They should ensure that photographers or other unauthorised persons do not hamper the work of the Place Judges and Timekeepers at the finish. If possible, the area should be roped off.*
- They must be familiar with the current ANSW Rules of Competition and WA Rules.

4.1.4 Track Umpire

4.1.4.1 Duties

a. They are assistants to the Track Referee without the power to make any final decisions.

b. The Track Referee/Chief Umpire positions them so that they can watch the competition clearly to observe a foul or violation of the rules by any athlete or other person, other than walking rules.

4.1.4.2 Responsibilities

a. The Umpires will be responsible for detecting breaches of track rules, e.g.

   i. Deliberate impedance or interference.

   ii. Athletes who leave their lane, the track, or the course.

   iii. Athletes who merge prior to the break line.

   iv. Athletes who cut corners.

b. Should they observe any violation of the rules, they must immediately signal (with a yellow indicator or radio) and make a report to the Track Referee/Chief Umpire. This includes the supervision of take-over points in relay races.

c. If they observe that a runner has run in a different lane from their own, the umpire should immediately indicate to the chief umpire the infringement and complete the appropriate form.

d. In relay races they will indicate to the Referee/Chief Umpire that the baton changes were correct.

4.1.5 Place Judges

4.1.5.1 Placement

If place judges are used, then the following applies:

a. The Place Judges determine the official placings when hand timing or gate timing is used. They may be used when a Photo Finish System is in use, but only as a back-up for system failure.

b. Where hand timing and manual place judging is used finishing posts should be painted white, be a minimum of 1.5m high and should be placed 20cm from the inside and outside edge of the track at the finish line.

c. A Chief Judge will be appointed and will be responsible for allocating Place Judges for all placings.

d. Sufficient judges shall be appointed for the number of athletes entered.

4.1.5.2 Duties

Place Judges shall:

a. Decide the order in which the athletes finish.

b. Write down the lane number of the athlete they are placing. These numbers must be written down without the Judge taking their eyes off the finishers.

c. Act independently from one another i.e. not discuss placing.

d. The athletes shall be placed in the order in which any part of the torso (as distinguished from the head, neck, arms, legs, hands, or feet) reaches the vertical plane of the nearer edge of the finishing line.

e. The Chief Judge will ensure that all athletes have been placed prior to advising the athletes of their placing.

f. The Chief Judge will notify the Chief Timekeeper or Gate Timing Operator when all Judges are ready for the next event.

g. The judges may reconsider any original decision made by them if it was made in error, provided the new decision is still applicable. Alternatively, or if a decision has subsequently been made by a Referee or the Jury of Appeal, they refer all available information to the Referee.

4.1.5.3 The Chief Track Judge

a. The Chief Track Judge will ensure that all athletes have been placed prior to advising the athletes of their placing.

b. In any case where they cannot arrive at a decision the Chief Track Judge shall refer the matter to the Track Referee for decision.

c. The Chief Track Judge may refer to the photo finish judge for assistance in determining correct placings.

d. The Chief Track Judge will notify the Chief Timekeeper when all Track Judges are ready for the next event.

4.1.5.4 Photo Finish Judge

a. Sufficient photo finish judges are to be appointed at carnivals where photo finish is used for finish line places.

4.1.6 Starter(s)

a. The Starter has entire control of the athletes on their marks and is the sole judge of any event connected with the start. Decisions made by the Starter can only be overruled by a Start Referee.

4.1.6.1 The Recaller

a. One or more Recallers shall be assigned to assist the Starter.

b. Recallers shall be placed so that they can see each athlete assigned to them.

c. If the Recaller is of the opinion that the start was not a fair one, they shall recall the athletes by firing of a gun or activating a suitable audible sound.

d. If there is a recalled start the Recaller shall advise the Starter of the reason for the recall. The Starter shall decide the action taken.

4.1.6.2 The Starter's Assistant

The Starter's Assistants shall:

a. Check that the athletes are competing in the correct heat or race.

b. Check that the athletes are wearing their club uniform, numbers, shoes and that all numbers are visible.

c. Place each athlete in their correct lane/start order, as listed in the program, in line approximately 3m behind the starting line.

d. An athlete shall not be allowed to compete in a heat other than the one in which their name appears, except by consent of the referee.

e. When the Starter has ordered the athletes to their marks, the Starters Assistant must see that no athlete has placed fingers, hands or feet on the starting line or the ground in front of them.

f. Signal the Starter that all athletes are ready.

g. If any difficulties arise, must signal the Starter immediately.

h. Assemble the athletes again when a fresh start is ordered.

i. Be responsible for the readiness of batons for the first runners in relay races.

4.1.6.3 Positioning

When selecting a position for starting, 3 main points must be kept in mind:

- Stand well away from the athletes.
- See all the athletes in the narrowest possible angle of vision.
- Be visible to the timekeepers.

*A loudhailer or portable amplifier is an advantage in starting 200m and 400m races.

4.1.7 Guidelines for Field Officials

4.1.7.1 High Jump

4 officials are preferred.

a) Official 1 (normally the Chief Judge) will:
   i. Rule on the validity of the trial and indicate a fair jump with a white flag and a failure jump with a red flag.
   ii. Measure the bar as it is raised and announce the new height to the athletes.

b) Officials 2 and 3 will:
   iii. Stand well away from the uprights during trials to avoid distracting the athletes, but in line with the plane of the uprights.
   iv. Replace the bar as required.

c) Official 4 will:
   v. Call up the athletes and record the results. In marking the sheet, a jump is recorded thus:
      1. A clear jump shall be indicated as an 'O'.
      2. A failure shall be indicated as an 'X'.
      3. A jump not taken (pass) shall be indicated as a '-'.
   vi. All attempts must be recorded.
   vii. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.

d) There is a mistaken belief that provided the jumper scrambles off the landing area before the bar falls, it does not count as a failure. This is quite wrong, and there is no rule to this effect.

e) Officials must watch very carefully, particularly when there is a wind blowing, and must make up their mind whether the crossbar fell as a result of the jumper knocking it, or whether the wind was the true cause of it falling. Prior to an athlete making an attempt, the crossbar may be steadied by an official up to the last possible moment.

4.1.7.2 Horizontal Jumps

a) 5 officials are preferred.

b) Official 1 (normally the Chief Judge) will:

   i. Act as the take-off judge, who alone will decide the validity of the jumps.

   ii. Indicate a fair jump with a white flag and a failure jump with a red flag. Before declaring a "failure" for a foot fault, the take-off Official must be satisfied that the athlete while taking off, breaks the vertical plane of the take-off line with any part of the take-off foot/shoe, whether running up without jumping or in the act of jumping.

   iii. Advise the athlete the reason for a failure.

c) Official 2 will:

   i. Operate in the vicinity of the take-off and will hold the tape and read off the measurements.

   ii. Level the take-off area in the 6s to 10s age groups.

d) Official 3 will:

   i. Operate on the landing area and with a spike, holding the zero end of the tape, mark the break in the sand from which the measurement is made.

e) Official 4 will:

   i. Rake and level the pit after each trial to ensure a smooth and even surface and landing area.

   ii. A further assistant may be required to assist with the raking with the older age groups.

f) Official 5 will:

   i. Call up the athletes and record the results

   ii. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.

4.1.7.3 Shot Put

a) 5 Officials are preferred (6 if EDM used).

b) Official 1 – (normally the Chief Judge) will:

   i. Watch the position of the shot throughout the trial (from about 2m from the circle and to the front) on the **side of the "putting" arm** and will read the measurement (if tape used).

   ii. Indicate a fair put with a white flag and a failure put with a red flag.

   iii. Advise the athlete of the reason for any failure.

c) Official 2 will:

   i. Stand on the opposite side of the circle and watch for infringements by the foot and also pulls the tape through the centre of the circle.

d) Sector Officials 3 and 4 will:

   i. Mark the fall of the shot with a spike holding the zero end of the tape or EDM prism.

   ii. Return the shot to the athletes. (The shot must always be carried and never thrown).

e) Official 5 will:

   i. Call up the athletes and record the results.

   ii. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.

Note

- *The most likely infringement will be at the front of the circle where the force of the leg drive may cause the athlete to touch the top of the circle or stop board, or even go over it.*

- *Another infringement may occur at the rim, just to the left of the stop board (for a right-handed putter) caused by the right foot being driven hard against the stop board and the left foot pushed forward, and out of the circle to preserve balance.*
- *Officials should watch for the athlete who, following a poor throw touches the top of the stop board to invalidate the throw.*

f) EDM operator (where used) should:

i. In conjunction with the chief judge, set up the EDM (including check marks)

ii. Measure each valid trial using the EDM

iii. Call out each valid measurement to the recorder ensuring that the measurement repeated by the recorder is the same.

iv. Wave off the official with the spike after the measurement is repeated back by the recorder.

v. Advise chief judge when the EDM is ready for the next trial.

vi. Validate check mark at the beginning and end of each event.

4.1.7.4 Discus

a) 6 officials are preferred (7 if EDM used).

b) Official 1 (normally the Chief Judge) will:

i. Stand **outside the Discus cage** to the front of the circle and will watch for infringements, which are most likely to occur at the front and ensure the discus has landed before the athlete leaves the circle.

ii. Indicate a fair throw with a white flag, a failure throw with a red flag and will read the measurement (if tape used).

iii. Advise the athlete the reason for a failure.

c) Official 2 will:

i. Stand **outside the Discus cage** and to the rear of the circle.

ii. Watch for infringements at the rear as the thrower turns and will also pull the tape through the Centre of the circle.

d) Officials 3 & 4 will:

i. Operate in the field watching the sector lines and assist in determining the point of landing.

ii. Return the discus to the athletes. (The discus must always be carried and never thrown).

e) Official 5 will:

i. Mark the fall of the discus with a spike either holding the zero end of the tape or EDM prism.

Note

Since the landing of a discus is somewhat unpredictable the officials must observe the actual landing carefully. A discus may land in various ways:

- *On its front edge, which presents no difficulty.*
- *Absolutely flat, when it may be difficult to determine the actual point of contact, particularly on hard ground.*
- *Tilting over as it lands, with the spin imparted by the thrower causing it to cut up the turf. This may appear to be the mark, but a closer examination of the ground in the immediate vicinity will almost certainly show a curved indentation some 5-10cm behind the cut-up turf. This is the first mark made by the implement on landing, and it is from here that the measurement is taken.*

f) Official 6 will:

i. Call up the athletes and record the results.

ii. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.

g) EDM operator (where used) should:

i. In conjunction with the chief judge, set up the EDM (including check marks)

ii. Measure each valid trial using the EDM

iii. Call out each valid measurement to the recorder ensuring that the measurement repeated by the recorder is the same.

iv. Wave off the official with the spike after the measurement is repeated back by the recorder.

v. Advise chief judge when the EDM is ready for the next trial.

vi. Validate check mark at the beginning and end of each event

4.1.7.5 Javelin

a) 6 Officials are preferred (7 if EDM used)

b) Official 1 (normally the Chief Judge) will:

i. Watch for infringements along the runway and at the front of the arc.

ii. Determine whether the javelin is held and thrown in accordance with the rules and ensure the javelin has landed before the athlete leaves the runway.

iii. Indicate a fair throw with a white flag, a failure throw with a red flag and read the measurement (if tape used).

iv. Advise the athlete of the reason for a failure.

c) Official 2 will:

i. Stand approximately 8-10m behind the arc alongside the runway.

ii. Pull the tape through the centre of the circle of which the throwing arc is part.

iii. Assist Official 1 in determining that the Javelin is thrown in the correct manner.

d) Officials 3 and 4 will:

i. Operate in the field watching the sector lines and assist in determining the point of landing.

ii. Return the javelin to the athletes. (The javelin must always be carried back to the runway and never thrown).

e) Official 5 will:

i. Mark the spot where the point of the javelin first touched the ground.

ii. Move from the side without taking their eyes off the mark.

iii. Indicate a failure by: -

- Pointing outside the sector line when the javelin first landed outside the sector OR
- Raising a hand to indicate that first point of contact was not made by the metal head of the javelin.

iv. Mark the point of landing nearest to the runway with a spike holding either the zero end of the tape or EDM prism.

Note

- *These officials should, where possible, position themselves in line with the point of landing. The actual point of landing may be difficult to find, so it is essential that these Officials watch very carefully.*

- *Officials must maintain strict control over all throwing, including 'casual' throwing during warm-up and between competition throws. Athletes also have a safety responsibility.*

f) Official 6 will:

i. Call up the athletes and record the results.

ii. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.

g) EDM operator (where used) should:

i. In conjunction with the chief judge, set up the EDM (including check marks)

ii. Measure each valid trial using the EDM

iii. Call out each valid measurement to the recorder ensuring that the measurement repeated by the recorder is the same.

iv. Wave off the official with the spike after the measurement is repeated back by the recorder.

v. Advise chief judge when the EDM is ready for the next trial.

vi. Validate check mark at the beginning and end of each event.

5. GENERAL COMPETITION RULES

5.1 The Athletics Facility/Area

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

b. Athletes and officials only are permitted on the Competition area. Athletes must leave the area immediately after the completion of their event.

5.2 Eligibility, Age and Gender Categories

5.2.1 Eligibility

a. All athletes must be registered members of NSW Athletics with a competitive membership or be registered with an invited association.

b. Athletes must compete in their own age group with the exception of being part of a Relay team at either Zone, Region or State Championships and the State Relays.

5.2.2 Age Categories

a. NSW Athletics will be conducted in the age groups below.

b. Age groups shall be based on being under the specific age (except for Tiny Tots) on 31 December in the calendar year in which the NSW Athletics summer season commences.

- Tiny Tots (children who have turned 3 years of age and who will be less than 5 years of age on 31 December in the calendar year in which the Little Athletics summer season commences) to participate in approved activities for the development of gross motor skills.

- 6s – means five years of age as at midnight on 31 December that year.
- 7s – means six years of age as at midnight on 31 December that year.
- 8s – means seven years of age as at midnight on 31 December that year.
- 9s – means eight years of age as at midnight on 31 December that year.
- 10s – means nine years of age as at midnight on 31 December that year.
- 11s – means ten years of age as at midnight on 31 December that year.
- 12s - means eleven years of age as at midnight on 31 December that year.
- 13s – means twelve years of age as at midnight on 31 December that year.
- 14s – means thirteen years of age as at midnight on 31 December that year.
- 15s – means fourteen years of age as at midnight on 31 December that year.
- 16s – means fifteen years of age as at midnight on 31 December that year.
- 17s – means sixteen years of age as at midnight on 31 December that year.
- U20s – means seventeen or eighteen years of age as at midnight on 31 December that year.

5.2.3 Gender Categories

a. Male and Female categories will be offered in all age groups.

5.3 Event Clashes

5.3.1 Clash Manager (when appointed)

a. At no time shall an athlete leave an event on their own to compete in another event that is clashing. The athlete will be met by an Event Clash Manager who will take the athlete from one event to the other.

b. If an athlete departs an event without an Event Clash Manager the athlete will be unable to continue in the event that they have departed upon return.

5.3.2 Clash of Events

a. Except for High Jump, where a clash of events occurs, the Chief Judge may allow the athlete to compete out of round and out of order in all rounds. It is not permitted for an athlete to have two or more consecutive trials, nor can an athlete demand to have a trial that has been missed.

Note: The first three rounds of trials must be completed, and a final eight determined prior to any other subsequent rounds of trials being commenced.

b. For High Jump, where a clash of events occurs, the Chief Judge may allow the athlete to compete out of order. The athlete re-joins the competition at the current height of the bar.

c. Athletes having been taken from a field event to a track event by the Clash Manager must return to the field event immediately following their release from the track event. The Clash Manager may not return athletes to field events after Track events.

5.4 Order of Events

a. The carnival manager shall have the right to alter the order of events.

5.5 Calls

a. Each event will receive 2 calls, except for any fully timed carnivals.

b. Calls will not be made for individual athlete in any event.

5.6 Call Room

a. An athlete competing at championships or carnivals with a Call Room operating for their age group, must report to the designated Call Room(s) prior to joining their event. The only exemptions to this are: -

   i. An athlete competing in clashing event who is taken to their event by an official.

   ii. When the carnival management makes an announcement to the contrary. i.e. when an announcement is made instructing athletes to report directly to the first field event.

   iii. If heats in any track event are condensed to a lesser number of heats or to a straight out final, no athlete may join the event once the decision has been announced.

   iv. If an athlete does not report to the Call Room (with exception of the first field events of the day) they will not be permitted to compete in the event.

5.7 Athlete Order

a. Athletes will compete in the order of lane selection for all track events.

b. The lane draw for finals will be posted prior to the event.

c. In field events, athletes shall compete in the order so drawn.

5.8 Clothing, Shoes and Athlete Bibs

5.8.1 Footwear

a. Appropriate footwear is compulsory for all athletes in all events.

b. No athlete may wear football boots or cleats in any event.

c. Athletes in the 6s – 10s age groups shall not wear spike shoes.

d. Athletes in the 11s – 12s age groups may wear spike shoes in events run entirely in lanes only. Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.

e. Athletes in the 13s – U20 age groups may wear spike shoes in all track events (includes laned or un-laned events) except walks. Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.

f. All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.

g. Spike shoes cannot be worn outside the defined "Field of Play" unless all spikes are suitably covered.

h. Officials and Volunteers must wear enclosed shoes at all times.

5.8.2 Dimension of Spikes

a. Spike length (subject to any further constraint from ground policies):

i. Synthetic - Track - 7mm maximum
Long Jump / Triple Jump / High Jump / Javelin - 9mm maximum

ii. Grass - Track / Long Jump / Triple Jump /High Jump / Javelin - 12mm maximum

Note: *the organising body will advise participants of the dimensions and type of spikes allowed at the competition venue as determined by the venue management.*

5.8.3 Headwear

a. Athletes are able to wear headwear during track and field events.

i. Should headwear be taken off or fall off during Javelin, Long Jump, Triple Jump, Shot Put or Discus, no penalty will be incurred.

ii. Should headwear fall off during High Jump and cause the bar to fall, then this is a foul (all children should be informed of this prior to the commencement of the event).

iii. Should headwear fall off during a track event and impedes another athlete the offending athlete may be disqualified.

5.8.4 Uniform

a. NSW Athletics must approve ALL club uniforms.

b. All athletes must compete in their registered club uniform. In the case of individually registered

athletes, club uniform shall be classified as the generic uniform, as determined by NSW Athletics

c. Any clothing worn below the knee in any walks event must be form fitting to ensure that the rules of competition for walks can be judged appropriately.

d. If the uniform top has a logo, it must be no more than 5cm in height, have lettering no more than 4cm in height and not exceed a total of 30cm sq (i.e. 5cm x 6cm, 3cm x 10cm, etc.) unless the logo is a club logo or club sponsor logo approved by NSWA.

e. Competition singlets/shirts must not cover any compulsory number (e.g. registration number), patches (e.g. age patch) or sponsor logos. An athlete will be asked to tuck in the singlet/shirt if it covers a compulsory number or patch and an athlete may be fouled or disqualified if they fail to comply with this request.

f. Athletes may wear a plain shirt under their competition uniform (e.g. no graphics or pictures/logos). It is preferred that the shirt be white or a neutral colour, so it does not clash with the uniform design.

5.9 Assistance to Athletes

a. The possession or use by athletes of music devices, mobile phones, or similar devices in the competition area shall not be permitted. This includes any device that can be used to communicate with any other person. If an athlete is found with such a device whilst on the track/field the device will be removed by an official and returned to the athlete at the conclusion of the event.

b. Coaching by officials at an event is not permitted. It shall not be considered coaching for an official to provide factual feedback to an athlete after a trial in a field event e.g. where the athlete's foot landed in relation to the take-off area in the long jump.

c. For the purpose of this rule the following shall not be considered as unfair aid or assistance to an athlete and are therefore allowed:

   i. Verbal or other communication to or from an individual who is not in the competition area (e.g. a coach*).*

   ii. A hands-on medical examination during the progress of an event by the Medical Officer(s) designated by the Organising Committee if it does not delay the conduct of the competition or an athlete's trial in the designated order.

d. For the purpose of this rule, pacing in races by persons not participating in the race, by runners or walkers lapped or about to be lapped or by any kind of technical device shall be considered as assistance and therefore not allowed.

e. The following action shall be taken where an athlete is considered as having received assistance: -

   i. Any athlete giving or receiving assistance from within the competition area during an event shall be cautioned by the Referee and warned that for any repetition, they will be disqualified from that event.

   ii. Any athlete contravening this rule during a field event must be cautioned by the Referee and warned that, for any repetition, they will be barred from further participation in that event. Any performance accomplished up to that time shall stand.

f. Para parents/carers seeking to accompany their athlete onto the competition track/field must

seek prior written approval from the carnival manager, which may be obtained up to and including the first day of competition at an event. This does not apply to T/F11 & 12 athletes who are allowed one guide.

g. Acoustic signals are permitted for athletes in T/F11 classification in Para events as specified in the following rules.

   i. Where acoustic assistance is being used (e.g. long jump) complete silence shall be requested from the other athletes.

5.10 Warnings and Disqualification

a. The appropriate Referee (or Association equivalent) will speak to an athlete or relay team who displays unacceptable or unsporting behaviour. Any repetition of that behaviour, will result in the athlete, or relay team, being disqualified.

b. Warnings may be indicated to the athlete verbally or by the showing of a yellow card. Warnings, or yellow cards, are to be notified by the referee to management of the competition who will maintain records of all warnings given for that competition. If a second warning or yellow card is given to an athlete during the same competition then the athlete will be excluded from further participation in that competition. A competition is defined as a single event, which may occur on one or multiple days, i.e. Club competitions, Zone Championships, Region Championships, State Championships, State Relay Championships, State Combined Championships are all single events.

c. If the offence is of a serious nature immediate disqualification may occur.

d. The Carnival Manager shall notify the athlete's or relay team's Team Manager of the behaviour and outcome.

5.11 Team Manager

a. Clubs must nominate the name/s of the Team Manager/s to the Information Official of the Championships at least 30mins prior to the start of the carnival, with the exception of the State Cross Country and State Road Walk Championships. This is to be done on the NSW Athletics supplied form.

Note: *if only 1 family is attending from a club, then one of the parents/guardians/carers will automatically be listed as Team Manager for that Championships. In all other circumstances, if no Team Manager is named, it will result in the club not being able to lodge any protests.*

If a club is allocated officiating duties the Team Manager will be responsible for organising those officials at the event.

5.12 Safety Officer

a. A Safety Officer must be appointed by the organising committee for all Championships/Carnivals, with the exception of the State Championships where a safety officer may be appointed at the discretion of NSW Athletics, and must adhere to all NSW Athletics safety guidelines

5.13 Wind Gauge

a. As per World Athletics requirements, a wind gauge may be used for 13s-U20s age groups, for their own qualifications, for track events up to 200m, Long Jump and Triple Jump.

5.14 Measurements

a. The Judges shall judge, measure, and record each valid trial of the athletes.
b. All measurements shall be made immediately after each valid trial.
c. Where possible, all measurements must be made using Electronic Distance Measuring (EDM). When EDM is not available, a plastic, fibreglass or steel tape measure graduated in centimetres, or a graduated bar for high jump, should be used.
d. In measuring all field events, except the High Jump, the zero end of the tape or EDM prism should be placed at the nearest edge of the mark where the implement first lands or where the athlete makes a mark in the pit closest to the take-off.
e. Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre.
f. In High Jump all measurements shall be made, in whole centimetres, perpendicular from the ground with a steel or fibreglass measuring bar to the lowest part of the upper (top) side of the bar.

5.15 Protests and Appeals

a. Protests must be made by the Team Manager, in writing, on the approved protest form within 15 minutes of the official results being posted. The organising committee shall be responsible for recording the time of posting. The protest must be handed to the Carnival Information Officer, accompanied by a deposit of $50.
b. When a protest is lodged with the Carnival Information Officer, the name of the protesting Association / Member and the reason for the protest is to be notified to all team managers and the main recording room.
c. One of two types of reasons will be notified – either on a technicality or on the judges' decision.
d. The decision will be conveyed to the relevant Team Manager/Managers prior to being notified to the Team Managers of the other Associations / Members. The notification shall be either - dismissed, upheld, or sent to Jury of Appeal.
e. There shall be a "Right of Appeal" to the Jury, which must be lodged within 15 minutes after the notification of the decision. The Appeal must be in writing and lodged with the Carnival Information Officer.
f. All Team managers will be notified that an Appeal has been lodged.
g. To arrive at a fair decision, the Referee and/or Jury of Appeal may consult all available evidence including video evidence however video will not be considered for any breaches of technical rules for Race Walking.
h. The decision will be conveyed to the relevant Team Manager/Managers prior to being notified to the Team Managers of the other Associations / Members. The notification shall be either – dismissed or upheld.

i. The protest fee of $50 will be refunded if the protest is upheld by either the Referee or the Jury of Appeal. If the protest is dismissed the fee will not be refunded. If the protest is deemed frivolous by the Jury of Appeal, the fee will not be refunded.

j. Where a protest involves disputed finish line placing, Team Managers of athletes involved may view the finish line video/photo finish solely for the purpose of ensuring that athletes are correctly identified.

k. The decision of the Jury (or the Referee when not referred to the Jury) is final and cannot be overturned post Championship / carnival / event.

l. Protests concerning the status of an athlete to compete in a carnival must be made prior to the commencement of such carnival, to the Jury of Appeal. If no jury has been appointed, then to the Referee. If that matter cannot be settled satisfactorily prior to the carnival, the athlete shall be allowed to compete "under protest".

On-Field Protests (Field Events only)

If an athlete in the 13s and above age groups makes an immediate oral protest against having an attempt judged as a failure, the Referee and/or Chief of the event may, at their discretion, order that the attempt be measured and the result recorded, in order to preserve the rights of all concerned. At the end of the round the Referee will adjudicate on the protest.

Note- For the avoidance of doubt, Clause 5.15(g) has been amended to permit the referee to review video evidence when adjudicating a protest. This enhancement empowers the referee to make more informed decisions and aims to reduce the number of matters escalated to the Jury of Appeal.

5.16 Jury of Appeal

The primary function of the Jury of Appeal shall be to deal with all appeals under 5.15 above, and any matters arising during the course of the competition which are referred to it for decision.

The Jury of Appeal will consist of a minimum of 3 people. A panel of 5-7 must be named prior to the commencement of the carnival and communicated within the carnival documentation. A minimum of 3 people will be selected from that group to act as jury as required. The makeup of both the initial panel and the Jury of Appeal will be determined by the following: -

i. Zone Championships – Zone Coordinator (or their appointee)

ii. Region Championships – Region Coordinator (or their appointee)

iii. All State Championships and/or Carnivals – The Technical Delegate after consultation with the NSW Athletics Competition lead (or their appointee)

Those directly involved in the protest are ineligible to sit on the Jury of Appeal.

5.17 Coaches Areas (Field)

a. A designated coaches' area will be provided for field events at the State Championships (State Relays, State Combined Event and Track & Field).

b. At Zone and Region level, coaches' areas may be provided at the discretion of the competition management. If they do provide this area, it must be noted that it is ONLY for athletes in the 13s to U20 age groups. It should also be noted that if NO coaches area is provided at Zone and Region level, then NO athlete (regardless of age) may leave the event area to approach the fence to speak with their coach/parent.

Note: *The coaches area is only for athletes in the 13s-U20s age groups. If the coaches area is provided, each field event will have a coaches area located in the spectator area close to the event, which will be marked by witches' hats (or similar). 13s – U20s athletes will be permitted to approach the coaches area after seeking permission from the event official. It is the responsibility of the individual athlete (not the event officials) to ensure they cross the track safely and do not miss a trial because they have left the immediate competition area to speak with their coach.*

6. NSWA STATE RECORDS AND AUSTRALIAN BEST PERFORMANCES

6.1 NSWA State Records

6.1.1 Age Groups

A permanent record shall be kept of NSWA State Records in the 7s to 17s (U18) age groups for boys and girls and will be published online.

The formula used for standardising the handheld time is as follows:

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

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

6.1.2 Qualifying Events

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

a. State Track & Field Championship. (Individual and Relay).

b. State Combined Events Carnival (Individual).

c. State Relay Championship (Individual and Relay).

Note: All equipment being used must comply with the NSWA Rules of Competition.

6.1.3 Requirements for Acceptance

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

a. Must be registered NSWA athletes.

b. The ground on which the performance takes place must have been surveyed and the current certificate of survey must be lodged with NSWA prior to the event.

c. All equipment must comply with World Athletic Rules, NSWA Rules. The necessary Results Sheets must have been signed by the Chief Judge and Referee in charge of the event and must be retained by the Carnival Manager.

6.1.4 Field

a. If more than one athlete records the same distance/height in a field event, which attains the state record, then all athletes shall be awarded a State Record (irrespective of final placings), at the conclusion of the event.

6.1.5 Track

a. If more than one athlete records the same time in the same race, then only the athlete awarded first place shall be awarded a State Record. In the case of a tie for first place both athletes shall be awarded the State Record.

b. The Carnival Manager shall forward a State Record Application Form to the NSWA office within **7 days** of the performance.

c. For manual records a copy of the ground survey certificate, original result and timekeeper's

sheets must be attached.

d. For electronic records, a copy of the ground survey certificate and a photo finish printout (including photo) must be attached. (Carnival Manager should retain copies.)

6.2 Australian Best Performances

a. A permanent record shall be kept of Australian Seed times (ABP) for registered athletes in the Under 9, 10, 11, 12, 13, 14 and 15 years age groups for boys and girls. For this purpose, age groups shall be based on being under the specific age on 31 December in the calendar year in which the Little Athletics summer commences.

b. For track events one (1) set of Australian Seed times will be maintained being the quickest time obtained using either:

   i. Electronic time (obtained using a fully automatic Photo Finish System and/or Timing Gates); or

   ii. A standardised hand time (obtained using stopwatches and/or manually operated Timing Machines and/or Timing Gates).

Note: *A standardised hand time is calculated by applying the following formula to the rounded-up hand time:*

- *For distances under 400m - hand held time + 0.24 seconds*
- *For distances of 400m or 4 x 100m relay - hand held time + 0.14 seconds*
- *For distances greater than 400m - no change*
- *A standardised time will be indicated with {S} or similar.*

   iii. ABP's will be recognised, for each age group, only for those events which LAA has determined to be standard events for that age group.

6.2.1 Requirements for Acceptance

a. The performance shall take place at a competition conducted and controlled by an affiliated Association's BOM/BOD, or at the ALAC.

b. The ground on which the performance takes place must have been surveyed and the conducting Association (who should hold a copy of the Certificate of Survey) must be satisfied that no athlete has gained an advantage as a result of the ground layout.

c. The watches (stopwatches and or manually operated timing machines) used to time the performance must be checked by a competent watchmaker, within thirty (30) days of the start and conclusion of the State/Territory Track & Field season and found not to be at variance by more than 0.05 seconds over twenty (20) minutes. This certification shall apply for all championships conducted or hosted by the Association during that season, including the Australian Little Athletics Championships.

d. The Timing Gates System shall be a commercially produced system and must have been checked/calibrated/certified within 12 months prior to the competition date and a certificate supplied.

e. Where the Timing Gates System is started and/or finished manually, the time shall be recorded to the 1/10th of a second. Unless a time is an exact 1/10th of a second, it shall be recorded to the next longer 1/10th of a second and the standardised hand timing procedure will apply.

f. Where the Timing Gates System is started and finished fully automatically, the time shall be recorded as the time reads from the system with no adjustment as per the rule for electronic time with no rounding or standardised adjustment.

g. All throwing implements must have been check-weighed and certified not underweight.

h. Where possible, all measurements must be made using Electronic Distance Measuring (EDM). A steel tape is no longer required to measure an Australian Seed times when EDM is used, calibrated and the usual checks are done to confirm accuracy both prior to and after the completion (the operators would normally do this). When EDM is not available, a calibrated and verified steel tape measure graduated in centimetres, or a graduated bar for high jump, should be used.

i. All equipment (including automated Photo Finish Systems) must comply with LAA Rules and specifications or, where no such LAA Rules and specifications exist regarding that event, with WA Rules and specifications.

j. The necessary Results Sheets must have been signed by the Chief Referee in charge of the event and must be retained by the Association.

k. For Track Relay Events, all members of the team must be of the same gender only. e.g. all boys or all girls

l. Claims for an ABP shall be submitted using the LAA approved Claim Form. A copy of all supporting documentation shall be attached to the Claim Form. All claims should be forwarded to the LAA Administration and Events Manager within twenty-eight (28) days of the completion of the carnival/competition at which the performance was recorded.

m. The affiliated Association responsible for the completion and submission of the Claim Form is determined as follows:

    i. for ABP's set at an ALAC, LAA shall complete and submit the Claim Form; or

    ii. for other ABP's, the affiliated Association which controls the conduct of the event shall complete and submit the Claim Form.

n. The Athletics Operations Manager is responsible for:

    i. ensuring that the ABP Claim Form has been correctly completed,

    ii. ensuring that the relevant equipment was checked and so certified,

    iii. presenting all claims to the next meeting of the LAA Management Team for acceptance and ratification (end May, end August, End November, end February)

    iv. providing ABP Certificates (via the LAA office) to successful athletes.

7. TRACK EVENTS

Note: *"Firing of a gun" can relate to any starting device, e.g. cap gun, revolver, electronic starting device, clap board, whistle, air horn etc.*

7.1 Starting Blocks

a. Athletes in the 10s and below are not permitted to use Starting Blocks at any event.

b. Starting blocks may be used by athletes in the 11s, 12s, 13s age groups for all races up to and including the 400 metres (including the first leg of all relays).

c. Athletes in the 14s, 15s, 16s, 17s and Under 20 age groups must use blocks at Region and State Championships for all races up to and including the 400 metres (including the first leg of all relays)

d. Notwithstanding (c) above, it is not compulsory for any athlete to use starting blocks at Club or Zone Championships (subject to ground regulations)

e. Personal starting blocks are not permitted where starting blocks are provided either by the venue or the Organising Committee for the Competition.

f. This rule will not apply where it contravenes any rule(s) made by the Venue Manager on the use of starting blocks. Any advice issued by the Venue Manager must be in writing on an official letterhead.

g. Some venues may enforce athletes who wear spikes in events run entirely in lanes up to and including 400m and the first leg of a relay to use the supplied starting blocks, e.g. SOPAC, Campbelltown. Check event FAQ's on the NSW Athletics website for venue rules.

7.2 Starting Techniques

a. Athletes may use a standing start for all track events. Where a standing start is used, an athlete who, immediately after the command "set", moves their foot to take up their final starting position shall be deemed to have complied with the rules of starting.

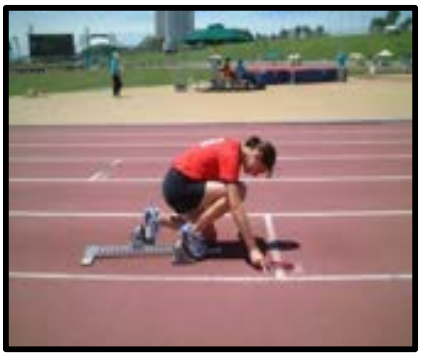
b. In races run entirely in lanes the following starting methods may be used:

   i. In a crouch start, the athlete's feet must touch the starting blocks (if in use) and both hands must touch the ground. At the call of 'On your marks' the athlete must have at least one knee placed on the ground. At the call of 'Set' the athlete must raise their knees off the ground.

   ii. In a standing start, no part of the hand or knee shall touch the ground.

c. If using Starting Blocks, a crouch start technique must be used.

d. In races not run entirely in lanes only a standing start may be used.





e. In any event where there are more athletes than can be placed in the front row, there shall be a second or more rows as needed. Athletes shall be placed according to the draw.

f. All races shall be started by the firing of a gun, but not before all athletes are steady "On their Marks".

g. After approximately 2 seconds the athlete's concentration fades, and if it has not been possible to affect the start the athlete should be told to "Stand Up". This order should be used whenever something has gone wrong, i.e. an athlete has indicated they are not set (by raising their hand), or when either the athlete's or the Starter's concentration has been broken. The order will also be used when a false start occur, especially in staggered starts when some athletes may be unaware of what has happened.

7.3 Lanes

a. A separate lane shall be provided for each athlete in all races up to and including 400m (except for the 6s 200m, 6s 300m and 8s 400m which will use a Pack Start. See Event Specifications – Section A).

   i. The 8s 400m may be conducted as one or two timed finals (two races).

   ii. In the 8s 400m Pack Start, athletes may move directly to lane one after the start of the race when safe to do so.

b. The 800m shall be conducted in lanes as far as the break line, with up to two athletes occupying each lane.

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

   Where a track does not have the break line marked, the 800m can be started as a pack start. Where this is undertaken, athletes may move directly to lane one after the start of the race when safe to do so.

c. Where possible, pack starts will be started so that the inside athlete shall be in direct line with the extension of the straight i.e. not on a curve (except 8s 400m).

d. The 3000m may be conducted as a split start. When there are more than 12 athletes in a race, they may be divided into two groups with one group of approximately 65% on the regular arched start line and the other group on a separate arched start line marked across the outer half of the track. The other group should run as far as the end of the first bend on the outer half of the track.

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

7.4 The Start

a. Before the start signal is given, the Starter shall ascertain that the timing system and judges are ready.

b. In races run entirely in lanes the Starter shall make the following commands: 'On your marks', 'Set', and the firing of the gun.

c. Once the command 'On your marks' has been given, late athletes are not permitted to join the event.

d. In events run entirely in lanes, on the command of 'On your marks' all athletes shall approach the starting line. When all athletes are steady the Starter issues the command 'Set', upon which the athletes shall assume the position from which they will commence the race. When all athletes are again steady the Starter shall fire the gun to commence the race.

e. In races not run entirely in lanes the Starter shall make the following commands: 'On your marks', and

the firing of the gun.

f. In events not run entirely in lanes, on the command 'On your marks' all athletes shall approach the starting line and assume the position from which they will commence the race. When all athletes are steady the Starter shall fire the gun to commence the race.

g. No athlete may place any part of their body on the ground on or over the starting line when they are 'on their-marks'. Where a crouch start is used by the first runner of a relay race the baton may touch the ground in front of the start line, providing the preceding rules are met.

h. If for any reason the Starter has to speak to any athlete after the athletes are 'on their marks', the Starter shall order the athletes to stand up and the Starter's Assistant shall place them on the assembly line again.

7.5 False Starts

a. If either the Starter or their Recaller(s) are of the opinion that the start was not a fair one, they shall recall the athletes by firing a gun or activating audible signal. If the unfair start is not due to any athlete, no warning shall be given.

b. If the Starter is of the opinion that an athlete left their mark with hand or foot after the words 'Set' (in events run entirely in their lane) or 'On your marks' (in events not run entirely in their lane) and before the gun is fired, it shall be considered a false start.

c. An athlete, who after the command 'On your marks' disturbs other athletes in the race through sound or otherwise, may be considered to have committed a false start.

d. If an athlete fails to comply with the 'set' command after a reasonable time this may constitute a false start.

e. If the Starter determines that prior to receiving the report of the gun an athlete initiated a movement that was not stopped and continued into the commencement of their start, it shall also be considered a false start. For 6s to 12s athletes, any athlete making a false start must be warned. If an athlete is responsible for 2 false starts, or 3 in the case of Combined Events, that athlete shall be disqualified.

f. For 13s athletes, only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified. This applies to all track events including Combined Events track events.

g. For 14s, 15s, 16s, 17s and Under 20 age groups at Club and Zone Carnival, only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start.

h. For 14s, 15s, 16s, 17s and Under 20 age groups at the Region and State Championships, any athlete responsible for a false start will be disqualified.

i. In practice, when one or more athletes make a false start, others are inclined to follow and strictly speaking any athlete who does so has also made a false start. The Starter should warn only such athletes who in their opinion were responsible for the false start.

Note on the intent of 7.5 (h). This rule has been added to align the rules for this age group to that of the pathway, and to enable future possibilities of granting 'permits' to region competition to increase the National Championships Qualification opportunities. This rule is not intended to be applied at club level where participation and education are paramount. Technical Officials are also encouraged to provide all available leniencies within the rules at Region Championships.

7.6 The Race

7.6.1 Obstruction

a. Any athlete, or athlete's guide runner who jostles or obstructs another athlete, so as to impede their progress, shall be liable to disqualification from that event. The Referee shall have the authority to order the race to be re- held excluding any disqualified athlete or, in the case of heats, to permit any athlete/s seriously affected by jostling or obstruction (other than the disqualified athlete) to compete in the final of the event. Normally, such an athlete should have completed the event with bona-fide effort. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if they consider it just and reasonable to do so.

b. For further information regarding Para races please refer to the World Para Athletics rules document.

7.6.2 Lane Infringement

a. In all races run in lanes, each athlete shall keep within their allocated lane from start to finish. This shall also apply to any portion of a race run in lanes. When running on a bend, the athlete shall not step or run on or inside the left-hand lane line or in the case of the inside lane, the kerb or line marking the border of the inside of the track.

If the Referee is satisfied that an athlete has violated this rule and that a material advantage was gained over other athletes, they:

i. In the 6s-12s age group: May be disqualified.

ii. In the 13s-U20s age groups: Shall be disqualified.

iii. An athlete shall not be disqualified if they:

1. Are pushed or forced by another person to run outside their lane or inside the kerb; or
2. Run outside their lane in the straight or outside their lane on a bend, with no material advantage thereby being gained and no other athlete being obstructed.

b. The following events shall be conducted entirely in lanes: 50m, 70m, 100m, 200m, 400m, 4x100m relay and all hurdle races. Excluding the 6s 200m and 300m, and 8s 400m which are pack starts.

c. The 800m shall be run in lanes as far as the near edge of the break-line marked after the first bend where athletes may leave their respective lanes. Up to two athletes may start the race in each lane.

d. The 1500m, 1100m and 700m Race Walks and the 6s 200m and 300m, 7s 500m, 8s 400m and 700m, any 800m pack start, and 1500m shall not be run in lanes.

Note: In these pack events, if the athlete runs/walks on the inside of the kerb (leaving the track) the athlete:

i. In the 6s-12s age group: May be disqualified.

ii. In the 13s-U20s age groups: Shall be disqualified.

e. An athlete, after voluntarily leaving the track, shall not be allowed to continue in the race.

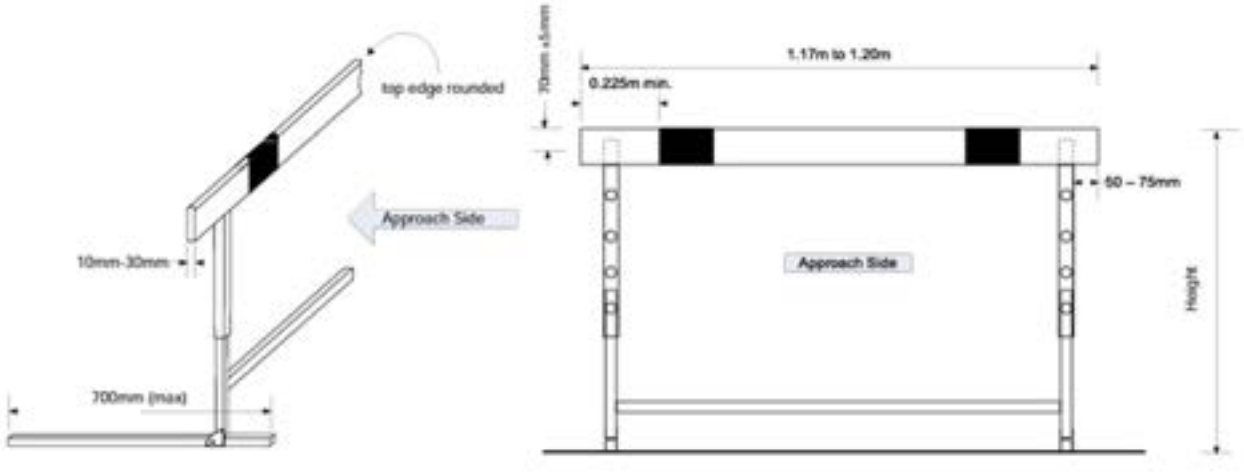
7.6.3 Check Marks

a. Except for the 4x100m relay, athletes may not place check marks on or alongside the track for their assistance.

7.7 Hurdle Races

a. All hurdles shall comply with the specifications set out within Australian Little Athletics' Standard Events

b. 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).



7.7.1 Hurdle Distances and Flights

a. The hurdle shall be placed so that the edge of the bar nearest the approaching hurdler coincides with the track marking nearest the athlete.

b. All races shall be run in lanes and each athlete shall keep to their own lane throughout.

c. An athlete who: -

   i. trails their foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance:

   ii. in the opinion of the Referee deliberately knocks down any hurdle, shall be disqualified.

d. Except as provided in the preceding clause, the knocking down of hurdles shall not result in disqualification.

e. If a hurdler directly or indirectly knocks down, alters, moves, or changes the original position of a hurdle in another lane, they will be disqualified. But the athlete will not be disqualified if there is no effect or obstruction upon any other athlete (athletes) in the race.

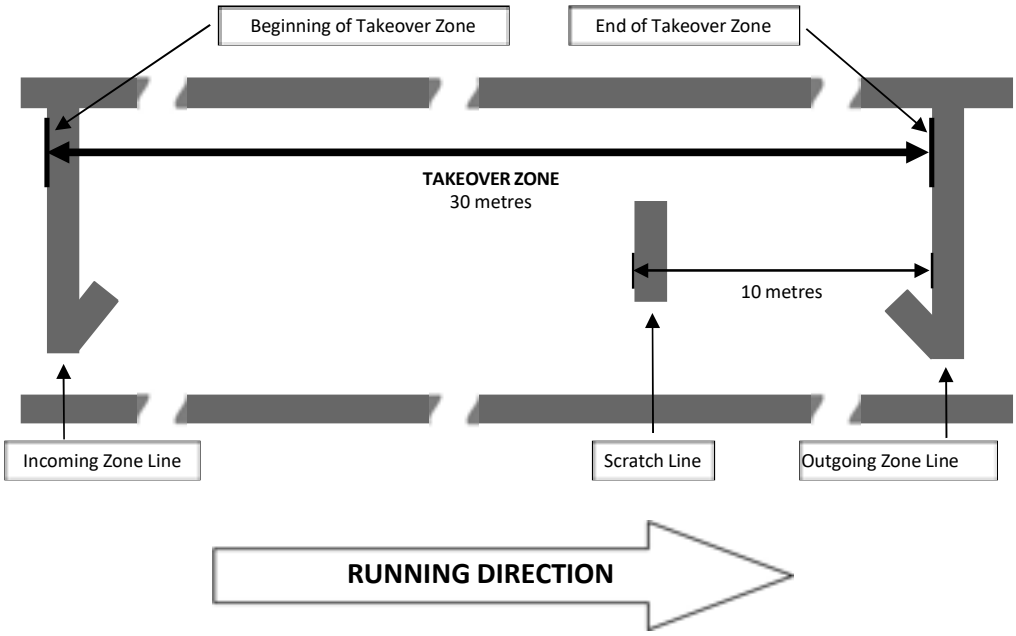
f. In straight hurdle races, the umpires may lay down the 3rd flight of hurdles for the athletes to have a practice run through. Starters to administer.

7.8 Relay Races

a. The standard distances will be: 4x100m, 4x200m, 100m-300m-200m-400m Medley (Swedish Relay).

b. Lines 50mm wide will be drawn across the track to mark the distances of the legs and to denote the scratch line.

c. In the 4x100m and the 4x200m and for the first and second changes of the Medley Relay, each takeover zone will be 30m long, of which the scratch line is 20m from the start of the zone. For the third change in the Medley Relay the takeover zone will be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their take over zone.



Note: Unless a track has been specifically marked for 30m takeover zones, the existing line marked on the track to denote the acceleration line shall be used as the incoming zone line.

d. When all or the first portion of a relay race is being run in lanes, an athlete may place one checkmark on the track within their own lane supplied or approved by the Organising Body. No other check mark may be used. The Judges shall direct the relevant athlete to adapt or remove any marks not complying with this rule. If they do not the Judges shall remove them.

e. The relay baton will be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which must be 280mm to 300mm. The outside diameter must be 32mm ± 2mm or 38mm ± 2mm and it must not weigh less than 50g. It should be coloured to be easily visible during the race.

f. A baton will be used for all Relay Races held in the Stadium and will be carried by hand throughout the race. Batons do not have to be numbered but should be of a different colour in neighbouring lanes where possible.

g. Athletes are not permitted to wear gloves or to place material or substances on their hands in order to obtain a better grip of the baton.

h. If dropped, the baton must be recovered by the athlete who dropped it. The athlete may leave their lane to retrieve it provided that, by doing so, the athlete does not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after retrieving it, must return at least to the point where it was last in their hand, before continuing in the race. Provided these procedures are adopted where applicable and no other athlete is impeded, dropping the baton shall not result in disqualification.

i. **If an athlete does not follow this rule, the athlete's team will be disqualified.**

j. The baton must be passed within the takeover zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete. In relation to the takeover zone, it is only the position of the baton which is decisive. Passing of the baton outside the takeover zone will result in disqualification.

k. Until the moment when the baton is in the hand of only the receiving athlete, lane infringement rules

shall be applicable only to the incoming athlete. Thereafter, it shall be applicable only to the receiving athlete. Additionally, athletes, before receiving and/or after handing over the baton, should keep in their lanes or maintain position until the course is clear to avoid obstruction to other athletes. If however an athlete impedes a member of another team, including by running out of position or lane at the finish of their leg, obstruction rules will be applied.

l. If during the race an athlete takes or picks up the baton of another team, the athlete's team will be disqualified. The other team should not be penalised unless an advantage is obtained.

m. Each member of a relay team may run one leg only.

n. Refer to the relevant Competition Regulations for any Relay team compositions.

o. The 4x100m race will be run entirely in lanes.

p. The 4x200m race may be run in any of the following ways.

i. entirely in lanes

ii. in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the break line (an arched line marked after the first bend across all lanes other than one), where athletes may leave their respective lanes (three bends in lanes). Athletes are to be placed onto the track in start list order for the 3rd takeover.

iii. not in lanes. The 1st runner will start on the 400/800m pack start line and is able to merge to any lane from the start of the race if safe to do so. The 2nd, 3rd and 4th runners will be placed onto the track in start list order at each change.

q. The Medley Relay race begins at the 200 metres start area, using the 200m start line staggers with the first leg run in lanes as well as that part of the second leg up to the break line in the front straight, where athletes may leave their respective lanes. Athletes are to be placed onto the track in lane order for the 2nd and 3rd takeover.

r. If an athlete does not follow Rules 7.8 (o), 7.8 (p) or 7.8 (q) the team shall be disqualified.

s. For all takeovers, athletes are not permitted to begin running outside their takeover zones and will start within this zone. If an athlete does not follow this rule, the athlete's team will be disqualified.

To avoid doubt, receiving athletes shall position themselves within the takeover zone before the start of the race and shall not step out of the takeover zone until the athlete has completed the receiving of the baton. If an athlete steps out of the takeover zone after the start of the race the team shall be disqualified.

t. In the 4x200m, the athletes running the final leg and, in the Medley Relay the athletes running the third and fourth legs will, under the direction of a designated official, place themselves in their waiting position in the order of the start list (inside to out). Once the incoming athletes have passed the break line, the waiting athletes must maintain their order, and must not exchange positions at the beginning of the takeover zone. If an athlete does not follow this rule, the athletes' team may be disqualified.

u. In any race, when lanes are not being used for the takeover zone, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete to impede their progress. In 4 x 200m and Medley Relay, waiting athletes will maintain the order in accordance with Rule 7.8 (t). If an athlete does not follow this rule, the athlete's team may be disqualified.

7.9 Racewalking Events

7.9.1 Definition of Race Walking

a. 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 (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

Note: *The advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.*

7.9.2 Judging

a. The appointed judges shall elect between them a Chief Judge unless one has already been appointed.

b. The number of appointed walk judges for a track event, including the Chief, shall comprise a minimum of 4 and maximum of 6.

c. The independence of judges is extremely important and wherever possible connections between athletes and judges should be avoided. Individual Judges are required to declare their interests.

d. The Competition Director shall have the authority to allow judges where such connections exist. Connections mean relative, coach or protégé.

i. This is provided there are an insufficient number of available, experienced, and qualified judges without such connection.

ii. It will be up to individual judges to disclose these connections and to indicate if they wish to stand down for a particular race.

iii. Where possible members of the same family should not serve as a judge for the same race.

7.9.3 Yellow Paddle

a. Any judge can give a “Yellow Paddle” to an athlete when an athlete appears to be in danger of failing to comply with the rules (definition of race walking per Rule 7.9.1)

b. Yellow Paddles are issued verbally and briefly taking care that remarks do not constitute coaching.

Note: *All remarks should be loud and clear and always in the form:*

..... e.g. "Yellow Paddle, contact or knees"

c. For loss of contact **~** a wavy line in black on a yellow background

d. For knees a 45° angle **<** also in black on a yellow background shall be used

e. A judge can only yellow paddle an athlete once for each offence during the event

f. A yellow paddle has no bearing on disqualification. It is possible to be yellow paddled by every judge in the race yet not receive a single Red Card.

7.9.4 Red Card

a. A judge gives a “Red Card” for disqualification if an athlete is actually breaking the rules of race walking.

b. For the 12s and above age groups, no verbal Red Card will be given. For other age groups, the Red Card will be given verbally at the time of detection of the actual infringement.

Note: *All remarks should be loud and clear and always in the form:*

....e.g. "Red Card, contact or knees

c. Red Card is recorded on the judging pad and forwarded to the Chief Judge as soon as practicable.

d. A judge may only give an athlete one Red Card during the event irrespective of the infringement.

e. If a judge in an event requiring verbal Red Cards to be given, is not sure an athlete has heard the "Red Card" the Judge should repeat it at the next suitable opportunity.

Note: *A Red Card should never be given unless there is absolute certainty the rules have been infringed. Any doubt existing must be given to the athlete and the Red Card not issued.*

7.9.5 Disqualification

a. A Red Card by 3 or more walk judges, that in their opinion an athlete's mode of progression failed to comply with the definition of race walking brings about a disqualification.

b. Only the Chief Judge may advise an athlete of their disqualification.

c. Where an athlete is disqualified, the Chief Judge shall indicate to such athlete verbally that they are disqualified and give the reasons for the disqualification.

d. The result of an event shall not become final until the Chief Walk Judge and Track Referee has given all clear.

7.9.6 Methods of Judging

a. Prior to each walking event, the Chief Judge or a judge appointed by the Chief Judge, will acquaint the athletes with the judging procedures for the event.

b. It is imperative that during an event all judges act in an individual capacity and their judging is not influenced by the judging of another judge, per medium of conversation or messages.

c. The Chief Judge shall allocate judges their judging position.

d. Walk judges, recorders or messengers shall not use transceivers during the conduct of the event.

e. The judges must adequately cover the whole of the track/course; this can be done by having approximately equal distance between judges. There should be no blind spots, judges should judge from the outside of the track/course and not encroach on an area allocated to another judge, but judge from their allotted position as walkers are passing or approaching their section.

f. Hip numbers must be worn by all walkers as supplied by the host Association. The number must be clearly visible to all judges.

7.9.7 Track Umpires and Referees

a. Track Umpires and Referees shall work during the event to determine the fairness of the competition other than walking rules.

b. The Track Referee should confer with the Chief Walk Judge and indicate any athletes who are to be disqualified before walk results are finalised.

7.9.8 Walk Judge's Master Sheet

a. The master sheet is that document which the Chief Judge records the Red Cards of the judges and them self and indicates which athletes received 3 or more Red Cards.

7.9.9 Summary of Chief Judges Duties

a. To place judges in position as required and give them the necessary direction.

b. The ensure that the appropriate yellow paddle indicators and documentation are issued to the judges and authorised personnel.

c. Advise recorders and messengers of their duties.

d. To check with each judge on completion of the event for any last-minute red cards.

e. To re-check judging master sheets and all red cards received. To make a summary of the master sheets.
f. To advise Referee of any disqualified athlete who may have crossed the finish line.
g. To advise any disqualified athlete of their disqualification.
h. Judging master sheets are not to be made available for general perusal. They are to be attached to the official results.

7.9.10 Summary of Judges Duties

a. To be available at least 30mins prior to the scheduled start. This time could be varied according to the Carnival Manager.
b. If for some reason, the Chief Judge has not already been appointed, the appointed judges shall meet and elect a Chief Judge.
c. To follow instructions received from the Chief Judge.
d. If requested by the Chief Judge, advise the athletes of the judging procedures, prior to the start of the event.
e. To fill in the judging pad correctly and pass it onto the Chief Judge.
f. To act in an individual capacity.
g. To report to the Chief Judge after the event and confirm that all red cards have been forwarded and recorded – or hand in any last-minute red cards.
h. To be available to answer any query raised by the Chief Judge seeking details of the reason for red cards given.

8. Timing and Finishing

a. Three alternative methods of timekeeping shall be recognised as official within Little Athletics:
   i. Fully Automatic Timing obtained from a Photo Finish System
   ii. Hand Timing
   iii. Gate Timing System

8.1 Hand Timing

a. It is recommended that Timekeepers should be:
   i. Placed at least 5m from, and in line with, the finish line on the outside of the track, opposite the Judges, where applicable.
   ii. On an elevated stand in order that they may have a good view of the Starter and the finish line.
b. Timekeepers shall act independently from one another:
   i. Without showing their watch to each other and without discussing times.
c. The Chief Timekeeper will record times and may examine the watches to verify the reported times.
d. The Chief Timekeeper shall then decide what the official times are for each athlete and provide the result for publication.
e. Sufficient timekeepers shall be appointed for the number of athletes entered; one shall be the Chief Timekeeper. The Chief Timekeeper shall allocate separate Timekeepers to record each of the minor places and where possible, shall allocate additional Timekeepers for second and third placing's.
f. Where there are 3 watches used to time a place:
   i. If only 2 watches agree, the times shown by the 2 shall be the official time.
   ii. If all 3 disagree, the middle time shall be recorded as the official time.

g. Where there are 2 watches used to time a place and they fail to agree the slower time shall be accepted as the official time.
   i. The time shall be taken from the flash/smoke of the gun.
   ii. Times shall be recorded to the 1/10th of a second. Unless a time is an exact 1/10th of a second, it shall be recorded to the next longer 1/10th of a second.

***NOTE**: For Zone/Region & State, **times** must be recorded to the 1/100th of a second.*

8.2 Gate Timing System

a. The system shall be a commercially produced system and be checked/calibrated with a certificate supplied on a 12-monthly basis.
b. The system shall be started either automatically by the Starter's gun or manually at the smoke or flash of the Starter's gun.
c. The system must automatically record a time through the breaking of at least two adjacent infrared beams positioned on the leading edge of the finish line. The beams should be positioned at an appropriate height so that the athlete's torso is the most likely part of the body to break the beam.
d. The system must be capable of printing out the time for each lane.

e. Judging of the race shall take place as per Section 4.1.5 Place Judges. The time recorded for each lane shall only be referred to in the determination of places in cases of doubt, and then only at the discretion of the Chief Judge.

f. Times from the Gate System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Gate System printout image, shall be official. Any appropriate back-up system should be appointed where any possibility exists of failure of the timing system.

g. Where the system is started and/or finished manually, the time shall be recorded to the 1/10th of a second. Unless a time is an exact 1/10th of a second, it shall be recorded to the next longer 1/10th of a second.

h. Where the system is started and finished fully automatically, the time shall be recorded as an electronic time with no adjustment.

***NOTE**: For Zone/Region & State, **times** must be recorded to the 1/100th of a second.*

8.3 Chief Timekeeper (hand timing)

a. Should time the winner of every event.

b. Should check the watches of the Timekeepers timing the winner.

c. Also decides the official time to be recorded for the other placed runners, checking the watches if there is an apparent discrepancy.

d. Is also responsible for ensuring that the Judges and Timekeepers are ready before signalling a clearance to the Starter.

e. Will nominate separate Timekeepers to record each of the minor placing's.

f. Where possible, shall appoint additional Timekeepers for second and third places.

g. Check winning times for new event records. Manual times for records are only recognised if photo finish fails, otherwise photo finish overrules hand timing.

h. Ensure that watches for record times are not cleared prior to being verified by the Chief Timekeeper.

i. Upon completion of each event the result sheet shall immediately be filled in and handed to the Recorder. If the result is a record the Referee must sign the result sheet.

8.4 Chief Timekeeper (automatic timing)

a. Should time the winner of every event as a backup to the photo finish.

b. Adhere to rules as per the manual timing.

9. SEEDING'S, DRAWS AND QUALIFICATION IN TRACK EVENTS

9.1 Lane and Heat Draws

a. For track events where more than one round will be applied; and if seed times are provided athletes shall be seeded in heats using a zigzag distribution method. If no seed times are provided, athletes will be randomly drawn into heats.

b. For track events where only one round of competition is applied, and progression is not necessary; and if seed times are provided, athletes shall be seeded slowest to fastest. If no seed times are provided, athletes will be randomly drawn into heats.

c. Lanes for heats shall be randomly drawn. This includes Timed Finals.

d. Where there are more lanes available than athletes in a heat the inside lane should always remain free.

9.2 Progression to Finals (except for State Relays)

a. The following athletes shall progress to the final in their event:

   i. 2 heats: 1st, 2nd, and 3rd in each heat plus the next 2 fastest times

   ii. 3 heats: 1st and 2nd in each heat plus the next two fastest times

   iii. 4 or more heats: 1st in each heat with the remaining lanes filled by the next fastest times.

b. Where insufficient starters marshal for heats, that event shall be run as a final at the time of heats.

c. In 800m events where there is more than one athlete per lane, progression from heats to finals will be at the discretion of the organising committee.

d. Where there is a tie in determining the next fastest times, if possible both athletes shall progress through to the final. Failing that, the higher placed athlete in their heat shall progress. If the tie still remains, a random process with equal probability (e.g. a coin toss) shall be used to determine progression.

e. Where the venue has nine or more lanes, the Competition organiser shall have the discretion to allow nine or more athletes to contest the final of an event. In such cases, Rule 9.3 (a) shall be modified by increasing the number of athletes qualified due to the 'next fastest times' as appropriate.

9.3 Lane Draw for Finals

a. Following the running of the heats, athletes shall be ranked on the following basis:

   i. Fastest heat winner, second fastest heat winner, etc.

   ii. Fastest 2nd place in heat, second fastest 2nd place in heat, etc.

   iii. Concluding with: Fastest next qualifier, second fastest next qualifier

b. Using the rank determined in Rule 9.3 (a), a random draw of the priority lanes shall occur amongst the top four ranked athletes and a random draw of the non-priority lanes shall occur amongst the remaining athletes.

c. On an eight lane track the priority lanes are 3, 4, 5 and 6, whilst on a nine-lane track, they are 4, 5, 6 and 7.

d. Competition organisers may, at their discretion, conduct two random draws for the non-priority lanes, with the 5th and 6th ranked athletes being drawn for the outside two lanes of the track and the 7th and 8th ranked athletes being drawn for the inside two lanes of the track.

e. Where there are more lanes than athletes, the inside lane should always remain free.

10. FIELD EVENTS

10.1 General Conditions – Field Events

10.1.1 Markers

a. An athlete may place alongside the runway 1 or 2 markers (supplied or approved by the organisers) to assist them in their run-up and take-off.
b. The use of sharp or pointed markers or anything considered dangerous by the Referee will be prohibited.

10.1.2 Practice Trials

a. In field events, at the discretion of the Chief Judge or Carnival Manager, all athletes are allowed up to 2 practice trials before the competition begins.
b. Trials are to be made, preferably in draw order, under supervision. Trials can be made by athletes out of sequence under supervision and at the discretion of the Chief to enable practice throw to occur whilst clash or other athletes arrive.
c. Only one marker may be used for events from a circle.

10.1.3 Competition Order

a. The order in which athletes shall take their trials shall be drawn randomly.
b. In all events, except for the High Jump, where there are more than 8 athletes, each athlete shall be allowed 3 trials and the 8 athletes with the best valid performances may be allowed additional trials.
c. At NSW Athletics competitions, athletes will be allowed one (1) additional trial, where required.
d. In the event of a tie (after a count-back) for the 8th place, any athletes so tying may also be allowed the additional trials. (Tying means, in this case, achieving the same distance).
e. Where there are 8 athletes or fewer, each athlete shall be allowed all applicable trials regardless of the number of failures recorded. If one or more athletes fail to achieve a valid trial during the first three rounds of trials, such athletes shall compete in the subsequent round of trials before those with valid trials, in the same relative order according to the original draw.
f. The competing order for any additional trials shall be in the reverse ranking order recorded after the first 3 rounds of trials.
g. In all events except for High Jump, each athlete shall have a minimum of 3 trials and no more than 4 trials.

10.1.4 Commencement of Competition

a. Competition commences with the first trial in the first round.
b. The trials shall commence when the Official responsible indicates to the athlete that all is ready for the trial to begin, and the athlete is called.
c. The period allowed for this trial shall commence from that moment.
d. A round commences when the first athlete eligible to compete in the round commences their trial.
e. A round is complete when the last athlete eligible and present to compete in the round completes their trial.

10.1.5 Completion of Trial

a. Throws - a trial is complete when the athlete leaves the circle (discus and shot put) or runway (javelin).
b. Long & Triple Jump - a trial is complete when the athlete leaves the landing pit.

Note: *leaving the pit is defined as the first contact made by the foot with the border or ground outside the landing area.*

c. High Jump - a trial is complete when the Chief Judge designates a “fair/fail jump”.

10.1.6 Completion of Competition

a. High Jump – the high jump is complete when the last remaining athlete fails or decides to stop.

b. All other events are complete when the last round is completed.

Note: *The number of rounds in a competition must be clearly stated at the start of the competition and where possible indicated in the program.*

10.1.7 Failure

a. In all field events if an athlete incurs a failure, they will be told the reason for the failure at the completion of the trial. The chief judge shall indicate a fair trial with a white flag and a failure with a red flag.

10.1.8 Substitute Trials

a. If, for any reason, an athlete is hampered in a trial in a field event, the Referee shall have the power to award that athlete a substitute trial.

10.1.9 Delay

a. Athletes in field events who unreasonably delay taking a trial shall render themselves liable to have that trial disallowed and recorded as a failure.

b. It is a matter for the Referee to decide what is an unreasonable delay, but the following time cannot be exceeded:

   i. Long Jump, Triple Jump, Shot, and Discus, and Javelin – 1 minute.

   ii. High Jump – 1 minute, but when only 2 or 3 athletes continue in the competition, the time should be increased to 1.5 minutes, except in Combined Event competitions. If there is only 1 athlete left, then the time should be increased to 3 minutes.

   iii. For consecutive trials for the above events, the time should be 2 minutes.

c. A time warning may be given to an athlete. Such a warning is indicated by a raised yellow flag, which is kept raised for the last 15 seconds prior to the disallowing of a trial for exceeding the time limit.

d. When only one athlete (who has won the competition) remains in high jump and is attempting a record the time limit shall be increased by 1 minute beyond those set out above.

10.1.10 Absence from Competition Area

a. Any athlete who leaves the immediate event area (as defined prior to the commencement of the competition by the Chief Judge or Referee) without permission, may be cautioned by the Chief Judge and warned that any repetition, may result in them being excluded from further participation in that event. The Referee may make the decision to disqualify the athlete. Any performance up to the time of a disqualification shall stand.

10.1.11 Change of Competition Area

a. Referees shall have the power to change the place of the competition in any field event, if in their opinion the conditions justify a change.

b. Such a change shall be made only after a round is completed.

c. If a change is required because conditions are dangerous, then the round shall be restarted.

10.1.12 Results

a. Upon completion of each event the final result sheet shall be checked and signed by the Referee and immediately handed to the recording area and/or key site official.

10.1.13 Ties

a. In all field events, except for High Jump:

   i. The 2nd seed times of the athletes tying shall decide the tie. If a tie remains, the 3rd best and so on.

   ii. If athletes in field events are tied for any place after all count backs have been applied, then equal placing will be declared.

10.1.14 High Jump Ties

a. The athlete with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.

b. If the tie remains, the athlete with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.

c. If the tie remains the athletes shall be awarded the same place in the competition. There is no jump-off for placing's.

d. If the result determines progression to the next level of competition, then a jump off should take place. This jump off will not affect placing's.

10.1.15 Measuring

a. The Judges shall judge, measure, and record each valid trial of the athletes.

b. All measurements shall be made immediately after each valid trial.

c. Where possible, all measurements must be made using Electronic Distance Measuring (EDM). When EDM is not available, a plastic, fibreglass or steel tape measure graduated in centimetres, or a graduated bar for high jump, should be used.

d. In measuring all field events, except the High Jump, the zero end of the tape or EDM prism should be placed at the nearest edge of the mark where the implement first lands or where the athlete makes a mark in the pit closest to the take-off.

e. Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre.

f. In High Jump all measurements shall be made, in whole centimetres, perpendicular from the ground with a steel or fibreglass measuring bar to the lowest part of the upper (top) side of the bar.

10.1.16 Entry to Competition

a. No athlete may enter the competition after the completion of the 3rd round, i.e. High Jump - 3rd round equals 3rd height.

b. No athlete may take or have recorded more than 1 trial in each round except for high jump where up to 3 trials are permitted at each height.

c. An athlete cannot demand to have a trial that was missed due to absence.

10.2 High Jump

10.2.1 Safety

a. The Chief Judge (or Association equivalent) shall ensure that the landing area is satisfactory and that the uprights and cross bar are in good condition.

b. The Chief Judge (or Association equivalent) shall have the power to caution any athlete using an unsafe technique, and if necessary, not allow the athlete to continue further in the event.

c. Restraining straps must be used for all competition (with the exception of age groups using scissor mats). The use of restraining straps on High Jump equipment avoids the problem of having the bar fall onto the landing bags under the falling body. The use of restraining straps with telescopic uprights can be dangerous as the straps catch on the upright's joints.



d. Athletes are to be advised to jump so that they land in the Centre of the bags (landing area). If officials are concerned with the manner in which an athlete is jumping (i.e. in an unsafe manner), they should ask the athlete to cease jumping and seek coaching in the event. Officials are to warn athletes of the dangers of high jump if it is not done correctly.

e. At all events from Club to State Championships, high jump bags/landing area must be bound together by one-piece fabric fitted cover that binds the mats together into a single unified landing surface. An additional moveable bag is also recommended which has been adequately secured.

10.2.2 Validity of Jumps

a. An athlete may commence jumping at any height above the minimum height and may jump at their own discretion at any subsequent height. 3 successive failures, not necessarily at the same height, disqualifies the athlete from competing further.

b. The effect of this rule is that an athlete may forego their 2nd or 3rd jumps at a particular height (after failing 1st or 2nd time) and still jump at a subsequent height.

c. If the bar falls off without having been knocked by the athlete (e.g. due to strong wind) the athlete is not penalised.

d. An athlete must take off from one foot.

e. Knocking the bar off the supports or touching the ground or landing area beyond the plane of the uprights with any part of the body without clearing the bar shall count as a failure.

f. However, if when jumping, an athlete touches the landing area with a foot and in the opinion of the judge, no advantage is gained, the jump for that reason should not be considered as a failure.

g. The uprights or posts shall not be moved during competition unless the Referee considers the run up or take-off area has become unsafe. In such a case the change shall be made only after a round has been completed.

10.2.3 Measuring

a. Before the commencement of the competition the Judge shall announce to the athletes the starting

height and the subsequent heights to which the bar has been raised at the commencement of each round.

b. The height of the crossbar should be checked at both ends to confirm it is horizontal and, in the centre, to confirm the correct height.
c. In the case of a sagging crossbar measurement is made from the ground perpendicular to the upper edge of the crossbar at the point where it is lowest.
d. In the case of records, the Referee and Chief Judge must check the measurement when the crossbar is placed at the record height. They must recheck the measurement before each subsequent record attempt if the crossbar has been disturbed since last measured.
e. Even after all other athletes have failed an athlete is entitled to continue until they forfeit their right to compete further. The heights to which the crossbar is raised shall be decided after consulting with the athlete.
f. Each athlete shall be credited with the best of all their jumps, subject to the conditions relating to ties.

NOTE: *Judges should ensure, before starting the competition, that the underside and front of the crossbar are distinguishable, and that the crossbar is always replaced with the same surface uppermost and the same surface to the front.*

10.2.4 Measurement of Run In

a. Athletes may use the runway to gain their desired starting point before competition begins.
b. Once the competition starts, athletes may only re-measure their run up with the permission of the Chief Judge. This re-measurement must be done within the allocated time for the athletes' time for the trial. The athlete may touch the upright or bar, but should the bar be dislodged, a failure must be recorded for that trial.

10.2.5 Age Restrictions

a. The 9s athletes will be the starting age group for High Jump at Association level competitions in all Affiliated Associations.
b. The Scissor technique will be the only allowable technique performed in High Jump for the 8s, 9s and 10s age groups at all levels of competition.
c. It shall be a valid scissor jump if all other relevant high jump rules are adhered to, and:
    i. The head of the athlete does not go over the bar before the leading foot (the foot of the leg closest to the bar at take-off).
    ii. The head of the athlete is not below the buttocks when the buttocks clear the bar, and
    iii. The athlete's lead foot touches the mat before any other part of the body.

Note: *Restraining straps must NOT be used for athletes using the scissor mats.*

d. All athletes in the 11s and above age groups will have the option to use any legal jumping technique where flop mats are provided at all levels of competition.

10.2.6 Minimum Height for mats

a. The height for scissor mats at all competition levels and in all Affiliated Associations will be between 150mm and 300mm with minimum dimensions of 5m x 3m.
b. The minimum height for flop mats at all competition levels and in all Affiliated Associations will be 400mm with minimum dimensions of 5m x 3m.

Note: *LAA recommends that 500mm mats or higher be the preferred height.*

10.2.7 Countbacks

The following example illustrates the rule on countbacks.

	1.78m	1.82m	1.85m	1.88m	1.90m	1.92m	1.94m	Total Failures	Position
A	-	x0	0	x0	-	xx0	xxx	4	2=
B	0	0	0	x-	x0	xx0	xxx	4	2=
C	0	0	x-	0	xx0	xx0	xxx	5	4
D	0	-	-	xx0	xx0	x0	xxx	5	1

0 = Cleared **X = Failed** **- = Did not jump or Pass**

i. A, B, C and D all cleared 1.92m and failed at 1.94m.

ii. The rule regarding ties comes into operation, as "D" cleared 1.92m on the 2nd attempt, the others taking 3 attempts to clear that height, therefore "D" is declared the winner.

iii. The other 3 will tie and the Judges add up the total number of failures, up to and including the height last cleared, i.e., 1.92m.

iv. "C" has more failures than "A" or "B" and is therefore awarded 4th place. "A" and "B" share 2nd place, as there is no jump-off for placings in Little Athletics except as is required for progression purposes to region and/or state.

10.3 General Conditions – Horizontal Jumps

a. The long jump runway and pit shall comply with the specifications set out within the WA Track & Field Facilities Manual, except as modified within this section.

10.3.1 Runway

a. Where possible the length of the runway shall be at least 40m. There is no limitation on the maximum length of the runway.

b. The runway should be 1.22m +/– 0.1m wide.

c. The runway should be marked by white lines 5cm in width.

d. The maximum allowance for lateral inclination of the runway shall not exceed 1:100 and the overall inclination in the running direction 1:1000.

10.3.2 Landing Area (Long Jump)

a. The landing area shall have a minimum width of 2.75m and a maximum width of 3m.

b. It shall, if possible, be so placed that the middle of the runway, if extended, would coincide with the middle of the landing area.

c. The landing area should be filled with soft damp sand, the top surface of which shall be level with the take-off board.

Note: *If the middle of the runway is not in line with the middle of the landing area, a tape shall be placed along the landing area to achieve the dimensions listed above.*

10.3.3 Take-off Board (Long Jump)

a. 6s – 10s

i. A 0.5m x 1.22m mat covered with damp sand, soft earth, or any similar materials, where the footprint can be observed, to a depth of 1 to 2 centimetres.

ii. In the long jump, the take-off area should be: -

- The take-off area or mat shall be placed at a maximum 0.5m from the leading edge of

the landing area.

b. 11s and above

i. A 0.2m x 1.22m area, consisting of either a board sunk level with the runway, or painted on the runway.

ii. The edge of the board, which is nearer to the landing area, shall be called the take-off line.

iii. The distance between the take-off board and the end of the landing area shall be at least 10m.

iv. The take-off line shall be placed between 1m and 2m from the nearer end of the landing area.

***Note 1**: The take-off area shall be stable (non-slip) and not a trip hazard.*

***Note 2:** At State Track & Field Championships, the take-off board is placed 2m back from the edge of the pit.*

10.3.4 Take-off Board (Triple Jump)

a. In the triple jump, the take-off lines shall be in whole metre increments from the edge of the pit. The Organising Committee for the competition shall determine the take-off lines to be used for each event, prior to the commencement of the competition.

b. For NSW Athletics triple jump events, 4 take-off boards are required, at 5m, 7m, 9m and 11m back from the pit. An additional 13m will be made available on request.

c. Athletes may change their take-off board as many times as they wish, as long as they notify the officials at the event prior to each jump.

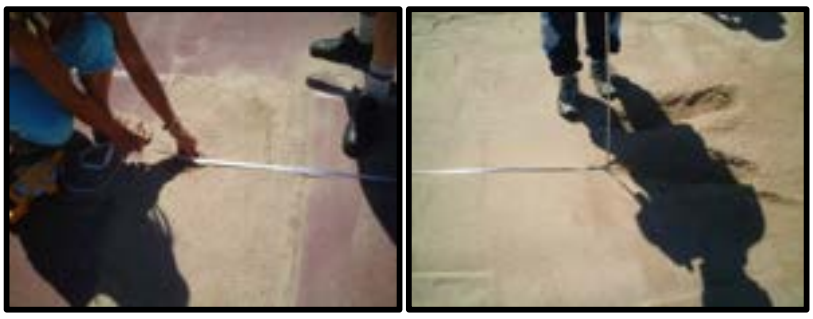
10.3.5 Distance Measurement

a. 6s – 10s

Jumps can be measured 2 ways:

i. When any part of the athlete's foot lands on the take-off area, the jump will be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the imprint made in the take-off area by the take-off foot.

ii. When no part of the athlete's foot lands in the take-off area, but is behind the take-off area, then the jump will be measured from the nearest break in the landing area made by any part of the body or limbs to back of the mat (not take-off line) or its extension. The measurement must be taken perpendicular to the back of the mat or its extension.



b. 11s and above

i. The jump shall be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the front edge of the take-off area.

ii. In measuring a jump, the spike with a zero end of the tape attached, is inserted perpendicularly at the break in the sand nearest the take-off line.

iii. The feet of the athlete do not necessarily make this break; if a jumper is off balance, it may be any part of their body.

iv. The measurement must be taken perpendicular to the take-off line or its extension.



10.3.6 Run Up Measurement

a. Athletes may use the runway to gain their desired starting point before competition begins.

b. Once the competition starts, athletes may only re-measure their run up with the permission of the Chief Judge. This further re-measurement must not be made on the runway, except where the Chief Judge deems the outsides of the runway unsafe.

10.3.7 Failure

In the Long Jump and the Triple Jump, it shall be counted as a failure if:

a. they while taking off (prior to the instant at which they cease contact with the take-off board or ground), break the vertical plane of the take-off line with any part of their take-off foot/shoe, whether running up without jumping or in the act of jumping; or

b. If an athlete takes off before reaching the take-off area it shall not, for that reason, be counted as a failure.

c. In the course of landing, the athlete touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump.

d. When leaving the landing area, an athlete's first contact with the border or ground outside is nearer the take-off line than the nearest break in the sand made on landing.

e. After landing, the athlete walks back through the landing area without first correctly exiting the pit.

f. An athlete takes off from outside either end of the take-off area, whether beyond or before the extension take-off line.

g. Any sort of somersaulting is used.

10.4 General Conditions – Throwing Events

10.4.1 Implements

a. All implements shall conform to the specifications set out with NSW Athletics standard events.

b. All implements shall be provided by the organisers of the Competition.

c. NSW Athletics shall provide all implements at Championships events (with the exception of Zone & Region Championships).

d. No athlete is allowed to use any other implements, or to take them to the competition area.

e. In throwing events the implements must be carried back to the throwing area and never thrown.

10.4.2 Personal Safeguards & Assistance

a. No device of any kind, which in any way assists an athlete when making a throw, shall be allowed except for:-

i. **Shot Put**: In order to protect the wrist from injury, an athlete may wear a bandage at the wrist.

ii. **Discus and Javelin**: The use of tape on the wrist will only be allowed upon the production of a doctor's certificate or authority given by the Medical Officer.

iii. **Javelin**: A athlete may wear elbow protection.

iv. The use of tape on the hand to cover an open cut.

b. In order to obtain a better grip, athletes in throwing events are permitted to use an adhesive substance on their hands only.

c. An athlete may not spray or spread any substance in the circle.

d. In order to protect the spine from injury, an athlete may wear a belt of leather or other suitable material.

e. Once the competition has begun, athletes are not permitted to use the circle or ground within the sector for practice trials, with or without implements.

Note: The use of implements outside the circle or runway is prohibited at any time.

10.4.3 Throwing Area and Landing Sector

a. The dimensions of the circles used for shot put and discus, and the runway used for javelin, shall conform to the specifications set out in the World Athletics Track & Field Facilities Manual.

b. Circles shall be made of a band of iron, steel or other suitable material, the top of which shall be flush with the ground outside.

c. The interior of the circle may be constructed on concrete, asphalt, or other firm, but not slippery, material.

d. The surface of the interior shall be level and 14mm-26mm lower than the upper edge of the rim of the circle.

e. The inside diameter of the circle shall be 2.50m (+/-5mm) in Discus and in Shot 2.135m (+/-5mm). The rim of the circle shall be at least 6mm thick.

f. A white line 5cm wide shall be drawn from the top of the metal rim extending for at least 75cm on either side of the circle. It may be painted or made of wood or other suitable material. The rear edge of the white line shall form a prolongation of a theoretical line through the centre of the circle at right angles to the centre line of the throwing sector.

10.4.4 Landing Sector

a. The landing sector should be extended well in excess of the best thrower.

b. The maximum allowance for the overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000 for Shot and Discus.

c. Except for the Javelin, the landing sector shall be marked with white lines 5cm wide at an angle of 34.92° such that the lines, if extended would pass through the centre of the circle.

d. The 34.92° sector may be laid out accurately and conveniently by making the distance between the two points on the sector lines 20m from the centre of the circle exactly 12m apart.

e. For Javelin, the landing sector shall be marked with white lines 5cm wide such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the parallel lines marking the runway and intersect at the centre of the circle of which the arc is part. The sector is thus 28.95°.

f. The sector may be accurately laid out by making the distance between the two sector lines 20m at a point 40m distance from the centre of the throwing arc along one of the sector lines.

g. The sector lines should be continued for a minimum of 65m in Discus and Javelin and 20m in Shot, and their ends marked with red flags.

10.4.5 Safety Considerations in Javelin and Discus

a. After each throw, the implement should be carried back and not thrown back to the throwing area.

b. As these events are usually taking place simultaneously with other track and/or field events, care must be taken in locating the events.

c. Where the javelin cannot be conducted away from the competition area, it is recommended that the javelin runway and flight path be directly parallel and midway between the 2 straights of the track.

d. All participating athletes and spectators must be kept to the side and well away from these events in case of an inaccurate throw. Only officials should be in the sector and in close proximity to the competition areas.

10.4.6 Record Markers

a. In all competitions where an Australian Seed times or a State Seed times (State Record) can be broken a marker shall be placed indicating the current ratified record. When record markers are used, they should be placed outside the sector.

10.4.7 Validity of Throws

a. In throwing events from a circle:

   i. An athlete must commence the throw from a stationary position. Note that stationary refers to both feet of the athlete, not the hands, arms or other parts of the athlete's body.

   ii. The athlete is allowed to touch the inside of the iron band of the circle or stop board.

b. It shall be a failure if the athlete, after entering the circle and commencing to make a throw, touches with any part of the body the top of the circle or the top of the stop board or the ground outside the circle, or improperly releases the implement in making the attempt.

Note: *However, it will not be considered a failure if the touch happens during the rotation, backward of the white line which is drawn outside the circle running, theoretically, through the centre of the circle.*

Note: *Shoelaces, clothing, caps, jewellery are not relevant to determining a failure if they touch the ground*

or top of the stop board outside the ring.

c. If the discus hits the net/cage and falls within the sector lines, it shall not be recorded as a failure

d. It shall be a failure if the shot or discus in contacting the ground when it first lands touches the sector line or ground or any object outside the sector line.

e. It shall be a failure if in leaving the circle the athlete leaves the circle before the implement has touched the ground, or

f. If in leaving the circle, the athlete's first contact with the top of the rim or ground outside the circle is not completely behind the white line which is drawn outside the circle running theoretically, through the centre of the circle.

Note: The first contact with the top of the rim or ground outside the circle is considered leaving.

10.4.8 Interruption of a Trial

a. Provided that in the course of a trial, the rules relative to each throwing event have not been infringed, an athlete may interrupt a trial once started, may lay the implement down inside or outside the circle or runway and may leave the circle or runway.

b. Dropping an Implement

i. It is not a failure if an athlete drops an implement and it does not touch the ground outside the throwing circle or runway, provided no other rule is breached.

ii. In the case of 10.4.8 b) i. above, the athlete can retrieve the implement and continue the trial within their allocated time.

iii. If the implement touches the ground outside the circle or runway it becomes a failure.

10.4.9 Measurements

a. All measurements shall be made immediately after each valid trial.

b. The measurement of each throw will be made from the nearest mark made by the fall of the implement to the inside of the circumference of the circle, along a line from the mark to the centre of the circle.

c. For a valid trial, the implement must fall completely within the inner edges of the landing sector.

d. In Javelin, the measurement of each throw will be made from where the tip of the metal head of the javelin first struck the ground, to the inside edge of the arc, with the tape being pulled through the point 8m back on the run-up, that being the centre of the circle of which the arc is a part.



Leaving the discus circle (on completion of the trial)

10.5 Shot Put

In this event there are some special points to be watched. World Athletics Rules state that the shot shall be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting.

With the lighter shot used it is possible to "throw" rather than "put" it, and this would gain a material advantage. The position of the shot in relation to the chin therefore needs careful watching.

At the moment when the athlete begins to drive with the arm, the head (with it the chin) does turn slightly away from the shot. The shot is in exactly the same position as it has been throughout, though it will not be in as close proximity to the chin as in the earlier stage. The athlete should not be penalised on this account.



Obviously, the deciding factor is the hand. If the shot is withdrawn in order to give extra drive, then the hand (and with it the arm and elbow) must move downwards and backwards. If the hand remains stationary, then the delivery is a fair one.

10.5.1 Putting the Shot

a. The shot shall be put from the shoulder with one hand only.

b. At the time the athlete takes a stance (i.e. stationary position) in the circle to commence a put, the shot shall touch or be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting.

c. The shot shall not be taken behind the line of the shoulders.

   i. Close proximity shall be at the discretion of the Chief Judge, but a guide would be that such distance should be about the thickness of a finger (allowing for the athlete to hold their finger(s) between the shot and their neck), and probably not be more than 10mm.

   ii. The words "the shot shall be put from the shoulder with one hand only", does not mean that the implement has to touch the shoulder prior to release.

d. Cartwheeling techniques are not permitted.

e. Failure to comply with any of the Rules 10.5.1 (a) to (d) shall result in the trial being recorded as a failure.

10.5.2 Stop Board Construction

a. The board shall be painted white and made of wood or other suitable material in the shape of an arc so that the inner edge coincides with the inner edge of the circle. It shall be placed mid-way between the sector lines and be so made that it can be firmly fixed to the ground.

b. The board shall measure 112mm to 300mm wide, 1.21m to 1.23m (+/- 1cm) long on the inside and 98mm to 102mm high in relation to the level of the inside of the circle.



10.6 Discus

10.6.1 Discus Cage

a. All discus throws must be made from an enclosure or cage to ensure the safety of spectators, officials, and athletes.

b. The cage should be designed, manufactured, and maintained so as to stop the discus so there is no danger of it ricocheting off fixed members of the cage, back towards the athlete or over the top of the net.

c. The minimum breaking strain of the netting should be 40kg.

d. The cage should be U-shaped in plan. Provided it satisfies this, any form of cage design and construction can be used.

e. Provision should be made in the design and construction of the cage to prevent a discus forcing its way through any joints in the cage or the netting or underneath the netting panels.

f. The netting for the cage can be made from suitable natural or synthetic fibre cord or, alternatively, from mild or high tensile steel wire. The maximum mesh size shall be 50mm for steel wire and 44mm for cord netting. The minimum size of cord or wire depends on the construction of the cage.

10.7 Javelin

a. Must be held at the grip with one hand only and thrown over the shoulder or upper part of the throwing arm and must not be slung or hurled.

b. The sector may be accurately laid out by making the distance between the two sector lines 20m at a point 40m distance from the centre of the throwing arc along one of the sector lines.

c. A throw shall be valid only if the metal head strikes the ground before any other part of the javelin. The javelin is not required to stick in the ground.

d. For a valid throw, the metal head of the javelin must fall completely within the inner edges of the landing sector.

e. It shall be a failure if the athlete, after starting their throw, touches with any part of their body or limbs, the lines marking the runway, the ground outside the runway, or crosses the throwing arc marking the end of the runway.

f. It is not a failure if the end of the javelin touches the ground during the run up.

g. At no time during the throw, until the javelin has been discharged into the air, may the athlete turn completely around, so that their back is towards the throwing arc.

h. It shall be a failure if the athlete leaves the runway before the implement has touched the ground, or, if, when leaving the runway, the athletes first contact with the parallel lines or the ground outside the runway is not completely behind the white line of the arc, or the lines drawn from the extremities of

the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly, upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, 4 metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, they shall be considered to have left the runway correctly.

i. An athlete may interrupt a trial once started, lay the implement down inside or outside the runway and may leave the runway (as required above), before returning to the runway to continue their throw within the time limit.

10.7.1 Runway

a. Shall be marked by 2 parallel lines, 5cm wide and 4m apart, and the throw shall be made from behind an arc, or a circle drawn with a radius of 8m. Such arc shall consist of a strip made of paint, wood, or metal 7cm in width, painted white and shall be flush with the ground.
b. The runway shall be level and a minimum length of 30m.
c. The javelin is thrown from an arc at the end of a runway 30m to 36.5m long.
d. The arc at the end of the runway will be from that of a circle drawn with a radius of 8m.
e. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be white, 75cm long and 7cm wide.
f. The maximum allowance for lateral inclination of the runway shall be 1:100 and the overall inclination in the running direction is 1:1000.

10.7.2 Layout

a. Measure 8m from each of the throwing ends of the runway lines to an imaginary line through the centre of the runway. Mark the point where these lines intersect which will be the centre of the throwing arc.
b. From this point, tension an 8m length of string and scribe an arc at the end of the runway.
c. Mark this arc twice to produce a line of width 7cm where the arc meets the sides of the runway, extend the arc ends at right angles to the runway edges for 75cm. Once again mark these lines twice to produce a line 7cm wide.
d. All lines on the entire field are 5cm wide except those that mark the throwing arc for the javelin.

10.7.3 Implement Construction

a. The shaft of the javelin shall be constructed completely of metal.
b. The surface of the shaft shall have no dimples or pimples, grooves or ridges, holes or roughness, and the finish shall be smooth and uniform throughout.
c. The shaft shall have fixed to it a metal head terminating in a sharp point.
d. A grip shall cover the centre of gravity and shall not exceed the shaft by more than 8mm. The grip shall be of uniform thickness.





SECTION C

COMPETITIONS

These rules are provided for the following purposes:

- As guidelines to support weekly NSW Athletics Club Activities.
- For use at all Zone and Regional Championships for all age groups.
- For use at the NSW Athletics State Championships (age groups 9s, 10s, 11s, 12s).
- For use at the NSW Combined Event carnival in March.

It is important to note that all other State Championships for ages 13s and above will be conducted under the rules of World Athletics (or World Para Athletics as appropriate) with modifications as outlined in the Technical Regulations available for each specific competition on the NSW Athletics website. For the avoidance of any doubt, these competitions include, but may not necessarily be limited to: NSW Junior Championships, NSW Combined Event Championships (January), NSW Relay Championships (weekend 2).

Furthermore, other competitions as delivered by NSW Athletics, will have their own competition rules/Technical Regulations, and may, if appropriate, refer back to the Rules of Competition (ROC) or World Athletics rules where it is deemed necessary. For the avoidance of any doubt, these competitions would include the Treloar Shield, NSW Specialist Series, NSW Allcomers series, Winter Track & Field, Primary Schools Carnival, NSW All Schools, NSW Winter Running & Walking Series.

11. Zone/Region/State Track & Field

Rules in this section should be read in conjunction with the entry regulations for state Championships listed on the NSW Athletics website.

11.1 Progression from Region to State – Qualifying Standards

i. **Qualifying Standard 1500m Walk and 3000m Run**

a. No Minimum standard applies for these events

ii. **Qualifying Standard for High Jump**

Athletes who cannot attain the state minimum starting height for the relevant age groups (see 11.2 ii) at region carnivals, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships.

11.2 Rules Specific to Zone/Region/State

i. Track Times

a) The normal rules for timing an event apply, with the exception that hand times will be to the 1/100th of a second rather than 1/10th.

b) For progression purposes manual times will be adjusted by adding: -

- 0.24 secs to the actual time for events up to and including 200m, and
- 0.14 secs to the actual time for events over 200m and up to and including 400m.

c) On all result sheets at zones and regions that use handheld times, there must be a sentence advising that this adjustment will be made in order for progressing athletes to be determined.

ii. High Jump – starting heights

The starting height for high jumps will be as follows: -

	ZONE		REGION		STATE	
	Boys	**Girls**	**Boys**	**Girls**	**Boys**	**Girls**
9s	0.85	0.80	0.90	0.85	0.95	0.90
10s	0.95	0.90	1.00	0.95	1.05	1.00
11s	1.05	1.00	1.10	1.05	1.15	1.10
12s	1.15	1.10	1.20	1.15	1.25	1.20
13s	1.20	1.15	1.25	1.20		
14s	1.25	1.20	1.30	1.25		
15s	1.25	1.20	1.30	1.25		
16s	1.30	1.25	1.35	1.30		
17s	1.30	1.25	1.35	1.30		

NOTE: *Starting heights for 13s and above at the State Championships will be defined via the Technical regulations of the competition*

iii. Increments

At Zone / Region / State Championship events the bar will be raised by 5cm increments for the first three heights thence by 5 cm until there are 6 or fewer athletes remaining and by increments of 2cms thereafter until only one athlete remains. When only one athlete remains, that athlete may choose the increments.

11.3 Local Rules

i. To be accepted as a local rule, rules listed in the conditions of hiring a ground, e.g. spikes, blocks etc. apply to all carnivals conducted at that ground, including zone, region, and state.

ii. Any other local competition rules must have been submitted and approved by NSW Athletics before they can be used at zone, region, and state. This is to be done on a carnival-to-carnival basis.

11.4 3000m

Zone and/or Region Coordinators are permitted to move the 3000m to suit weather conditions.

11.5 400m – Timed Finals

All 400m events will be conducted as timed finals for the following championships:

- All Athletes at Zone Championships (all ages)
- All Athletes at Region Championships (all ages)
- 9s-12s athletes at the State Track & Field Championships

Each timed final heat will be seeded slowest to fastest using the athletes' zone or region performances (or club performance where seed times are entered as part of a zone entry process). If an individual seed time is not provided, that athlete will be placed in the slowest heat. Performances from all timed finals will be combined to determine the overall places for each age group.

11.6 800m – Timed Finals

800m events at the 9s to 12s State Track & Field Championships, and Zone and Region, will be conducted as timed finals, which will be seeded with the 12 fastest athletes in the same heat, which will be conducted last. Performances from both timed finals will be combined to determine the overall places for each age group.

Seed Performances for Region will be the athletes performances at the Zone Championships and the seed performances at State Championships will be the performances recorded at Region.

11.7 200m Hurdles, 300m Hurdles & 400m Hurdles – Timed Finals

All circular track hurdles, i.e. 200m, 300m and 400m hurdles at all Zones and Region Championships will be conducted as timed finals.

Each timed final heat will be seeded slowest to fastest, using the results from the athletes' zones or region performances (or club performance where seed times are entered as part of a zone entry process). Performances from all timed finals will be combined to determine the overall places for each age group.

11.8 Exempted Athletes Seeding – Timed Finals

Exempted athletes will be seeded based upon their times supplied by their Club. If no seed time is provided athletes will be placed in the slowest heat.

11.9 Natural Disaster Clause

Athletes may be given special consideration for an exemption from Zone and/or Region where the athlete has been affected by environmental factors outside of their control e.g. floods, bushfires. The final decision for special consideration for exemptions will be the sole discretion of the General Manager – Sport Delivery. Special consideration for an exemption must be put in writing (email accepted) to the General Manager – Sport Delivery prior to the commencement of the athletes' respective championships.

11.10 Zone Championships – Order of Events

A standard zone program may be supplied to all zone coordinators, who may change the order to suit local conditions. If the standard zone program is not used, the zone coordinator **must** provide the updated zone program to NSW Athletics no later than 7 days prior to the Zone Championships for posting on the NSW Athletics website.

11.11 Region Championships – Order of Events

Regions may be supplied with a matrix of events per day for the State Track & Field Championships. All Regions must supply a Timed Program (or not before times) to NSW Athletics no later than 7 days prior to the Championships for posting on the NSW Athletics website. Regions are permitted to make changes to suit local conditions. If changes to the days that the events are held are made, they **MUST** submit their proposed program to NSW Athletics for approval.

11.12 Program for Zone/Region

i. A standard program at Zone / Region Championships to consist of: -

a. Heats and Finals for 70m, 100m, 200m, 60m/80m/100/110m hurdles (where there are less than 8 entries these events would be conducted as straight-out finals

b. 400m, 800m, 200m Hurdles, 300m Hurdles and 400m Hurdles will be conducted as timed finals.

NB. Timed finals will be seeded slowest to fastest using the athletes' zone or region performances (or club performance where seed times are entered as part of a zone entry process). The heat with the fastest athletes to be conducted last. Performances from all timed finals will be combined to determine the overall places for each age group. (**Note:** refer to 11.6 for conduct of 800m at State Track and Field Championships).

c. Other circular track events will be conducted as pack starts

d. Field events (except for High Jump) will consist of 3 rounds with the top 8 (with valid performances at the end of round three) having one (1) additional round. (Note the normal rules regarding ties and progression will apply).

ii. If the Championships need to be altered, due to extenuating circumstances (e.g. adverse weather conditions), a compressed program should be used. The decision to compress the carnival shall be made during the carnival if circumstances warrant the change.

A compressed program may consist of: -

a. Timed finals for all track events.

b. 3 trials only in all field events.

c. The decision to reduce a Championship carnival to a compressed carnival will be made by: -

- Zone Championships - Zone Coordinator and Carnival Manager, in conjunction with the NSW Athletics Competition Lead (or appointed delegate)
- Region Championships – Region Coordinator and/or Carnival Manager, Region Technical Delegate, in conjunction with the NSW Athletics Competition Lead (or appointed Delegate)
- State Championships –NSW Athletics Competition Lead (or appointed Delegate), Carnival Manager and Technical Delegate (if appointed).

SECTION D

ZONE AND REGION PROGRESSION

The information in this section should be read in conjunction with the *NSW Pathway Entry Regulations* document available on the NSW Athletics website. In the event of any discrepancy, the *Entry Regulations* shall take precedence.

PROGRESSION FROM ZONE TO REGION

Subject to the entry guidelines posted on the NSW Athletics website, the table below outlines the number of athletes that may progress from Zone to Region Championships in the 8s, 9s, 10s, 11s, 12s, 13s, 14s, and 15s.

Athletes in the 7s may contest Zone Championships but cannot progress to Region.

Zones, at their discretion, may offer events for the 16s, 17s and Under 20 but there is no progression to Region or NSW Junior Championships. Athletes in 16s, 17s, Under 20 direct enter the NSW Junior Championships.

Zones at their discretion, may offer Para events; however these are participatory and there is no progression from Zone to Region. Para progression commences at Region.

Regions and Zones		**Zone to Region Progression**		**Relay Progression**
Region	**Zones in Each Region**	**What places progress from Zone to Region**	**What is the maximum number of next best qualifiers that will progress from across all Zone results in that Region?**	**What number of relays progress from Zone to region?**
1	New England, Northern Rivers, Mid North Coast	First 4 Places	4	First 2 Places
2	Central Coast, Lake Macquarie, Hunter, Port Hunter	First 3 Places	4	First 2 Places
3	Western Plains, Western Ranges	First 6 Places	4	First 3 Places
4	Eastern Riverina, Western Riverina, Mid South Coast, South Coast Highlands	First 3 Places	4	First 2 Places
5	Northern Metro, North East Metro	First 6 Places	4	First 3 Places
6	West Metropolitan, Outer West Metropolitan, North West Metropolitan	First 4 Places	4	First 2 Places
7	Central West Metropolitan, South West Metropolitan, Mid West Metropolitan	First 4 Places	4	First 2 Places
8	Inner City, Southern Metropolitan	First 6 Places	4	First 3 Places

NOTE:

- If only 9 athletes arrive at the call room from entries to heats, then the heats may be collapsed to a final of a maximum of 9 athletes
- If after resolving a protest in an earlier heat an additional athlete is added to the final, then this can result in 9 athletes being in the final,
- Only the top 8 will be considered for progression, so that all zones have the same number of athletes qualifying to the next level.

<u>Selection of next best performances</u>

- Performances in heats cannot be considered in selection of next best performances unless event is run as a Timed Final.
- Performances from all competitors in a field event will be assessed for next best performances. This means that an athlete who does not reach the second round (or final trial) may still perform a next best performance.
- Performances from all competitors in all pack events (e.g. 800 metres) will be assessed for next best performances.

PROGRESSION FROM REGION TO STATE

Subject to the entry guidelines posted on the NSW Athletics website, the table below outlines the number of athletes that may progress from Region to State Championships in the 9s, 10s, 11s, 12s, 13s, 14s, 15s, 9s-10s Para, 11s-12s Para, 13s-14s Para.

Athletes in the 8s may progress to Region Championships but cannot progress to State.

Regions, at their discretion, may offer participatory opportunities for the 16s, 17s, Under 20, 15s-16s Para and Under 20 Para but there is no progression to NSW Junior Championships. Athletes in 16s, 17s, Under 20, 15s-16s Para and Under 20 Para direct enter the NSW Junior Championships.

	Region to State Progression			
Region	**What places progress from region to State?**	**What is the maximum number of next best qualifiers that will progress? (see note)**	**What number of relays progress from Region to State?**	**Notes on Next Best Qualifiers**
1	2	8	1	For 9s, 10s, 11s, 12s, 9s-10s Para & 11s-12s Para, next best qualifiers will come from results at all Region Championships only. For 13s, 14s 15s & 13-14s Para, next best qualifiers will come from performances at: • Each Region Championships • Any State or World Athletics permit meet conducted in NSW between 1st October 2026 until 11:59pm on the Sunday of the Final Region Championships • Any State or World Athletics permit conducted in another state/territory of Australia (upon application) *An athlete in these age groups may qualify for the State championships through one of the above events with or without contesting their relevant Zone and Region.*
2	2		1	
3	2		1	
4	2		1	
5	2		1	
6	2		1	
7	2		1	
8	2		1	

SECTION E

PARA GUIDELINES, COMPETITION RULES, EVENTS & SPECIFICATIONS

PARA GUIDELINES AND COMPETITION RULES

These rules are to be read in conjunction with Competition General Rules And Track Events & Field Events.

All information regarding para athletes can be found on the Australian Athletics website.

12. CLASSIFICATION GUIDELINES

All athletes with a disability must have received at least a provisional classification from an approved organisation if they want to compete in disability events conducted at NSW Athletics championship competition.

Classification in athletics has seven areas or categories, and each has different requirements. If an athlete does not fall into one of the following categories, then they may not be able to be classified. If an athlete cannot be classified, they are ineligible to compete in disability events and must therefore compete in the able-bodies events.

Deaf (T/F 01) *Deaf Sports Australia* – www.deafsports.org.au or info@deafsports.org.au
Visually Impaired (T/F 11-13) *Australian Paralympic Committee* – classification@paralympic.org.au or 02 9704 0500
Intellectual Disability (T/F 20) (T/F 21) *Sport Inclusion Australia* – www.sportinclusionaustralia.org.au or mail@sportinclusionaustralia.org.au
Physical Impairment: Cerebral Palsy (T/F 32-38); Amputee & Les Autres (Little People) (T/F 40-46); Wheelchair Athletes (T51-54; F51-58) Limb Deficiency etc. (T/F 61-64) *Australian Paralympic Committee* – classification@paralympic.org.au or 02 9704 0500
Physical Impairment: Frame Running (T71-72) *Australian Paralympic Committee* – classification@paralympic.org.au or 02 9704 0500
Transplantee (T/F 60) – A person who has received a kidney, heart, heart & lung, liver, or bone marrow transplant. *Transplant Australia* – www.tansplant.org.au or contactus@tansplant.org.au

13.PARA STANDARD EVENTS

Note 1: Australian Best Performances (ABP's) are not recognised at this point in time.

Legend: Available to Offer at NSW Athletics Championships 9s – 17s

Not Available as no Baseline Exists

CLASS	100m	200m	400m	800m	Shot Put	Discus	Javelin	Long Jump	Cross Country
T/F01									
T/F11									
T/F12									
T/F13									
T/F20									
T/F21									
T/F31									
T/F32									
T/F33									
T/F34									
T/F35									
T/F36									
T/F37									
T/F38									
T/F40									
T/F41									
T/F42									
T/F43									
T/F44									
T/F45									
T/F46									
T/F47									
T/F51									
T/F52									
T/F53									
T/F54									
F55									
F56									
F57									
T/F60									
T/F61									
T/F62									
T/F63									
T/F64									
T71									
T72									

Note: Throwing Weights as per Implement Specifications Table 8. Maximum Cross-Country Distances as per Table 6.

14. Para Implements

Classification	Registration Age	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
F01	U20	4.0Kg	1.0Kg	600g	6.0Kg	1.75Kg	800g
	15s-16s	3.0Kg	1.0Kg	500g	5.0Kg	1.5Kg	700g
	13s-14s	3.0Kg	1Kg	500g	4.0Kg	1.0Kg	700g
	12s	2.0Kg	750g	400g	2.0Kg	750g	400g
	11s	2.0Kg	500g	400g	2.0Kg	500g	400g
	10s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	9s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
F11-F13	U20	4.0Kg	1.0Kg	600g	6.0Kg	1.75Kg	800g
	15s-16s	3.0Kg	1.0Kg	500g	4.0Kg	1.5Kg	700g
	13s-14s	3.0Kg	1Kg	500g	4.0Kg	1.0Kg	700g
	12s	2.0Kg	750g	400g	2.0Kg	750g	400g
	11s	2.0Kg	500g	400g	2.0Kg	500g	400g
	10s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	9s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
F20	U20	4.0Kg	1.0Kg	600g	6.0Kg	1.75Kg	800g
	15s-16s	3.0Kg	1.0Kg	500g	4.0Kg	1.5Kg	700g
	13s-14s	3.0Kg	1Kg	500g	4.0Kg	1.0Kg	700g
	12s	2.0Kg	750g	400g	2.0Kg	750g	400g
	11s	2.0Kg	500g	400g	2.0Kg	500g	400g
	10s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	9s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
F21	U20	3.0Kg	750g	400g	4.0Kg	1.0Kg	600g
	15s-16s	2.0Kg	750g	400g	3.0Kg	1.0Kg	500g
	13s-14s	2.0Kg	750g	400g	3.0Kg	1.0Kg	500g
	12s	1.0Kg	500g	400g	2.0Kg	750g	400g
	11s	1.0Kg	500g	400g	2.0Kg	500g	400g
	10s	1.0Kg	500g	No Event	2.0Kg	500g	No Event
	9s	1.0Kg	500g	No Event	2.0Kg	500g	No Event

Classification	Registration Age	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
F31 Seated Throws	U20	No Event	No Event	No Event	No Event	No Event	No Event
	15s-16s	No Event	No Event	No Event	No Event	No Event	No Event
	13s-14s	No Event	No Event	No Event	No Event	No Event	No Event
	12s	No Event	No Event	No Event	No Event	No Event	No Event
	11s	No Event	No Event	No Event	No Event	No Event	No Event
	10s	No Event	No Event	No Event	No Event	No Event	No Event
	9s	No Event	No Event	No Event	No Event	No Event	No Event
F32 Seated Throws	U20	2.0Kg	1.0Kg	No Event	2.0Kg	1.0Kg	No Event
	15s-16s	1.0Kg	750g	No Event	1.0kg	750g	No Event
	13s-14s	1.0Kg	750g	No Event	1.0kg	750g	No Event
	12s	1.0Kg	500g	No Event	1.0Kg	500g	No Event
	11s	1.0Kg	500g	No Event	1.0Kg	500g	No Event
	10s	1.0Kg	500g	No Event	1.0Kg	500g	No Event
	9s	1.0Kg	350g	No Event	1.0Kg	350g	No Event
F33 Seated Throws	U20	3.0Kg	1.0Kg	600g	3.0Kg	1.0Kg	600g
	15s-16s	2.0Kg	750g	500g	2.0kg	750g	500g
	13s-14s	2.0Kg	750g	400g	2.0kg	750g	500g
	12s	1.0Kg	500g	400g	1.0Kg	500g	400g
	11s	1.0Kg	500g	400g	1.0Kg	500g	400g
	10s	1.0Kg	500g	No Event	1.0Kg	500g	No Event
	9s	1.0Kg	500g	No Event	1.0Kg	500g	No Event
F34	U20	3.0Kg	1.0Kg	600g	4.0Kg	1.0Kg	600g
	15s-16s	2.0Kg	750g	500g	3.0kg	750g	500g
	13s-14s	2.0Kg	750g	400g	3.0kg	750g	500g
	12s	2.0Kg	500g	400g	2.0kg	500g	400g
	11s	2.0Kg	500g	400g	2.0kg	500g	400g
	10s	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	9s	1.5Kg	500g	No Event	1.5Kg	500g	No Event

Classification	Registration Age	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
F35	U20	3.0Kg	1.0Kg	600g	4.0Kg	1.0Kg	600g
	15s-16s	2.0Kg	750g	500g	3.0kg	750g	500g
	13s-14s	2.0Kg	750g	400g	3.0Kg	750g	500g
	12s	2.0Kg	500g	400g	2.0Kg	500g	400g
	11s	2.0Kg	500g	400g	2.0Kg	500g	400g
	10s	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	9s	1.5Kg	500g	No Event	1.5Kg	500g	No Event
F36	U20	3.0Kg	1.0Kg	600g	4.0Kg	1.0Kg	600g
	15s-16s	2.0Kg	750g	500g	3.0kg	750g	500g
	13s-14s	2.0Kg	750g	400g	3.0kg	750g	500g
	12s	2.0Kg	500g	400g	2.0kg	500g	400g
	11s	2.0Kg	500g	400g	2.0kg	500g	400g
	10s	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	9s	1.5Kg	500g	No Event	1.5Kg	500g	No Event
F37	U20	3.0Kg	1.0Kg	600g	5.0Kg	1.0Kg	600g
	15s-16s	2.0Kg	750g	500g	4.0kg	750g	500g
	13s-14s	2.0Kg	750g	400g	3.0kg	750g	500g
	12s	2.0Kg	500g	400g	2.0kg	500g	400g
	11s	2.0Kg	500g	400g	2.0kg	500g	400g
	10s	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	9s	1.5Kg	500g	No Event	1.5Kg	500g	No Event
F38	U20	3.0Kg	1.0Kg	600g	5.0Kg	1.5Kg	800g
	15s-16s	2.0Kg	500g	400g	2.0kg	500g	500g
	13s-14s	2.0Kg	750g	400g	3.0kg	750g	500g
	12s	2.0Kg	500g	400g	2.0kg	500g	400g
	11s	2.0Kg	500g	400g	2.0kg	500g	400g
	10s	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	9s	1.5Kg	500g	No Event	1.5Kg	500g	No Event
F40-F41	U20	3.0Kg	750g	400g	4.0Kg	1.0Kg	600g
	15s-16s	2.0Kg	750g	400g	3.0Kg	1.0Kg	600g
	13s-14s	2.0Kg	750g	400g	3.0Kg	1.0Kg	400g
	12s	1.5Kg	500g	400g	1.5Kg	500g	400g
	11s	1.5Kg	500g	400g	1.5Kg	500g	400g
	10s	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	9s	1.5Kg	500g	No Event	1.5Kg	500g	No Event

Classification	Registration Age	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
F42	U20	4.0Kg	1.0Kg	600g	6.0Kg	1.5Kg	800g
	15s-16s	3.0Kg	1.0Kg	500g	5.0Kg	1.0Kg	700g
	13s-14s	3.0Kg	1.0Kg	400g	4.0Kg	1.0Kg	600g
	12s	2.0Kg	750g	400g	2.0Kg	750g	400g
	11s	2.0Kg	500g	400g	2.0Kg	500g	400g
	10s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	9s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
F43-F44	U20	4.0Kg	1.0Kg	600g	6.0Kg	1.5Kg	800g
	15s-16s	3.0Kg	1.0Kg	500g	5.0Kg	1.0Kg	700g
	13s-14s	3.0Kg	1.0Kg	400g	4.0Kg	1.0Kg	600g
	12s	2.0Kg	750g	400g	2.0Kg	750g	400g
	11s	2.0Kg	500g	400g	2.0Kg	500g	400g
	10s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	9s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
F45	U20	4.0Kg	1.0Kg	600g	6.0Kg	1.5Kg	800g
	15s-16s	3.0Kg	1.0Kg	500g	5.0Kg	1.0Kg	700g
	13s-14s	3.0Kg	1.0Kg	400g	4.0Kg	1.0Kg	600g
	12s	2.0Kg	750g	400g	2.0Kg	750g	400g
	11s	2.0Kg	500g	400g	2.0Kg	500g	400g
	10s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	9s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
F46	U20	4.0Kg	1.0Kg	600g	6.0Kg	1.5Kg	800g
	15s-16s	3.0Kg	1.0Kg	500g	5.0Kg	1.0Kg	700g
	13s-14s	3.0Kg	1.0Kg	400g	4.0Kg	1.0Kg	600g
	12s	2.0Kg	750g	400g	2.0Kg	750g	400g
	11s	2.0Kg	500g	400g	2.0Kg	500g	400g
	10s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	9s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
F51 Seated Throws	U20	No Event	1.0Kg	No Event	No Event	1.0Kg	No Event
	15s-16s	No Event	750g	No Event	No Event	750g	No Event
	13s-14s	No Event	750g	No Event	No Event	750g	No Event
	12s	No Event	500g	No Event	No Event	500g	No Event
	11s	No Event	500g	No Event	No Event	500g	No Event
	10s	No Event	500g	No Event	No Event	500g	No Event
	9s	No Event	350g	No Event	No Event	350g	No Event

Classification	Registration Age	Girls			Boys		
		Shot Put	**Discus**	**Javelin**	**Shot Put**	**Discus**	**Javelin**
F52 Seated Throws	U20	2.0Kg	1.0Kg	600g	2.0Kg	1.0Kg	600g
	15s-16s	2.0Kg	750g	500g	2.0Kg	750g	500g
	13s-14s	2.0Kg	750g	400g	2.0Kg	750g	400g
	12s	1.5Kg	500g	400g	1.5Kg	500g	400g
	11s	1.5Kg	500g	400g	1.5Kg	500g	400g
	10s	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	9s	1.5Kg	350g	No Event	1.5Kg	350g	No Event
F53	U20	3.0Kg	1.0Kg	600g	3.0Kg	1.0Kg	600g
	15s-16s	2.0Kg	750g	500g	2.0Kg	750g	500g
	13s-14s	2.0Kg	750g	400g	2.0Kg	750g	400g
	12s	1.5Kg	500g	400g	1.5Kg	500g	400g
	11s	1.5Kg	500g	400g	1.5Kg	500g	400g
	10s	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	9s	1.5Kg	350g	No Event	1.5Kg	350g	No Event
F54 Seated Throws	U20	3.0Kg	1.0Kg	600g	4.0Kg	1.0Kg	600g
	15s-16s	2.0Kg	750g	500g	3.0Kg	750g	500g
	13s-14s	2.0Kg	750g	400g	2.0Kg	750g	400g
	12s	2.0Kg	500g	400g	2.0Kg	500g	400g
	11s	2.0Kg	500g	400g	2.0Kg	500g	400g
	10s	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	9s	1.5Kg	350g	No Event	1.5Kg	350g	No Event
F55	U20	3.0Kg	1.0Kg	600g	4.0Kg	1.0Kg	600g
	15s-16s	2.0Kg	750g	500g	3.0Kg	750g	500g
	13s-14s	2.0Kg	750g	400g	2.0Kg	750g	400g
	12s	2.0Kg	500g	400g	2.0Kg	500g	400g
	11s	2.0Kg	500g	400g	2.0Kg	500g	400g
	10s	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	9s	1.5Kg	350g	No Event	1.5Kg	350g	No Event
F56	U20	3.0Kg	1.0Kg	600g	4.0Kg	1.0Kg	600g
	15s-16s	2.0Kg	750g	500g	3.0Kg	750g	500g
	13s-14s	2.0Kg	750g	400g	2.0Kg	750g	400g
	12s	2.0Kg	500g	400g	2.0Kg	500g	400g
	11s	2.0Kg	500g	400g	2.0Kg	500g	400g
	10s	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	9s	1.5Kg	350g	No Event	1.5Kg	350g	No Event

Classification	Registration Age	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
F57	U20	3.0Kg	1.0Kg	600g	4.0Kg	1.0Kg	600g
	15s-16s	2.0Kg	750g	500g	3.0Kg	1.0Kg	500g
	13s-14s	2.0Kg	750g	400g	2.0Kg	750g	500g
	12s	2.0Kg	500g	400g	2.0Kg	500g	400g
	11s	2.0Kg	500g	400g	2.0Kg	500g	400g
	10s	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	9s	1.5Kg	350g	No Event	1.5Kg	350g	No Event
F60	U20	4.0Kg	1.0Kg	600g	6.0Kg	1.75Kg	800g
	15s-16s	3.0Kg	1.0Kg	500g	5.0Kg	1.5Kg	700g
	13s-14s	3.0Kg	1.0Kg	500g	4.0Kg	1.0Kg	700g
	12s	2.0Kg	750g	400g	2.0Kg	750g	400g
	11s	2.0Kg	500g	400g	2.0Kg	500g	400g
	10s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	9s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
F61	U20	4.0Kg	1.0Kg	600g	6.0Kg	1.5Kg	800g
	15s-16s	3.0Kg	1.0Kg	500g	5.0Kg	1.0Kg	700g
	13s-14s	3.0Kg	1.0Kg	400g	4.0Kg	1.0Kg	600g
	12s	2.0Kg	750g	400g	2.0Kg	750g	400g
	11s	2.0Kg	500g	400g	2.0Kg	500g	400g
	10s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	9s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
F62	U20	4.0Kg	1.0Kg	600g	6.0Kg	1.5Kg	800g
	15s-16s	3.0Kg	1.0Kg	500g	5.0Kg	1.0Kg	700g
	13s-14s	3.0Kg	1.0Kg	400g	4.0Kg	1.0Kg	600g
	12s	2.0Kg	750g	400g	2.0Kg	750g	400g
	11s	2.0Kg	500g	400g	2.0Kg	500g	400g
	10s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	9s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
F63	U20	4.0Kg	1.0Kg	600g	6.0Kg	1.5Kg	800g
	15s-16s	3.0Kg	1.0Kg	500g	5.0Kg	1.0Kg	700g
	13s-14s	3.0Kg	1.0Kg	400g	4.0Kg	1.0Kg	600g
	12s	2.0Kg	750g	400g	2.0Kg	750g	400g
	11s	2.0Kg	500g	400g	2.0Kg	500g	400g
	10s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	9s	2.0Kg	500g	No Event	2.0Kg	500g	No Event

Classification	Registration Age	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
F64	U20	4.0Kg	1.0Kg	600g	6.0Kg	1.5Kg	800g
	15s-16s	3.0Kg	1.0Kg	500g	5.0Kg	1.0Kg	700g
	13s-14s	3.0Kg	1.0Kg	400g	4.0Kg	1.0Kg	600g
	12s	2.0Kg	750g	400g	2.0Kg	750g	400g
	11s	2.0Kg	500g	400g	2.0Kg	500g	400g
	10s	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	9s	2.0Kg	500g	No Event	2.0Kg	500g	No Event

15. BASELINE SCORING

BASELINE provides a simplified way for athletes, administrators, and coaches to compare performances in Para events across all athletes with an eligible classification.

BASELINE uses a base time/distance/height in each class for each contestable event and measures this as a percentage against the individual athlete's performance to generate a percentage score.

Australian Athletics (AA) may change or amend the BASELINE guidelines and associated resources (including base performances) at any time.

Base performances are determined using the following priority protocol:

i. The base performances will be the official World Record as of 1 February each year. In the case where an Official World Record is not available the base performances will be: -
   a. The number one World Ranked performance as of 1 February, if quicker/higher/further than an existing base performance.

ii. In the case where a number one World Ranked performance is not available the base performance will be generated using one of the following methods: -
   a. The base performance of the next available preceding classification within the same classification system group.
   b. Relative to past performances at Australian National Championships
   c. Determined by the AA Paralympic Program Manager/AA Competitions team.

iii. The BASELINE can be found on the Australian Athletics website www.athletics.com.au

16. PARA ATHLETES

16.1 General Conditions

i. Athletes with a disability qualifying in any able body event at the Region or State Track & Field Championships will not be allowed to compete in the equivalent Para event conducted on the same program.

ii. Implements shall comply with the specifications as defined by NSW Athletics for Para events.

iii. In Para field events, each athlete will be permitted three (3) attempts, and the eight (8) athletes with the best valid performances provided with one (1) additional attempt

iv. All Para track events will be timed finals.

v. All NSW Athletics and World Para Athletics (where applicable) rules of competition shall apply except in the following instances.

i. There may be instances where an athlete with a physical impairment, such as a club foot may need to wear a shoe which does not meet the normal requirements. As long as the shoe does not give the athlete any unfair additional assistance it should be allowed.

ii. On the field of play assistants must have a clear understanding of the rules for competition. Any breach of a rule by an assistant may result in the athlete being disqualified in that event.

iii. Only assistants / guide runners for athletes in the T/F11 & 12 classification will be permitted to accompany competitors onto the track or into the throwing and jumping areas.

iv. Those persons acting as assistants or guides must be clearly identifiable by wearing a bright coloured vest provided by the organising committee.

v. In field events where competitors receive assistance from assistants, the time allowed for an attempt shall begin from the moment when the official responsible is satisfied that the athlete has completed the process of orientation.

Note: if the athlete loses their orientation so that they require to be re-orientated, the clock shall be stopped and only re-started (to include any elapsed time already recorded) once orientation has again been completed.

vi. Starting blocks may be used for classes T11-13, T20-21, T35-38, T42-47, and T61-64 by athletes in the 11's and above age.

Note: Some athletes in Classes T20, T21, T35-38, T42-47, and T61-64 may require their starting blocks to be set for them by the Starter's Assistant.

16.2 Classification

i. Athletes with a disability must be formerly classified by a recognised organisation, prior to competing at the Regional Track & Field Championships.

ii. Classification is a way of grouping athletes of similar function or ability for the purpose of competition.

16.3 Competition

i. Boys and girls may compete together in both track and field events where warranted. All shall compete using the correct implement specifications as well as be judged and awarded for their particular age and gender.

ii. All events will be conducted as multi-disability events. Competitors will compete against a Baseline standard as determined by the Australian Paralympic Committee. Placings will be determined by the competitor's time/distance calculated against a percentage of the Baseline standard.

iii. In all competitions involving throwing events athletes must use the implement weight specified for their classification/age group, (refer Para Athletes Implement Specification Table).

iv. Except for Seated Throwing Events, no athlete shall have more than one trial consecutively.

Note: At competition events where combined age groups are conducted the competitors will throw the weight specified for their age group. This could result in different weight implements being used in the same event.

17. VISUALLY IMPAIRED ATHLETES – Classification T/F 11, 12, 13

17.1 General Conditions

17.1.1 Facility Location and Equipment

i. Competitors with classification T/F11 must wear approved opaque glasses or an appropriate substitute in all track and field events. The opaque glasses or substitute must be approved by the Carnival Referee. Glasses, once approved, must be made available for checking at all times. When not competing, the athlete may remove the dark glasses or substitute.

ii. Acoustic signals are permitted for athletes in this class, as specified in the following rules. Where acoustic assistance is being used (e.g. Long Jump) complete silence shall be requested from spectators.

iii. For athletes with classification F12, modification of the existing facility is permitted (e.g. by powder, cones, flags etc.). Acoustic signals may also be used in Long Jump events.

iv. For athletes with classification T/F13, NSW Athletics and World Para Athletics (where applicable) rules will be followed in their entirety, except as otherwise listed.

17.1.2 Escort / Guide Runner

i. Competitors in the Long Jump with classification F11 may use a caller to provide acoustic orientation during the approach run. This guide/caller can assist in positioning the athlete on the runway.

ii. Competitors in the Long Jump with classification F12 may be accompanied to the competition area by only one person, who may serve as caller and/or guide. No additional persons will be permitted in the competition area.

iii. Guide Runners must have a clear understanding of the rules for competition. Any breach of a rule by a guide runner may result in the athlete being disqualified in that event.

iv. Assistants may provide verbal instruction for positioning and orientation before, during and after each attempt.

v. Athletes must provide their own guide runners for all competitions.

17.2 Track Events

17.2.1 Running Competition Rules

i. The 100m event for T11 to T13 classification athletes shall have timed finals consisting of a maximum of four athletes with guides per heat.

ii. A re-run may only be requested when circumstances beyond the control of the athlete and guide (as a team) have interfered with the performance of the athlete.

iii. Athlete(s) in Sport Class T11 and T12 shall adhere to rule 7.1:- shall refer to athlete(s) and/or guide runner(s). In the event a breach of the rule committed by a guide-runner resulting in warning, or disqualification the accompanying athlete shall be consequently warned or disqualified.

17.2.2 Methods of Guidance

i. Athletes **must** bring their own guides to competitions.

ii. When competitor and guide are in competition they are to be regarded as a team.

iii. As the blind runner crosses the finish line, the **guide must be** behind the athlete or disqualification will apply.

iv. An athlete competing in Sports Class T11 and T12 with a guide runner, shall be guided with a commercially produced tether or elbow lead supplied by the athlete. It shall be made from nonelastic material and shall not store energy and/or offer a performance gain to the athlete. In addition, the runner may receive verbal instruction from the guide. (Bicycles or other mechanical means of transport may not be used by guides).

v. At no time may the guide pull the athlete or propel the athlete forward by pushing. Infringement of this rule shall lead to disqualification.

vi. Whether or not a tether is being used, the athlete and guide shall be not more than 0.50m apart at all times.

NOTE: Where extraordinary or accidental circumstances lead to a breach of this rule it shall be the sole responsibility of the Track Referee to decide for or against disqualification. The principles that will govern such a decision shall include consideration of any danger to or disadvantage suffered by another competitor in the same race.

vii. In all races run in lanes, each athlete and the athlete's guide runner shall keep within their allocated lane from start to finish. This shall apply to any portion of a race run in lanes. If the referee is satisfied that an athlete has violated this Rule and that a material advantage was gained over other athletes, they:

a) In the 9s-12s age group: May be disqualified.

b) In the 13s and above age groups: Shall be disqualified.

viii. Guide runners must wear a bright coloured vest, in order that they are clearly distinguished from competitors. These vests will be provided by the Organising Committee.

ix. Any athlete or athlete's guide runner who jostles or obstructs another athlete, so as to impede their progress, shall be liable to disqualification from that event. The Referee shall have the authority to order the race to be re- held excluding any disqualified athlete or, in the case of heats, to permit any athlete/s seriously affected by jostling or obstruction (other than the disqualified athlete) to compete in the final of the event. Normally, such an athlete should have completed the event with bona fide effort. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if they consider it just and reasonable to do so.

x. Where guide runners are used by athletes in classes T11 and T12, lanes allocated for all races should be every second lane. For example: Lanes 1, 3, 5 ,7 or 2, 4, 6, 8 etc.

17.3 Field Events

17.3.1 Field Event Time Limits

i. In field events where competitors receive assistance from callers or guides, the time allowed for an attempt shall begin from the moment when the official responsible is satisfied that the athlete has completed the process of orientation.

***NOTE**: If the athlete loses their orientation so that he or she requires to be re-oriented, the clock shall be stopped and only re-started (to include any elapsed time already recorded) once orientation has again been completed.*

17.3.2 Long Jump

i. Escorts/callers may be used only by athletes in T11 and T12 classifications.

ii. It is the task of the escort/caller to help the athlete orientate himself or herself on the runway before attempting the jump. The escort/caller must leave the runway before the jump can begin.

iii. For T11 to T13 athletes, the take-off area shall consist of a rectangle 1.0 x 1.22 metres which must be prepared in such a way by the use of sand, that the athlete leaves an impression on the area with their take-off foot. The maximum distance between the take-off area and the front edge of the landing pit shall be one (1) meter.

a) ***NOTE.*** *For purposes of safety, it is strongly recommended that the minimum distance between the axis of the runway and the sides of the landing area should be 1.75 metres. If this recommendation cannot be met, additional safety measures may be required by the officials responsible for the event.*

iv. Where no part of the athlete's foot lands in the take-off area, the jump will be measured from the nearest break in the landing area made by any part of the body or limbs to the edge of the take-off area furthest from the landing area, or its extension. The measurement must be taken perpendicular to the back of the mat or its extension.

v. Athletes may use the 1m or 2m take-off board rather than the sand box.

17.3.3 Throws

i. Assistants may be used by athletes in the F11 and F12 classifications.

ii. Athletes with F11 and F12 classification, (where appropriate) must be brought to the throwing circle by an assistant.

iii. The assistant may help the athlete orientate himself or herself in the throwing circle before the throwing attempt and then must leave the circle before the throw can begin.

iv. Acoustic orientation is permitted for athletes with F11 and F12 classification before, during and after their throwing attempts.

v. If the event judge determines that an assistant who is providing acoustic orientation is in an unsafe location, the judge shall direct the assistant to move to a more suitable position.

vi. Athletes with F11 and F12 classifications **must** be escorted from the throwing circle only after the judges have determined whether the attempt is valid or not.

NOTE: Rule (Section C 2.1.7 vii) regarding exiting the throwing circle after the throw shall not apply.

18. WHEELCHAIR & FRAME RUNNING ATHLETES – Classification T/F 31-34, 51-57 & 71-72

18.1 General Conditions

18.1.1 Strapping

If strapping is used it must only be to the chair and of non-elastic material.

18.1.2 Escorts

Only escorts for athletes with classification T/F32, T/F51–53 will be permitted to accompany competitors onto the track or into throwing and jumping areas. Those persons acting as escorts must be clearly identified by wearing a coloured vest provided by the Organising Committee.

18.1.3 Wheelchairs

i. The wheelchair shall have at least two large wheels and one small wheel.

ii. In all races not conducted in a straight lane (in straight line), the athlete must be able to turn the front wheel(s) manually both to the left and to the right.

iii. No part of the body of the chair may extend forward beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The maximum height from the ground of the main body of the chair shall be 50 cm.

iv. The maximum diameter of the large wheel including the inflated tyre shall not exceed 70cm.

v. The maximum diameter of the small wheel including the inflated tyre shall not exceed 50cm.

vi. Only one plain, round, hand rim is allowed for each large wheel. This rule may be waived for persons requiring a single arm drive chair.

vii. No mechanical gears or levers shall be allowed, that may be used to propel the chair.

viii. Only hand-operated, mechanical steering devices will be allowed.

ix. The use of mirrors is not permitted in track races.

x. No part of the chair may protrude behind the vertical plane of the back edge of the rear tyres.

xi. It will be the responsibility of the competitor to ensure the wheelchair conforms to all the above rules, and no event shall be delayed whilst a competitor makes adjustments to their chair.

xii. Chairs will be measured in the Call Room and may not leave that area before the start of the event. Chairs that have been examined may be liable to re-examination before or after the event by the official in charge of the event.

xiii. It shall be the responsibility, in the first instance, of the official conducting the event, to rule on the safety of the chair.

xiv. Athletes must ensure that no part of their lower limbs can fall to the ground or track during the event.

xv. The wearing of helmets for Sport Classes T32 – T34 and T-51 – T54 is compulsory in all track wheelchair races. All helmets must meet the Australian safety standard AS/NZS 2063:2008.

18.2.2 The Start

a. The start rules as defined in 7.4 shall apply except as follows.

In the case of wheelchair races (classes T33-34 and T51-54), including classes T31-32, the following commands and positions are required. After the 'On Your marks' command, an athlete shall approach the start line, assume a position entirely within their allocated lane and behind the start line. At the 'Set' command, an athlete should immediately take up their final starting position retaining the contact of the front wheel with the ground behind the line"

b. Lanes

i. For wheelchair races, cones should not be placed on the track. Coloured flat markers 50mmx50mm may be placed at the intersection of the lane lines at the break line.

ii. For wheelchair races, a flag, 1.5m high must be positioned on both ends of the break line. One on the infield and the other on the outside of the track.

iii. For wheelchair races, athletes may leave their respective lanes when the bottom of both rear wheels which are touching the ground have gone past the nearer edge of the break line close to the start line.

c. The Race

Progression by any other method except the competitor pushing on the wheels or hand rims will result in disqualification.

d. The Finish

In Wheelchair and Frame Running races, the time shall be taken to the moment in which the centre of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line. Hand timing may need to be used for these classes where gate timing systems would otherwise be used.

18.3 Throws Events - Classifications F31-F34, F51-F57

18.3.1 General

i. Athletes may be permitted to have three trials consecutively.

ii. Referees shall have the power to change the place of the competition in any field event, if in their opinion the conditions justify a change.

***NOTE**: The round **DOES NOT** have to be completed before the change is made.*

18.3.2 Throwing Frame/Wheelchair

i. All seated throws events will be conducted from a site with tie down devices. An athlete may use a standard day wheelchair to compete in throws. LAA and/or Member Associations take no responsibility for any damage caused to a chair through being restrained.

ii. The maximum height of the throwing frame, including the cushion(s), used as a seat, shall not exceed 75cm.

iii. The frame may have a holding bar made of metal, fiberglass, or similar materials, but this must not have any articulation or joints.

iv. All parts of the frame must be fixed. Assistance to the athlete by flexible parts is not allowed.

v. It will be the responsibility of the competitor to ensure that the frame conforms to all the above rules, and no event shall be delayed whilst a competitor makes adjustments to their frame.

vi. Frames will be measured before the competitor enters the throwing circle. Frames that have been examined may be liable to re-examination before or after the event by the official in charge of the event. Measurement will always take place without the athlete sitting in the frame.

vii. If an authorised holding device is used and breaks during the execution of a throw, it shall not count as a trial, providing it was made in accordance with the rules. If the competitor thereby loses their balance and commits a foul, it shall not count against them.

viii. In seated throws, clothing must be close fitting so that the view of the judges is not impeded.

18.3.3 Throws

i. To protect the wrist from injury, a competitor may wear a bandage at the wrist. Athletes with classification F51–F53 may use strapping or a glove on their non-throwing hand, and anchor that hand to the frame.

***Note**: Athletes in Classes F31-34, F54-57 must not use gloves.*

ii. It shall be a foul throw/put if any part of the body touches the top of the rim or any holding device is outside the vertical plane of the edge of the circle during the throw. For athletes with F51–F58 classification only the footrest(s) or any part of the wheel or push rims not touching the circle may be outside the circumference of the circle.

iii. A competitor shall commence a throw/put from a stationary seated position.

The seated position is defined as follows:

a) The athlete must sit so that both legs are in contact with the seat surface from the back of the knee to the back of the buttock.

b) This sitting position must be maintained throughout the throwing action until the throw has been marked. (Strapping across the upper thighs and or pelvis is allowed and encouraged).

iv. An athlete is not allowed to touch the strap(s) outside the vertical plane of the throwing circle.

v. It shall be a failure if an athlete moves from the seated position from the time the athlete takes the implement into the starting position of the trial until the throw has been marked by an official.

vi. A trial is complete once the implement has landed within the permitted zone.

vii. For athletes with classification F31-F34, F51-F57, a stop board is unnecessary for all athletes competing from frames.

viii. For athletes with classification F31-F34, F51-F57 and using an approved holding device, the rule regarding exiting the throwing circle after the throw shall not apply.

ix. A reasonable amount of time will be permitted for an athlete's throwing frame or wheelchair to be secured in the circle before the athlete attains a seated position. The maximum time allowed is for athletes to secure themselves to the chair and have as many warm-up throws as time permits is:

a) 5 minutes for Sport Classes F32-34 and F54-57, or

b) 6 minutes for Sport Classes F31 and F51-53.

Note: Timing should begin at the time the chair is oriented, secured to the throwing platform and made available to the athlete to secure themselves into position.

19 LIMB DEFICIENCY ATHLETES (who compete standing)

19.1 Track Events - Classification T42–T47 & T61–T64

19.1.1 Prosthesis

Athletes in classes T61, T62, T63 & T64 shall use leg prosthesis in running events. Hopping is not allowed. In all competitions except running for classes T61, T62, T63 & T64 the wearing of prosthesis is optional.

Note*: Competition prostheses are not considered as appliances, which can give the wearer an advantage.*

19.1.2 Start

i. A competitor must not touch either the start line or the ground in front of it with their hands or feet when on their marks.

ii. For athletes with classification T35 -T38 & T42–T47 it is acceptable for arm amputee athletes or those with short arms to use pads on which to rest stumps at the start. Pads must be completely behind the start line and not interfere with any other athlete.

iii. For further information on starting techniques for other classes, please refer to the WPA rules document.

19.2 Jump Events - Classification F42–F47 & F61–F64

19.2.1 General

Athletes with classification T42-T44 & T61–T64 may use a running, hopping, or standing start in jumping events.

19.1.3 Prosthesis

Athletes with classification T61–T64

i. the use of prosthetic device(s) is optional.

ii. If the prosthetic device(s)is lost during the run-up then the athlete cannot continue without the prosthetic device(s).

iii. The athlete shall fix/adjust the prosthetic devices and recommence the trial provided they are within the time allowed for the trial.

iv. If the prosthetic devices are lost during the process of jumping and the mark where the prosthetic device(s) lands is the closest mark to the take-off board in the landing area, then that is the mark that the trial will be measured from.

v. If the prosthetic device(s) lands outside the landing area, it shall be counted as a failure and recorded as such.

20 HEARING, INTELLECTUAL, SHORT STATURE AND TRASPLANT ATHLETES

For athletes with classification T/F 1, 20, 21, 40, 41, and 60, NSW Athletics and World Athletics (where applicable) rules will be followed in their entirety.

20.1 If an athlete has a hearing impairment the starter or their assistant may use a flag, a strobe light or other visual device as well as a pistol to signal the start. In some circumstances, for athletes with both a vision and a hearing impairment, an official may touch an athlete to signal the start.

21 CLASSIFICATION INFORMATION

Track & Jumps (T) & Throws (F) Events available

TRACK & JUMPS EVENTS	THROWS EVENTS
Athletes with a hearing impairment	**Athletes with a hearing impairment**
T01	F01
Athletes with a physical impairment	**Athletes with a physical impairment**
T71-T72	-
Athletes with a visual impairment	**Athletes with a visual impairment**
T11	F11
T12	F12
T13	F13
Athletes with an intellectual impairment	**Athletes with an intellectual impairment**
T20	F20
T21	F21
Athletes with hypertonia, ataxia or athetosis who compete sitting	**Athletes with hypertonia, ataxia or athetosis who compete sitting**
-	F31
T32	F32
T33	F33
T34	F34
Athletes with hypertonia, ataxia or athetosis who compete standing	**Athletes with hypertonia, ataxia or athetosis who compete standing**
T35	F35
T36	F36
T37	F37
T38	F38
Athletes with Short Statue	**Athletes with Short Statue**
T40	F40
T41	F41
Athletes with limbs deficiency, muscle weakness or joint restriction who compete standing	**Athletes with limbs deficiency, muscle weakness or joint restriction who compete standing**
T42	F42
T43	F43
T44	F44
T45	F45
T46	F46
T47	-
Athletes with limbs deficiency, muscle weakness or joint restriction who compete in a track chair	**Athletes with limbs deficiency, muscle weakness or joint restriction who compete seated**
T51	F51
T52	F52
T53	F53
T54	F54
-	F55
-	F56
-	F57
Athletes with a transplant	**Athletes with a transplant**
T60	F60
Athletes with Limb Deficiency or Leg Length Difference who compete with a Prosthesis/Prostheses	**Athletes with Limb Deficiency or Leg Length Difference who compete with a Prosthesis/Prostheses**
T61	F61
T62	F62
T63	F63
T64	F64