

## Update 2 - Competition Rules & Regulations Changes –2020-2021

Please find below an updated summary of the competition rules and regulation changes for the upcoming Region and State Events.

This is an update - Wednesday 3<sup>rd</sup> February 2021.

### Track & Field:

The confirmed changes to the LAA Standard Rules and Events are:

#### Take Off Mats / Line:

In the Long Jump, to ensure consistency and to improve athlete safety, the distance of the take off mat / board / line has now been standardised.

- In the **U6-U10** age groups, the mat shall be a maximum of **0.5mt** from the nearer edge of the landing area (pit).
- In the **U11-U16** age groups, the take-off line, shall be between **1-2mts** from the nearer edge of the landing area (pit).

Due to COVID restrictions and the uncertainty on when Centres commenced, for season 2020-2021 only, the number of weeks of attendance to be eligible to participate in Region Track & Field Carnivals has been reduced to **1** week only.

All Track events at the Track & Field Region Carnivals and State Championships will be either Finals or Timed Finals.

The important component of Timed Finals at State is the seeding, which is determined by the performance achieved at Region. This ensures athletes are performing at their best at Region, to be seeded correctly. Your performance at Region matters, is a term we are using to explain this process.

The number of events that an athlete can compete in, has been adjusted back to **4** events due to the restrictions on the Region timetables and resources for this year, as decided at the meeting to determine the outcome of the Region permits.

Multi-Class age group types are U9-U10, U11-U12 and U13-U16. 4 events are available, being 100m, 200m, Shot Put and Long Jump. There are a maximum of 24 athletes per age group type that will qualify for State Track & Field, based on their performance at Region Track & Field Carnivals.

The State Track & Field Championships is being conducted on Sat 13<sup>th</sup> & Sun 14<sup>th</sup> March at **Lakeside Stadium**.

### **Relays:**

Due to clashes with the calendar, this season only the Region Relays Carnivals will only be for U9-U12 athletes to qualify for the State Relays. The U13-U16 athletes will have a direct entry into the State Relays.

All events at the Region and State Relays are Timed Finals only, same as Track & Field, and seeding at State is based on performance at Region.

The number of events an athlete can compete in increases from 3 to 4. As all events are either Finals or Timed Finals, depending on entries, Team changes no longer exist on the day. Team changes can still occur between Region and State Relays.

The number of teams that qualify for the State Relays in the U9-U12 age groups has increased for the 4x200 and the Medley. The 4x200 is now 24 teams, previously 16, the Mixed Sex 4x200 is now 16 teams previously 8, and the Medley is now 16 teams, previously 8.

The U13-U16 are direct entry into State Relays, with unlimited Team entries.

The Medley has changed format and distance and is now the Swedish Medley, which is 1000mts, consisting of in order, **100mts, 300mts, 200mts, 400mts**.

The first 100mts is laned, starting at the 200mt start line. Once the first take-over occurs the 2<sup>nd</sup> athlete can leave their lane at the exact same breakline as the previous medley on the front straight, then all other legs are unlaned.

This is a great Medley, as it introduces another middle distance – 800mt / 1500mt or 400mt athlete into a Relay team.

Changes to the Age group promotions for Relays, not the Multi-Class are as follows.

- For all age groups, the age group promotion will be – no more than 2 age groups.
- Region Teams will now have the same age group promotion rules as Centre Teams.

Athletes cannot compete in the same event in 2 different age groups, regardless of the distance of the leg / distance being run.

**Multi-Class** Relays will be conducted in the 4x100 and 4x200 as Mixed Teams. The age group types are U9-U10, U11-U12 and U13-U16, and age group promotion will be one age group type only.

The Region Relays Carnivals will only be for U9-U10 and U11-U12 athletes to qualify for the State Relays. The U13-U16 athletes will have a direct entry into the State Relays.

Mixed Teams in Multi-Class Relays is any combination of athletes to make up a team of 4, as long as age group promotion rules apply. As the converted time is used to calculate a percentage, no advantage is gained by Mixed Teams competing together.

- A Mixed Team in Multi-Class can be 4 boys, 4 girls, 3 boys & 1 girl, 3 girls & 1 boy, 2 boys & 2 girls.

Medals will be awarded at both the Region Carnivals and State Championships, once the performances have been converted to an overall team percentage.

The number of Teams that qualifies for the State Relays Championships will be 8 for both events in Multi-Class in the U9-U10 and U11-U12, the U13-U16 are direct entry into State Relays with unlimited entries.

The State Relays Championships will also be conducted over 2 days, with the U9-U12 being on Saturday 27<sup>th</sup> March and the U13-U16 being on Sunday 28<sup>th</sup> March at Casey Fields. Lakeside Stadium is not available on that weekend.

Updated 3<sup>rd</sup> February 2021.