

Competition Rules & Regulations Changes – Season 2020-2021

The following rule changes come into effect at the beginning of the 2020-2021 Summer Track & Field season and apply to all levels of competition from Centre to State. These rule changes are the approved changes from Little Athletics Australia (LAA) and Little Athletics Victoria (LAVic).

The International body of Athletics that we use to modify our rules have changed their name from the IAAF to World Athletics – referred to as WA. The new WA rule book has been completely rewritten and split into sections. The LAA and LAVic rules will be updated and converted across to correspond with the rule numbers for consistency over the next 12 months.

The new sections of the WA rule book are:

Competition Rules – prefix CR then rule number

Technical Rules – prefix TR then rule number

Medical Rules – prefix MR then rule number

The Standard Rules and Events of LAA for Season 2020-2021 has been released but are not yet complete, as they are working on including Multi-Class athletics for the first time. We will wait for this to confirm any changes to our Multi-Class events. However, Athletics Australia has released a new results calculation process, called Baseline Tables, which replaces the MDS tables.

There has also been a review by AA on the age groups at National and International events, this has resulted in some changes to the Field event specifications for Multi-Class. We are working with School Sport Victoria – SSV to confirm what changes we will adopt to ensure consistency for our athletes. Details will be supplied soon on the final list of implement specifications.

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).

Relays:

As advised previously, the Relays have been reviewed to standardise them. This has not been an easy process due to the different formats available to conduct the 4x200 and Medley Relays. Finally, the 4x100, 4x200 and Medley Relays are included as standard events, however the variations of the 4x200 and Medley Relays means that only the 4x100 remains eligible for an Australian Best Performance – ABP.

As trialed at ALAC 2019 in Hobart, the Medley is 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 2nd 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, the athletes thoroughly enjoyed it at ALAC, as it introduces another middle distance or 400mt athlete into a Relay team.

There is an issue being clarified now on the length of the Take-Over zone for the unlaned changes in the 4x200 and Swedish Medley Relay. There is some confusion whether it is 20 or 30mts, as the rules are more designed around laned events. We will confirm and update the rules accordingly, once a thorough inspection of our tracks used for Relays has been completed.

Along with Multi-Class, LAA will be standardising the Cross-Country and Winter Road Walks. There is a review into the distances for the U12, U15 and U16 age groups to determine their suitability when aligning with Athletics Australia distances. We will keep you posted on this.

The changes to the LAVic Rules and Regulations for season 2020-2021 include the following:

Multi-Class:

For all Region Carnivals and State Championships, there will now be 3 Multi-Class age group types. They are U9-U10, U11-U12 and U13-U16. This replaces the previous 2 age group types that existed for Track & Field and Relays last season.

Combined Events:

To ensure consistency and improve delivery, the maximum number of registrations per age group for the Combined Events will be capped at 96. We average 93 for the U9-U11, however on occasion the number has been considerably higher which creates timetabling and logistical issues. Within each age group, we intend to split into smaller groups of 16, instead of the previous 24.

For the first time we will include Multi-Class in the Combined Events, competing in 4 events, excluding hurdles. The events are 100mts, 400mts, Long Jump and Shot Put. The 400mts will be the final event. The Baseline tables will be used to combine all 4 events to determine the overall performance. The final type of events and number of events might alter, depending on the details supplied by LAA in the Standard Rules and Events.

Relays:

There will be additional changes other than the switch from the Medley of 100,100, 200, 400 to the Swedish Medley of 100, 300, 200, 400. It is correct to call it the Medley Relay, so all references will include both terms for this season and then it will become the Medley Relay next year.

All events that had Heats will now be Timed Finals only, and the number of event types an athlete can compete in will increase from 3 to 4, to allow greater flexibility. The athlete workload will remain similar due to the removal of Heats.

As all events are either Finals or Timed Finals, Team changes no longer exist for the purpose of replacing an athlete that competed in the heat but will not compete in the final. However, Team changes between Region and State remains as is, as well as changes on the day prior to the closing time of submission of team sheets. The closing time for the submission of team sheets, has been extended out to 60mins before the event block to allow for greater flexibility and possible changes due to athletes being sick or injured on the day.

Multi-Class Relays will be conducted in the 4x100 and 4x200 as Mixed Teams. The age group types have been advised earlier, and age group promotion will be one age group type only.

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 Championships will be 8 for both events in Multi-Class.

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

- To assist with greater flexibility and less confusion, the rules around age group promotion for Centre and Region Teams has been altered.
- 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.

We are focused on keeping the integrity between Region and State Relays, especially for Region Teams, as there has been some feedback from Centres in the past on the issues with team changes, hopefully the increase in the number of events alleviates some of these concerns.

Track & Field:

As per the Relays, all Track events at the Track & Field Region Carnivals and State Championships will be either Finals or Timed Finals.

The number of events that an athlete can compete in, increases from 4 to 5 events. Again, the athlete workload could remain similar with the removal of heats, this varies from Region to Region, also considering Track & Field is conducted over 2 days.

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 weeks of competition for eligibility is being reviewed to ensure athletes are not disadvantaged as some Centres will commence their season later than others due to COVID-19 restrictions. However, we are confirming through Regulation 6- Centre Affiliation, that the athlete's performance and attendance is to be recorded in Timing Solutions on a weekly basis. We also encourage any Open Day performances be recorded at the athletes registered Centre, as these are eligible competitions, however an athlete can only claim one competition per week.

Cross-Country:

As advised earlier, there is a review by LAA into some of the distances for the Cross-Country events, once this is finalised, an update on the Cross-Country rules and regulations will be supplied. Multi-Class will be included in all events at Cross-Country.

Resources:

In terms of the information and resources, all the competition related documents can be found on the website under Competition, Rules and Regulations. These will be finalised over the next few weeks as required, but include the following:

- LAVic Competition Rules
- LAVic Competition Regulations
- Summary of Rule changes
- Centre Officiating Booklet
- Relay Officiating Booklet
- Centre Level Standard Events Table
- Throwing Implements Specifications
- Hurdle Specifications
- Centre Uniform Booklet

Plus a few other documents.

Affiliated Centres are required to conduct events listed on the Centre Level Standard Events Table, which is updated each year according to the changes approved by LAA. This table lists the maximum distance, height, weight for each event in each age group and gender.

Please ensure your Centre is reviewing the Centre Level Standard Events Table to check your competition program contains the correct events and specifications.