Little Athletic Victoria Competition Rules 2026/27

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TABLE OF CONTENTS

PREFACE **4**
APPROVED RULE CHANGES SINCE FEB 2021 ..... **5**
COMPETITIONS **9**
RULE 1: SANCTIONED COMPETITIONS 9
RULE 3: REGULATIONS GOVERNING THE CONDUCT OF LAVic COMPETITIONS 9
RULE 4: REQUIREMENTS TO COMPETE IN LAVic COMPETITIONS 9
COMPETITION RULES **10**
RULE 53: MEDICAL / SAFETY SERVICES AT LAVic COMPETITIONS 10
RULE 100: GENERAL 10
RULE 113: MEDICAL DELEGATE 10
RULE 119: JURY OF APPEAL 10
RULE 120: OFFICIALS OF THE COMPETITION 10
RULE 125: REFEREES 11
RULE 126: JUDGES 11
RULE 129: STARTER 12
RULE 140: THE ATHLETES FACILITY 12
RULE 141: AGE AND GENDER CATEGORIES 12
RULE 142: ENTRIES 12
RULE 143: CLOTHING, SHOES, BIBS, PROSTHETICS & ORTHOTICS, EYE MASKS, TETHERS & HELMETS 13
RULE 144: ASSISTANCE TO ATHLETES 15
RULE 145: DISQUALIFICATION 16
RULE 146: PROTESTS AND APPEALS 16
RULE 147: MIXED COMPETITION 17
RULE 148: MEASUREMENTS 17
TRACK EVENTS **18**
RULE 161: STARTING BLOCKS 18
RULE 162: THE START 18
RULE 163: THE RACE 19
RULE 165: TIMING AND PHOTO FINISH 20
RULE 168: HURDLE RACES 21
RULE 170: RELAY RACES 23
FIELD EVENTS **25**
RULE 180: GENERAL CONDITIONS 25
RULE 182: HIGH JUMP 27
RULE 184: GENERAL CONDITIONS – HORIZONTAL JUMPS 29
RULE 186: TRIPLE JUMP 31
RULE 187: GENERAL CONDITIONS – THROWING EVENTS 31
RULE 188: SHOT PUT 38
RULE 189: DISCUS THROW 39
RULE 190: DISCUS CAGE 39
RULE 193: JAVELIN THROW 40
COMBINED EVENTS COMPETITION **41**
RULE 200: COMBINED EVENTS COMPETITION 41
RACE WALKING EVENTS **44**
RULE 230: RACE WALKING 44
ROAD RACES **47**

RULE 240: ROAD RACES 47
CROSS-COUNTRY 48
RULE 250: CROSS-COUNTRY RACES & CROSS-COUNTRY RELAYS 48
CROSS-COUNTRY RELAY RACES 49
RULE 250: CROSS-COUNTRY RACES & CROSS-COUNTRY RELAYS 49
VICTORIAN BEST PERFORMANCE 50
RULE 260: VICTORIAN BEST PERFORMANCE 50
RULE 261: EVENTS FOR WHICH VICTORIAN BEST PERFORMANCE RECORDS ARE RECOGNISED 51
RULE 262: VICTORIAN BEST PERFORMANCE - MULTI CLASS 52
RULE 263: EVENTS FOR WHICH VICTORIAN BEST PERFORMANCES ARE RECOGNISED - MULTI-CLASS 53
Appendix 1 - CENTRE LEVEL STANDARD EVENTS TABLE 54
Appendix 2 - DOCUMENT HISTORY 55
VERSION CONTROL 55

COMPETITION RULES

of

LITTLE ATHLETICS ASSOCIATION OF VICTORIA INCORPORATED

Registration Number: A0003260D

PREFACE

Little Athletics Competitions in Victoria are conducted in accordance with the Competition Rules of Little Athletics Australia (LAA).

LAA use the World Athletics (WA) as the basis for the rules and make modification to suit the ages, nature and abilities of athletes participating in Little Athletics.

LAA use the World Para Athletics (WPA) as the basis for the rules and make modification to suit the ages, nature and abilities of Multi-Class athletes participating in Little Athletics.

The Competition Rules are to be used at all levels of competitions in Little Athletics, and in conjunction with the Centre Officiating Booklet, form the basis of all rules at Centre level for U6-U17 athletes. This ensures a consistent and safe program is offered to all participants.

These Competition Rules relate to the Standard Events of Little Athletics. Additionally, there are events and specifications that are deemed inappropriate for inclusion at all levels of competition and athletic skill development activities. The following events are not allowed at Little Athletics.

- Hammer Throw
- Pole Vault
- Steeple Chase
- All events over 8km.

The Standard Events apply to all levels of competitions from Centre to State Competitions. Refer to Appendix 1 for the Standard Events table.

Where there is any doubt on a rule or its interpretation, the current WA or WPA Competition Rule book should be reviewed to provide clarity around its application, remembering the benefit of doubt shall be in favour of the athlete.

There are processes and specific rules that apply to competitions conducted at Centre, Region and State level that are listed in a separate document. These Competition Regulations and Events plans are the administrative processes that assist in providing a consistent and safe program to all participants.

APPROVED RULE CHANGES SINCE FEB 2021

RULE	DESCRIPTION	CHANGE	DATE
Rule 125	Referees	Amend rule on the allocation of Referees	Aug 2021
Rule 126	Judges	Amend rule to confirm requirements of finishing posts when hand timing and using Judges.	Aug 2021
Rule 129	Starter	Amend rule to confirm role of Start Referee	Aug 2021
Rule 142	Entries	Amend rule to clarify the Clash process	Aug 2021
Rule 143	Spikes	Clarify communication to athletes as well as Centres	Aug 2021
Rule 146	Protests	Clarify who can lodge an On-Field protest	Aug 2021
Rule 168	Hurdles	Amend definition of lead leg for disqualification purposes	Aug 2021
Rule 180	Commencement of Competition	Clarify when an athlete can join the Field events, with or without a clash form, number of trials allowed Amend time limits table to remove consecutive trials	Aug 2021
Rule 187	Validity of Throws	Clarify definition of stationary	Aug 2021
Rule 189	Discus Throw	Clarify rule on Dicus hitting the cage	Aug 2021
Rule 200	Combined Events	Amend events table. Clarify points for Multi-Class to be best 3 performances	Aug 2021
Rule 250	Cross-Country	Add note that LAA has increased the maximum distance of U16 to 4km, however Region and State events will remain at 3km	Aug 2021
Rule 260	VBP	Remove reference to U14 and U16 athletes, not being eligible for VBP in the Combined Events, due to changes made for COVID restrictions	Aug 2021
Appendix 1	Centre Level Standard Events Table	Amend table to update U16 Cross-Country to 4km	Aug 2021
Rule 141	Age Groups	Amend table to add U17 age group	July 2022
Rule 162	False Starts	Add suitable audible signal as method of recall	July 2022

Rule 170	Relay Races	Clarify length of take-over zones	July 2022
Rule 187	Personal Safeguards and Assistance	Remove reference to taping of fingers or hand. Replace adhesive substance with suitable substance.	July 2022
Rule 261	VBP & ABP	Amend table and clarify, an ABP is only accepted for U9-U15 age groups in standard events, U16-U17 are not eligible.	July 2022
Appendix 1	Centre Level Standard Events Table	Amend table to update Cross-Country and include U17's	July 2022
All Rules where applicable	All Rules	Amend to include U17's.	July 2022
Rule 143	Clothing	Amended to provide for uniform bottoms to extend below knee in Race Walks for Religious or Medical reasons or other exceptional circumstances.	Sept 2023
Rule 143	Helmets	Added Race Running to events that require participant to wear a helmet.	Sept 2023
Rule 162	Starting Techniques	Added instructions for the start of Race Running events	Sept 2023
Rule 184	U6-8 Take off mat	Added option to use 0.5 x 1.22 OR 1.0 x 1.22 mat	Sept 2023
Rule 184	Horizontal Jump Failure	As per WA update, note added to clarify that loose shoelace etc breaking vertical plane is not a failure.	Sept 2023
Rule 187	Validity of Throws	Clarified validity of throws as per WA Rule update	Sept 2023
Rule 188	Shot Put Weight	Amended error where U12B Shot Put was listed as 3kg. Corrected to 2kg.	Sept 2023
Rule 250	Cross Country Distances	Added missing U16 age group to both Cross Country and Cross Country Relays.	Sept 2023
Rule 260	VBPs	Removed reference to VBPs not being recognised for Multi Class events	Sept 2023
Rule 260	VBPs	Removed requirement to have a minimum of 3 athletes/teams participating to be eligible for VBPs.	Sept 2023
Rule 1	Sanctioned Events	Added State Race Walk Road Championships and State Winter Track and Field Series	Sept 2024
Rule 163	Running in lane	Updated to clarify running on bend as per WA Rule update.	Sept 2024
Rule 170	Relay takeover zone	Updated starting position of feet of outgoing runner as per WA Rule update.	Sept 2024

Rule 184	Horizontal Jumps landing area	Added description as per WA Rule update.	Sept 2024
Rule 187	Multi-Class Javelin Table	Added Multi-Class Javelin Weights table.	Sept 2024
Rule 187	Various safety related.	Added runway to areas that practice trials cannot be done after competition has commenced. Added that implements cannot be used outside of the circle/runway. Added that human body fluids cannot be applied to implements. All as per WA Rule update.	Sept 2024
Rule 187	Contact outside throwing circle	Updated rule around contact outside the throwing circle as per WA Rule update.	Sept 2024
Rule 189	Loose parts of discus	Added that there shall not be any loose parts of a discus as per WA Rule update,	Sept 2024
Rule 193	Javelin – loose items	Added clarification on determining failures due to loose items in Javelin as per WA Rule update.	Sept 2024
Appendix 1	Standard Events Table	Added Race Walking Road maximum distances to Standard Events Table	Sept 2024
Rule 187	Multi-Class Implements – Shot Put	Updated U16B & U17B F32 class to 1kg.	Oct 2025
Rule 53	Medical	Point 6 added specifying the requirement for known pre-existing injuries to obtain written confirmation from a medical professional.	Oct 2025
Rule 143	Clothing	Updated as per updated Uniform Booklet. Max logo size now 40cm² (143.4), White undergarment option added (143.5), "Out of Stadia" updated to "Winter Season" (143.8) & Pockets now allowed in uniform items (143.10).	Oct 2025
Rule 168	Hurdles	Table updated – U6 Max Height now 23cm.	Oct 2025
Rule 260	ABPs	Updated 260.5 – Removed restriction of Multi-Class not being eligible for ABPs.	Oct 2025
Rule 141	Age & Gender Categories	Added Year of Birth to Table	Sept 2026
Rule 161	Starting Blocks	Updated Multi-Class classifications that can use starting blocks.	Sept 2026
Rule 161	Starting Blocks	Updated note detailing which Multi-Class classifications may receive assistance with set up.	Sept 2026
Rule 163	800m Races	Added provision that Multi-Class 800m races may be run as a pack start event if desired.	Sept 2026
Rule 165	Timing	Removed "Photo Finish" from the heading	Sept 2026

Rule 170	Relay Races	Updated "judges" to "umpires".	Sept 2026
Rule 170	Relay Races	Clarified that material or substances cannot be added to the baton.	Sept 2026
Rule 170	Relay Races	Updated wording relating to dropped baton to align with LAA Rules.	Sept 2026
Rule 187	Throwing Events	Clarified that athletes cannot spray or spread any substance on their shoes.	Sept 2026
Rule 193	Javelin	Clarified rule around athlete turning their back towards throwing arc.	Sept 2026
Rule 230	Race Walks	Note added to recommend, where possible, that a Yellow paddle is issued before a Red Card.	Sept 2026
Rule 262	VBPs – Multi-Class	New Rule added to incorporate Multi-Class VBPs.	Sept 2026
Rule 262	VBPs – Multi-Class Table	New Table added listing events for which Multi-Class VBPs can be obtained.	Sept 2026
Appendix 1	Standard Events Table	Table updated to include year of birth for each age group.	Sept 2026

COMPETITIONS

RULE 1: SANCTIONED COMPETITIONS

1. The following are sanctioned Little Athletics Victoria competitions:

- **(a)** State Track & Field Championships
- **(b)** State Relay Championships
- **(c)** State Combined Event Championships
- **(d)** State Cross-Country Championships
- **(e)** State Cross- Country Relay Championships
- **(i)** State Road Relay Championships
- **(f)** State Race Walk Road Championships
- **(g)** State Winter Track and Field Series
- **(h)** Region Track & Field Carnivals
- **(i)** Region Relay Carnivals
- **(j)** Region Cross-Country Carnivals
- **(k)** Region Combined Event Carnivals
- **(l)** Competitions between teams representing two or more Regions
- **(m)** Centre / Club Competitions
- **(n)** Invitation Meetings and Competitions as determined by Little Athletics Victoria

2. Each Affiliated Centre within LAVic is allocated to one of the following seven Regions:

EMR	Eastern Metropolitan Region
GCR	Gippsland Country Region
NCR	Northern Country Region
NMR	Northern Metropolitan Region
SMR	Southern Metropolitan Region
WCR	Western Country Region
WMR	Western Metropolitan Region

3. When required by LAVic, Region Organising Bodies will conduct qualifying carnivals for State Championships.

4. Regions and Centres will have the right to organise Region or Centre competitions and they may organise such other inter Region or inter Centre events as they deem necessary, according to the Standard Events table and Specifications.

RULE 3: REGULATIONS GOVERNING THE CONDUCT OF LAVic COMPETITIONS

1. LAVic will produce regulations governing the conduct of competitions held under the Rules. The Competition Regulations may be varied and amended by LAVic as it sees fit.

RULE 4: REQUIREMENTS TO COMPETE IN LAVic COMPETITIONS

1. No athlete may take part in a LAVic Competition unless they are a member of an Affiliated Centre, as per Regulation 7 – Registration of Competitive Members.

COMPETITION RULES

RULE 53: MEDICAL / SAFETY SERVICES AT LAVic COMPETITIONS

1. If on the advice of the Medical Officer:

a) Further treatment is required; and/or
b) 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.

2. 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.

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

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

5. If following the application of Rules 53.2 and 53.3 the athlete returns to competition and suffers a further asthma attack, they shall be immediately removed from that and all other events and seek medical treatment.

6. Athletes wishing to compete with any known pre-existing injury must obtain written confirmation from a qualified medical professional. This confirmation must explicitly state that participation does not pose any additional risk to the athlete, other competitors, or volunteers.

Failure to comply with these requirements may render the athlete ineligible to compete.

Note: There is a difference between preventative measures and pre-existing injuries. The use of strapping, tape, knee braces, etc, used by the athlete as preventative measures does not trigger the conditions as set out in the pre-existing injury Rule (Personal Accident/Injury Policy).

RULE 100: GENERAL

1. All Competitions as defined in Rule 1 will be held under the rules of LAA and LAVic and this will be stated in all announcements, advertisements, programmes, and printed material.

RULE 113: MEDICAL DELEGATE

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

2. A Referee may call the attending Medical Officer to examine any athlete in obvious stress or pain, due to illness or injury.

RULE 119: JURY OF APPEAL

1. The Appeal will be heard by the Jury of Appeal which will consist of a minimum of 3 members. Members directly involved in the Appeal are ineligible to sit on the Jury of Appeal. In the event there are less than 3 eligible Members to hear the Appeal, the Competition Director will appoint sufficient members with the necessary skills to form part of the Jury of Appeal.

RULE 120: OFFICIALS OF THE COMPETITION

1. The Organising Body of a competition will appoint all officials for all competitions based on nominations submitted by Individuals, Centres, Regions and Special Interest Working Parties, e.g., Starters and Race Walks Panels.

2. Nomination for a particular position does not guarantee an appointment.

3. Officials may be required to hold a valid Working with Children Check and have completed the necessary Child Safe modules, according to their position. Refer to the Child Safe policy on the LAVic website for details.

RULE 125: REFEREES

1. Sufficient Referees shall be appointed to cover all event areas, including, but not limited to, Call Rooms, Track events and Field events.

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

a) 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.

b) Ensure that the rules are observed and explained to the athletes.

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

d) Ensure the Chief Judges correctly supervise the measurement of performances.

e) Upon completion of each event check and sign the final result sheet and immediately hand to the Recording Area / Administration / Communications.

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

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

RULE 126: JUDGES

1. If place judges are used, then the following applies:

a) The Place Judges determine the official placing's when hand timing is used. They may be used when a Gate Timing System or 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 placing's.

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

2. 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. do not discuss placing.

3. 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.

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

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

6. 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.

RULE 129: STARTER

1. 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 (or if not appointed, the relevant Track Referee).

RULE 140: THE ATHLETES FACILITY

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

2. A certificate must be obtained from a licensed surveyor or similarly qualified person, stating that the track is of the correct dimensions and this certificate must be current.

3. Athletes, guide runners, assistants and officials only are permitted on the Competition area. Athletes, guide runners and assistants, must leave the area immediately after the completion of their event, at the direction of the officials.

RULE 141: AGE AND GENDER CATEGORIES

1. Competition under these Rules are divided into age group classifications as follows:

Age Group (Boys and Girls)	Age at midnight on 31 December at the beginning of the Track & Field season.	Year of Birth
Under 06	5 years old	2021
Under 07	6 years old	2020
Under 08	7 years old	2019
Under 09	8 years old	2018
Under 10	9 years old	2017
Under 11	10 years old	2016
Under 12	11 years old	2015
Under 13	12 years old	2014
Under 14	13 years old	2013
Under 15	14 years old	2012
Under 16	15 years old	2011
Under 17	16 years old	2010

RULE 142: ENTRIES

1. Competitions under the Rules are restricted to eligible athletes.

2. Eligible athletes may only compete for their Centre, except in the case of all Relays, where athletes may compete in a Region team to which their Centre is allocated.

Simultaneous Entries

3. 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. However, if an athlete subsequently is not present for a particular trial, it may be deemed that they are passing once the period allowed for the trial has elapsed.

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

4. For High Jump, where a clash of events occurs, the Chief Judge may only allow the athlete to compete out of order. The athlete re-joins the competition at the current height of the bar. The athlete is not permitted to demand to have attempts at a height that has been missed.

5. For an athlete to be released from an event to compete in another event, a Clash Form must be submitted to the relevant Call Room(s) prior to the closing of the Call Room(s) for the relevant events. However, if the Organising Body has generated the Clash Summary Sheets, then these replace the Clash forms, and the Centre is not required to submit any forms, for athletes / teams, listed on the Clash Summary Sheet.

Note: Clash forms might still be required on the day, if circumstances arise which results in unforeseen clashes of events.

6. The Call Room(s) and relevant Officials will manage the movement of athletes listed on the Clash Summary Sheets or Clash Forms.

7. If an athlete is not listed on a Clash Form correctly submitted, or the Clash Summary Sheet, then the athlete will not be allowed to continue to participate in that event once, they have left the event site.

Failure to Participate

8. In all Competitions, if an athlete fails to participate in an event it will not preclude them from competing in any other event of the competition.

9. A fixed time for the final confirmation of participation will be published in advance of the competition.

RULE 143: CLOTHING, SHOES, BIBS, PROSTHETICS & ORTHOTICS, EYE MASKS, TETHERS & HELMETS

Clothing

1. LAVic must approve ALL aspects of competition uniforms, shorts, leggings, tops.

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

3. All athletes competing at sanctioned competitions must wear a uniform which conforms to the standards as defined in the LAVic Centre Uniform booklet.

4. Uniforms must not carry any unapproved branding larger than 40cm² (e.g. 8cmx5cm, 4cmx10cm etc).

5. Athletes may wear undergarments underneath their approved uniform.

(a) Undergarment bottoms (leggings or bike shorts) must be the same colour as the approved Centre shorts or beige or white or black. Undergarment tops (long sleeve or t-shirts) must be the same colour as the approved Centre top or black or white.

6. Athletes may wear leggings of any length as an outer garment except in Race Walking events (see point 9 below) or where they impinge on the safety of the athlete in the event. If worn, they must be plain and the same colour as the approved Centre shorts.

7. In seated throws, clothing must be close fitting so that the view of the Judges is not impeded.

8. For Winter Season competitions only, plain black leggings may be worn in lieu of the approved Centre shorts colour (one manufacturer logo up to 40cm² allowed).

9. For Race Walking events, unless approval has been obtained from the Competition Director and/or Track Referee (in consultation with the Chief Walks Judge), all uniform bottoms must be above the knee. If, due to Religious, Medical or other exceptional circumstances, athletes cannot wear uniform bottoms that finish above the knee, they can apply for approval of an alternative option. Each application will be considered on a case by case basis and any approved option must not impede the view of the judges.

10. Shorts with pockets are permitted. Loose pockets are not recommended.

11. All shorts and leggings must be worn to cover the hipbones.

12. Socks if worn, can be of any length, colour or pattern, however they cannot cover the knee or be objectionable. The Organising body will determine their suitability.

13. The Organising Body may provide lane/team identification where necessary, e.g. lane numbers, wrist bands or other identification.

14. Failure to comply with uniform standards may result in an athlete being disqualified.

Footwear and Shoes

15. Footwear is compulsory for ALL athletes in ALL events.

16. All athletes competing at competitions conducted under these Rules must wear footwear which conforms to the standards as defined in the LAVic Centre Uniform booklet.

17. The wearing of footwear with blades or cleats constructed of hard plastic will not be permitted.

18. An athlete with a physical impairment, such as a club foot may need to wear a shoe which does not meet the standard requirements. As long as the shoe does not give the athlete any unfair additional assistance, it shall be allowed.

19. Spike shoes will only be permitted to be worn in the events listed in the following table:

Age Groups	Track Events	Field Events	Out of Stadia
U6 - U10	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed
U11, U12	All individual events up to and including 400m and all Relay events	All jump events & Javelin	No spike shoes allowed
U13 and above	All events except Race Walks	All jump events & Javelin	No spike shoes allowed

20. Spike shoes cannot be worn outside the defined field of play unless all spikes are suitably covered.

Number of Spikes

21. Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11.

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

Dimensions of Spikes

23. That part of each spike which projects from the sole or the heel of a spike shoe shall not exceed:

(a) On a synthetic surface: 7mm except in the High Jump, Long Jump, Triple Jump and Javelin Throw, where it shall not exceed 9mm.

(b) On a grass surface: 12mm.

The spike must be so constructed that it will, at least for the half of its length closest to the tip, fit through a square sided 4mm gauge.

24. The Organising Body must notify all Centres and athletes prior to the competition, the dimensions and type of spikes allowed at the competition venue, as determined by the Venue Management.

Eye Masks

25. An athlete competing in 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 Competition Manager. Glasses, once approved, must be made available for checking at all times. When not competing, the athlete may remove the dark glasses or substitute them.

Tether

26. An athlete competing in classification 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 non-elastic material and shall not store energy and/or offer a performance gain to the athlete.

Helmets

27. The wearing of helmets for classifications T32 – T34, T-51 – T54 and RR1 – RR3 is compulsory in all track wheelchair and Race Running races. All helmets must meet the Australian safety standard AS/NZS 2063:2008.

RULE 144: ASSISTANCE TO ATHLETES

1. 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.

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

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

b) Heart rate or speed distance monitors or stride sensors or similar devices carried or worn personally by athletes during an event, provided that such devices cannot be used to communicate with any other person.

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

3. 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.

4. Acoustic signals are permitted for athletes in T/F11 classification, as specified in the following rules.

(a) Where acoustic assistance is being used (e.g., Long Jump) complete silence shall be requested from the other athletes.

Assistants/Guide Runners

5. Associations shall use their own discretion and set rules for off the field of play for assistants based upon the needs of individual athletes.

6. 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.

7. 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.

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

9. 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.

10. Assistants may provide verbal instruction for positioning and orientation before, during and after each attempt.

Assistance Track

11. Athletes must provide their own guide runners for all competitions.

a) When a competitor and guide runner are in competition, they are to be regarded as a team. As the athlete crosses the finish line, the guide runner must be behind the athlete or disqualification will apply.

b) The athlete can choose the method of guidance. The athlete may use an elbow lead, or a tether. In addition, the athlete may receive verbal instruction from the guide runner. Regardless of the method used, the athlete and guide runner shall not be more than 0.50m apart at all times.

c) Bicycles or other mechanical means of transport may not be used by guide runners.

Assistance Field Events

12. 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.

Long Jump

13. Assistants may be used only by athletes in the F11 and F12 classifications.

14. It is the task of the assistant to help the athlete orientate themselves on the runway before attempting the jump. The assistant must leave the runway before the jump can begin.

15. The assistant may re-locate themselves nearer to the take-off area to give acoustic or verbal directions to the athlete approaching the take-off board or mat to indicate where the board /mat is. However, they must not interfere with or obscure the officials view of the athlete and the jump.

Throws

16. Assistants may be used only by athletes in the F11 and F12 classifications.

17. Athletes with F11 and F12 classification, (where appropriate) must be brought to the throwing circle by an assistant.

18. 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.

19. Acoustic orientation is permitted for athletes with F11 and F12 classification before, during and after their throwing attempts.

20. If the event judge determines that an assistant who is providing acoustic orientation is in an unsafe location, the judge may shall direct the assistant to move to a more suitable position.

21. 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.

Wheelchair General

22. If strapping is used it must only be to the chair and of non-elastic material.

RULE 145: DISQUALIFICATION

1. The applicable Referee will speak to an athlete or relay team that does not participate in a bona fide manner, who displays unsporting behaviour or engages in improper conduct. They have the authority to warn or disqualify any athlete or team, for any of these breaches.

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

3. The Meeting Manager shall notify the athlete's or relay team's nominated Centre Team Manager of the behaviour and outcome.

RULE 146: PROTESTS AND APPEALS

1. 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 Body shall be responsible for recording the time of posting. The protest must be handed to the Administration Manager / Communication, accompanied by a deposit of $55.

2. When a protest is lodged, all relevant Team Managers will be notified.

3. One of two types of reasons will be notified – either on a technicality or on the judges' decision.

4. The decision will be conveyed to the relevant Team Manager prior to being notified to the Team Managers of the other Centres. The notification shall be either - dismissed, upheld or sent to Jury of Appeal.

5. 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 Administration Manager/ Communications.

6. All relevant Team managers will be notified that an Appeal has been lodged**.**

7. To arrive at a fair decision, the Jury of Appeal only, may consult all available evidence including video evidence however video will not be considered for any breaches of technical rules for Race Walking.

8. The decision will be conveyed to the relevant Team Manager prior to being notified to the Team Managers of the other Centres. The notification shall be either – dismissed or upheld.

9. The protest fee as set by the Host Association will be refunded if the protest is upheld by either the Referee or the Jury of Appeal. In the event that the protest is dismissed the fee will not be refunded. In the event that the protest is deemed frivolous by the Jury of Appeal, the fee will not be refunded.

10. Additional individual local Association rules may apply for Association events.

On-Field Protests (Field Events only)

11. If an athlete or Centre Team Manager only, (**not parents/guardians, coaches, spectators**) in the U13-U17 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.

RULE 147: MIXED COMPETITION

1. Mixed events between boys and girls and different age groups are permitted.

2. Athletes must only compete in an event at the scheduled time for that age group.

3. In the case of mixed events (Track or Field) being scheduled, Victorian Best Performances may be claimed.

4. Where mixed competitions are conducted separate result sheets must be used and results declared for each gender and age group.

RULE 148: MEASUREMENTS

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

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

3. Where possible, all measurements shall be made using Electronic Distance Measuring (EDM). A steel tape is no longer required to measure an Australian or Victorian Best Performance 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 fibreglass or steel tape measure graduated in centimetres, or a graduated bar for high jump, should be used.

4. 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.

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

6. 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.

TRACK EVENTS

RULE 161: STARTING BLOCKS

1. Starting blocks may be used by athletes in the **U11** and above age groups for all races up to and including the 400 metres (including the first leg of all relays).

2. Starting blocks may be used for athletes in classifications, T11-13, T20-21, T35-38, T40-47, T60-64 and T71-72 by athletes in the **U11** and above age groups for all races up to and including the 400 metres (including the first leg of all relays).

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

4. 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.

Note: Some athletes in classifications T12-13, T20-21, T35-38, T40-47, T61-64 and T71-72 may require their starting blocks to be set for them by the Starter's Assistant.

RULE 162: THE START

Note: Athlete(s) in classification T11 and T12 under this rule 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.

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

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

3. If an athlete has a hearing impairment the starter or his 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.

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

5. 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.

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

7. 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.

8. 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.

9. 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.

False Starts

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

11. 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.

12. An athlete, who after the command 'On your marks' disturbs another athlete(s) in the race through sound, movement or otherwise, may be considered to have committed a false start.

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

14. Any athlete who commits a false start shall be warned. If an athlete is responsible for 2 false starts, or 3 in the case of the Combined Events, they shall be disqualified from the event.

Starting Techniques

15. **All** Athletes in the U6 – U17 age groups may use a standing start for **All** track events. Where a standing start is used, an athlete who, immediately after the command "set", takes up their final starting position shall be deemed to have complied with the rules of starting.

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

a) 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 one knee placed on the ground. At the call of 'Set' the athlete must raise the knee off the ground.

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

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

18. In the case of Race Running races (RR1-3) and 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 his allocated lane and behind the start line. At the 'Set' command, an athlete should immediately take up his final starting position retaining the contact of the front wheel with the ground behind the line".

19. It is acceptable for arm amputee athletes or those with short arms to use pads on which to rest stumps at the start or to improve balance. Pads must be completely behind the start line and not interfere with any other athlete.

20. For further information on starting techniques for other classes, please refer to the WPA rules document.

Note: Only **U11** and above athletes may wear spikes.

Only **U11** and above athletes may use blocks.

U11 and above athletes wearing **spikes** may perform a standing start in all Track events, including hurdles.

U11 and above athletes wearing **spikes** who performs a crouch start, **must** use blocks.

U11 and above athletes wearing **runners** who performs a crouch start, **may** use blocks.

RULE 163: THE RACE

Obstruction

1. 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.

2. For further information regarding wheelchair races, please refer to the WPA rules document

Lane Infringement

3. 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 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 infringed this Rule, they:

a) In the **U6-U11** age group: May be disqualified if a material advantage was gained over other athletes, or the Referee may change the finishing order on the Result Sheet.

b) In the **U12-U17** age groups: Shall be disqualified, if a material advantage was gained.

4. The following events shall be conducted entirely in lanes: 70m, 100m, 200m, 400m, 4x100m Relay and all Hurdles races.

5. The 4x200m race will be run in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline (an arched line marked after the bends across all lanes other than one), where athletes may leave their respective lanes (three bends in lanes).

6. The Swedish Medley Relay race will be run in lanes for the first leg, as well as that part of the second leg up to the nearer edge of the breakline (an arched line marked after the bends across all lanes other than one), where athletes may leave their respective lanes (one bend in lanes).

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

Note: In Multi-Class the 800m races may also be run without lanes using an arced start lane or group starts.

7. The 700m, 1100m and 1500m Race Walks and the 1500m shall not be conducted in lanes.

Note 1: 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.

Note 2: 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.

Note 3: 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.

Check-Marks

8. Except for the Relays as listed in the Rules, athletes may not place check marks on or alongside the track for their assistance.

Wind Measurements

9. Wind measurements are not applicable under these Rules.

RULE 165: TIMING

1. Three alternative methods of timekeeping shall be recognised as official within Little Athletics:

a) Fully Automatic Timing obtained from a Photo Finish System

b) Gate Timing System

c) Hand Timing

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

- Distances under 400m: + 0.24 seconds
- Distances of 400m or 4x100m relay: + 0.14 seconds
- Distances greater than 400m: No change

Note: In Wheelchair 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 would need to be used for these classes where gate timing systems would otherwise be used.

Fully Automatic Timing and Photo Finish System

2. The System must record the finish through a camera with a vertical slit, positioned in the extension of the finishing line, producing a composite image. The image must also be synchronised with a uniformly marked time-scale graduated in 1/100th of a second.

3. Times shall be read and recorded from the Photo Finish image to 1/100th of a second. Unless a time is an exact 1/100th of a second, it shall be read and recorded to the next longer 1/100th of a second.

(a) Equal places can be separated by recording the time to 1/1000th of a second.

Gate Timing System

4. **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 Rule 126. 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.

Hand Timing

4. 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.

RULE 168: HURDLE RACES

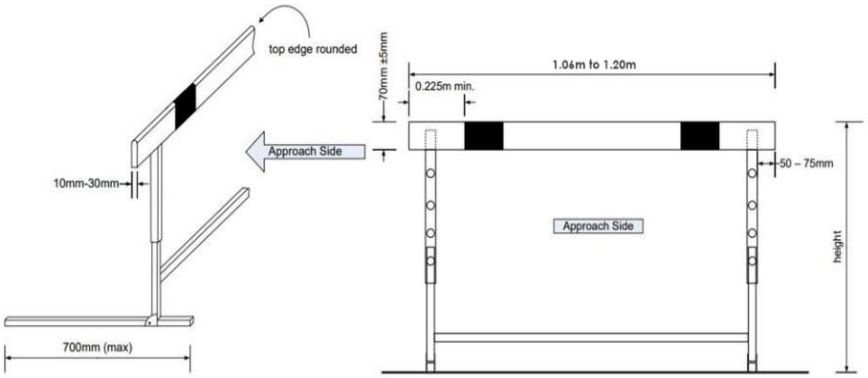
1. All hurdles shall comply with the specifications set out within the Standard Events

2. Hurdles must be of the collapsible type. (Collapsible type means when a hurdle is knocked down it lays flat on the track without any part of the hurdle protruding).

The standard distance and the number of flights in each lane for each distance will be set out in accordance with the following table:

Age Group	Max Distance	Max Flights	Max Height	Distance from start line to first hurdle	Distance between hurdles	Distance from last hurdle to finish line
U6	60m	6	23cm	N/A	N/A	N/A
U7	60m	6	30cm	N/A	N/A	N/A
U8	60m	6	45cm	N/A	N/A	N/A
U9	60m	6	45cm	12m	7m	13m
U10	60m	6	60cm	12m	7m	13m
U11	80m	9	60cm	12m	7m	12m
U12	80m	9	68cm	12m	7m	12m
U13	80m	9	76cm	12m	7m	12m
U14 Girls	80m	9	76cm	12m	7m	12m

U14 Boys	90m	9	76cm	13m	8m	13m
U15 Girls	90m	9	76cm	13m	8m	13m
U15 Boys	100m	10	76cm	13m	8.5m	10.5m
U16 Girls	90m	9	76cm	13m	8m	13m
U16 Boys	100m	10	76cm	13m	8.5m	10.5m
U17 Girls	100m	10	76cm	13m	8.5m	10.5m
U17 Boys	110m	10	76cm	13.72m	9.14m	14.02m
U13	200m	5	68cm	20m	35m	40m
U14	200m	5	76cm	20m	35m	40m
U15	300m	7	76cm	50m	35m	40m
U16	300m	7	76cm	50m	35m	40m
U17	300m	7	76cm	50m	35m	40m



3. The hurdle must be placed so that the vertical plane of the side of the bar nearest the approaching hurdler coincides with the track marking nearest the athlete.

4. The hurdles must be made of metal or some other suitable material with the top bar of wood or other suitable material. Hurdles must consist of two feet and two uprights supporting a rectangular frame reinforced by one or more cross bars, the uprights to be fixed at the extreme end of each base. (See Diagram 1). The hurdle must be so designed that it will just resist a force of 2-3 kilograms, applied at the top edge of the top bar. The hurdle must be adjustable in height for each event.

5. There will be a tolerance allowance of 3mm, above and below the maximum heights, to allow for variation in the manufacture.

6. The width of the hurdles will be from 1.06m to 1.20m. The maximum length of the base will be 700mm. The total weight of the hurdles will be not less than 3kg.

7. The height of the top bar must be 70mm ± 5mm. The thickness of this bar should be between 10mm and 30mm wide and the top edges should be rounded. The length of the top bar should be between 1.06m and 1.20m. The ends of the top bar must project between 50mm to 75mm outside the hurdle frame upright. The bar should be firmly fixed at the extremities.

8. The top bar should be painted with white and black stripes, or with other strong distinctive contrasting colours (and in contrast with the surrounding environment), such that the lighter stripes, which should be at least 225mm wide are on the outside.

9. All races must be run in lanes and each athlete shall go over each hurdle and keep to their own lane. Failure to do so will result in disqualification.

10. In addition, an athlete will be disqualified, if:

- **(a)** their foot or leg is, at the instant of clearance, beside the hurdle (on either side), below the horizontal plane of the top of any hurdle; or
- **(b)** they knock down or displace any hurdle by hand, body or the front side of the lead lower limb ; or
- **(c)** they directly or indirectly knock down or displace a hurdle in theirs or another lane in such a manner that there is effect or obstruction upon any other athlete(s) in the race and/or another rule is also infringed.

***Note**: Provided that this Rule is otherwise observed, and the hurdle is not displaced, or its height lowered in any manner including tilting in any direction, an athlete may go over the hurdle in any manner.*

11. Except as provided above, the knocking down of hurdles will not result in disqualification nor prevent a Best Performance being set.

12. For a Victorian Best Performance, all hurdles must comply with the specifications of the Rule.

RULE 170: RELAY RACES

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

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

3. In the 4x100m and the 4x200m and the first & second change of the Medley Relay, each takeover zone will be 30m long, of which the scratch line is 20m from the beginning 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 takeover zone.

4. When all or the first portion of a relay race is being run in lanes, an athlete may place one check-mark supplied or approved by the Organising Body within their own lane and clear of the lines marking the lane. No other check mark may be used. The Umpires shall direct the relevant athlete to adapt or remove any marks not complying with this Rule. If they do not the Umpiresshall remove them.

5. 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 so as to be easily visible during the race.

6. **(a)** 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.

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

(c) 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, and no other athlete is impeded while retrieving the baton. When crossing the finish line, the baton shall be carried by the relevant athlete.

Provided these procedures are adopted, dropping the baton shall not result in disqualification.

If an athlete or guide runner does not follow this Rule, their team will be disqualified.

7. 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.

8. 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.

9. 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.

10. Each member of a relay team may run one leg only. If an athlete does not follow this Rule, the athlete's team will be disqualified.

11. Refer to the LAVic the Competition Regulations - Rule 612 for Relay Team compositions.

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

13. The 4x200m race will be run in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline (an arched line marked after the bends across all lanes other than one), where athletes may leave their respective lanes (three bends in lanes).

14. The Swedish Medley Relay race will be run in lanes for the first leg, as well as that part of the second leg up to the nearer edge of the breakline (an arched line marked after the bends across all lanes other than one), where athletes may leave their respective lanes (one bend in lanes).

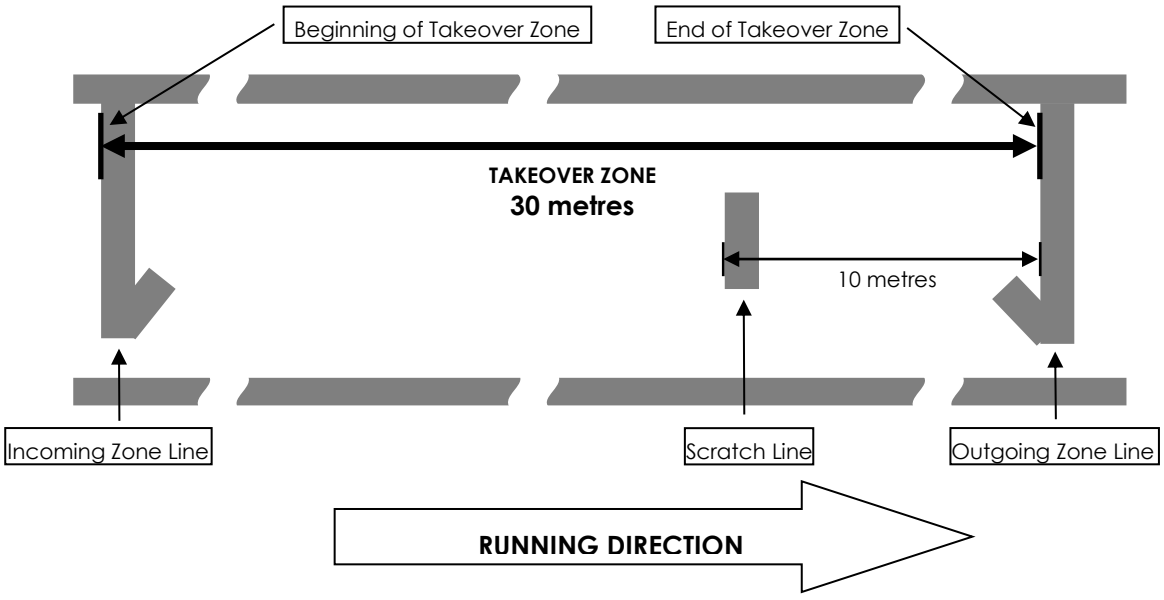
15. If an athlete does not follow Rule 170.12, 170.13, or 170.14 the athlete's team will be disqualified.

16. For all takeovers, the receiving athletes' feet must be completely inside the zone before they commence their movement which eventuates in the taking of the baton. This movement may not commence at any point outside of the zone. If an athlete does not follow this Rule, the athlete's team will be disqualified.

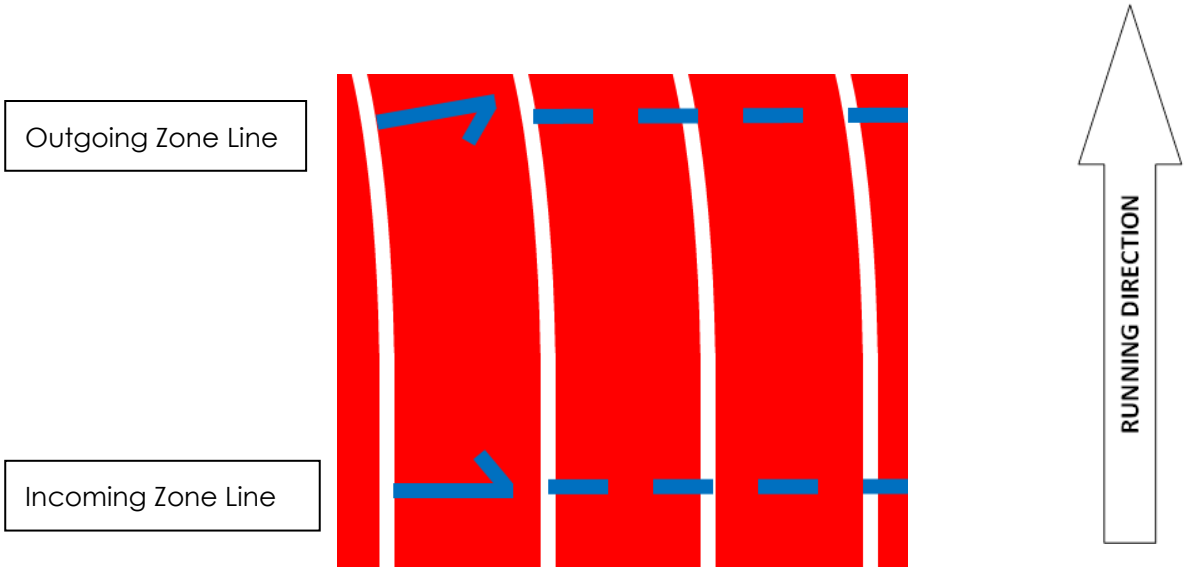
17. In the 4x200m and Swedish Medley Relay, the athletes running the unlaned legs, will, under the direction of a designated official, place themselves in their waiting position in the order of the start list (inside to out). Once the incoming athletes have passed the breakline, the waiting athletes 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 team may be disqualified.

18. 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 so as to impede their progress. In 4 x 200m and Swedish Medley Relay, waiting athletes shall maintain the order in accordance with the rule 170.17. If an athlete does not follow this Rule, the athlete's team may be disqualified.

Laned Takeover Zone



Unlaned Takeover Zone



FIELD EVENTS

RULE 180: GENERAL CONDITIONS

Markers

1. An athlete may place alongside the runway 1 or 2 markers (supplied or approved by the Organising Body) to assist them in their run-up and take-off.

2. The use of sharp or pointed markers or anything considered dangerous by the Referee will be prohibited.

Competition Order

3. The order in which athletes shall take their trials shall be drawn randomly.

4. In all events, except for the High Jump, where there are more than 8 athletes, each athlete shall be allowed three (3) trials and the 8 athletes with the best valid performances will be allowed **one** (1) additional trial.

Note: Except for Seated Throwing Events, no athlete shall have more than one trial consecutively.

5. 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.

6. Where there are eight athletes or fewer, each athlete will be allowed **four** trials. If more than one fails to achieve a valid trial or is not present during the first three rounds of trials, such athletes will compete in the subsequent round of trials before those with valid trials, in the same relative order according to the original draw

7. The competing order for any additional trials shall be in the reverse ranking order recorded after the first three rounds of trials. When the competing order is changed and there is a tie for any position, those tying will compete in the same relative order according to the original draw.

Commencement of Competition

8. Competition commences with the first trial in the first round.

9. 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.

Note: An athlete listed on a correctly submitted Clash Form, or listed on a Clash Summary Sheet, can join the competition at any time prior to the completion of Round 3. They are allowed the number of trials according to Rule 142.3 and Rule 180.4,5,6,7.

An athlete not listed on a correctly submitted Clash Form or listed on the Clash Summary Sheet, can join the competition up to the commencement of the first trial, in the first round. After this, it is up to the discretion of the Referee, whether they allow an athlete to compete, due to exceptional circumstances. The Referee will consult with the Centre Team Manager to make their decision.

10. The period allowed for this trial shall commence from that moment.

The following time limits will apply:

	High Jump	**Other Field Events**
All rounds of competition	60 seconds	60 seconds
When only 2 or 3 athletes left	1 min 30 seconds	N/A
When only 1 athlete left	3 minutes	N/A
Consecutive trials	2 minutes	N/A

Note: If the time allowed elapses after an athlete has started their trial, that trial will be allowed.

If the time allowed elapses and the athlete has **not** started their trial, then that trial will be recorded as a failure.

Consideration must be given to the athlete for them to walk to the discus cage and reach the circle, when applying the time limits.

11. A round commences when the first athlete eligible to compete in the round commences their trial.

12. A round is complete when the last athlete eligible and present to compete in the round completes their trial.

Completion of Trial

13. Throws - a trial is complete when the athlete leaves the circle (discus and shot put) or runway (javelin).

Note: Seated Throws – a trial is complete once the implement has landed.

14. 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.

15. High Jump - a trial is complete when the Chief Judge designates a "fair/fail jump".

Completion of Competition

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

17. 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.

Failure

18. 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.

Substitute Trials

19. 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.

Delay

19. 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, as listed in the table.

Absence during competition

21. 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.

Change of competition area

22. 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.

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

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

Results

25. Upon completion of each event the final result sheet shall be checked and signed by the Referee and immediately handed to the recording area.

Ties

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

a) The 2nd best performance of the athletes tying shall decide the tie. If a tie still remains, the 3rd best and so on.

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

27. 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.

Measuring

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

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

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

31. 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.

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

33. 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.

RULE 182: HIGH JUMP

Safety

1. The Chief Judge or Referee shall ensure that the landing area is satisfactory and that the uprights and cross bar are in good condition.

2. The Chief Judge or Referee 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.

Validity of Jumps

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

4. 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.

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

6. Athletes must take off from one foot only.

Measuring

7. 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.

8. 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.

9. 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.

10. 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.

11. Even after all other athletes have failed an athlete is entitled to continue until they forfeit their right to compete further.

12. The heights to which the crossbar is raised shall be decided after consulting with the athlete.

13. Each athlete shall be credited with the best of all their jumps.

Increments

14. Unless there is only one athlete remaining and they have won the competition:

(a) The bar must never be raised by less than 2cm in the High Jump after each round of trials; and

(b) The increment of the raising of the bar must never increase; and

(c) The bar must be raised after each round of trials in increments depending on the number of athletes remaining in the competition, as per the following table:

No of Athletes	Increment
Greater than 4	5cm
4 or less	2cm

(d) These Rules will not apply once the athletes still competing all agree to raise it to a Victorian Best Performance height directly.

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

Note: This does not apply for Combined Event Competitions.

(f) In a Combined Event Competition, each increase will be uniformly 3cm in the High Jump throughout the competition.

Measurement of Run In

15. 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.

Age Restrictions

16. Under 8 will be the starting age group for High Jump at all levels of competitions.

17. The Scissor technique will be the only allowable technique performed in High Jump for the Under **8**, Under **9** and Under **10** age groups at all levels of competition.

It shall be a valid scissor jump if all other relevant high jump rules are adhered to, and:

a) 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);

b) The head of the athlete is not below the buttocks when the buttocks clear the bar, and

c) The athlete's foot touches the mat before any other part of the body.

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

Minimum Height for mats

19. The height for scissor mats at all competition levels will be between 150mm and 300mm with minimum dimensions of 4m x 3m

20. The minimum height for flop mats at all competition levels will be 500mm with minimum dimensions of 5m x 3m.

RULE 184: GENERAL CONDITIONS – HORIZONTAL JUMPS

Runway & Landing Area

1. The long jump runway and pit shall comply with the specifications set out within the WA Track & Field Facilities Manual, where possible, except as modified in these Rules.

2. Where possible the length of the runway shall be at least 40m. There is no limitation on the maximum length of the runway. The landing area shall have a minimum width of 2.75m and a maximum width of 3m. It shall, if possible, be so placed that the middle of the runway, if extended, would coincide with the middle of the landing area.

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.

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

Take-off Board

3. Only one type of take-off area shall be used in competition:

a) **U6-U8:** 0.5m x 1.22m **OR** 1.00m x 1.22m mat covered with damp sand, soft earth or any similar materials where the foot imprint can be observed.

b) **U9-U10**: 0.5m x 1.22m mat covered with damp sand, soft earth or any similar materials where the foot imprint can be observed.

c) **U11-U17**: 0.2m x 1.22m area, consisting of either a board sunk level with the runway, or painted on to the runway. A strip of plasticine or other suitable material (e.g. damp sand) may be placed immediately beyond the take-off line, to a maximum height of 7mm. Where a board or painted take-off area is not available a mat may be used.

(d) **Multi-Class athletes in the T/F11-12 classification**, use a 1.00m x 1.22m mat covered with damp sand, soft earth or any similar materials where the foot imprint can be observed.

(e) To ensure consistency and to improve athlete safety, the position of the take off mat / line / board will be as follows:

(i) In the **U6-U10** age groups, the mat shall be a maximum of **0.5mt** from the nearer edge of the landing area (pit).

(ii) In the **U11-U17** age groups, the take-off line, shall be between **1-2mts** from the nearer edge of the landing area (pit).

Note: Triple Jump is **not** approved for **U6-U10** athletes at all levels from Centre to State.

Distance Measurement

4. **U6-U10 and all ages in Classification T/F11 & T/F12:**

a) Where any part of the athlete's foot lands on the take-off area, without being a failure, 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.

b) Where no part of the athlete's foot lands in the take-off area, without being a failure, 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.

5. **U11-U17:**

a) 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 line / board or mat, nearest the landing area.

b) The measurement must be taken perpendicular to the take-off area or its extension.

Run Up Measurement

6. 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.

Failure

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

(a) While taking off, (at any time prior to the instant at which they cease contact with the take-off board or ground) any part of the athlete's take-off foot or shoe protrudes over the vertical plane of the front edge of the take-off area. Note, it will not be considered a failure if the break of the vertical plane is made by a loose part of the shoe (eg Shoelaces) or other item of clothing (eg hat falling off).

(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 of the take-off line.

(g) Any sort of somersaulting is used.

Prosthetic Device(s)

8. For athletes competing in horizontal Jumping Events in classification T61-64, the use of prosthetic device(s) is optional.

a) If the prosthetic device(s) is lost during the run-up then the athlete cannot continue without the prosthetic device(s). The athlete shall fix/adjust the prosthetic devices and recommence the trial provided they are within the time allowed for the trial;

b) If the prosthetic device(s) 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;

c) If the prosthetic device(s) lands outside the landing area, it shall be counted as a failure and recorded as such.

RULE 186: TRIPLE JUMP

Definition

1. The Triple Jump consists of three distinct skills performed in a continuous action as follows:

- **Hop:** During the hop the athlete uses the same foot for take-off and landing.
- **Step**: Athlete lands on the opposite foot (to that used for the hop).
- **Jump**: Athlete performs a jump from the "step" foot and lands in the pit.

2. In the Triple Jump, the take-off lines shall be in whole metre increments from the nearer edge of the pit. The Organising Body for the Competition shall determine the take-off lines to be used for each event, prior to the commencement of the Competition.

3. 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.

4. Officials may need to direct athletes to use a shorter take-off board if they fail to make the pit; this safety consideration overrides the wishes of the athlete.

Note: The take-off boards will be set at - **5m, 6m, 7m, 8m, 9m, 11m and 13m.**

There will **not** be a take-off board set at 10m or 12m.

Note: It is recommended that athletes are grouped together in take-off distances, rather than the order listed on the sheet.

RULE 187: GENERAL CONDITIONS – THROWING EVENTS

Official Implements

Boys				Girls			
Age Group	Implement			Age Group	Implement		
	Shot	Discus	Javelin		Shot	Discus	Javelin
U9	2kg	500g	*	U9	2kg	500g	*
U10	2kg	500g	*	U10	2kg	500g	*
U11	2kg	500g	400g	U11	2kg	500g	400g
U12	2kg	750g	400g	U12	2kg	750g	400g
U13	3kg	750g	600g	U13	3kg	750g	400g
U14	3kg	1kg	600g	U14	3kg	1kg	400g
U15	4kg	1kg	700g	U15	3kg	1kg	500g
U16	4kg	1kg	700g	U16	3kg	1kg	500g
U17	5kg	1.5kg	700g	U17	3kg	1kg	500g

Note: ***** At Centre level, athletes may use a Vortex or Turbo Jav

Boys				Girls			
Age Group	Implement			Age Group	Implement		
	Shot	Discus	Javelin		Shot	Discus	Javelin
U6	1kg	350g	Vortex	U6	1kg	350g	Vortex
U7	1kg	350g	Vortex	U7	1kg	350g	Vortex
U8	1.5kg	500g	Vortex or Turbo Jav	U8	1.5kg	500g	Vortex or Turbo Jav

1. All implements shall conform to the specifications set out within these Rules.

2. All implements shall be provided by the Organising body of the Competition.

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

Time Allocation for Securing Frames and Wheelchairs

4. 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 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.

Note: 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. Associations take no responsibility for any damage caused to a chair through being restrained.

Multi-Class Implements – Shot Put

	U9 / U10 / U11		U12		U13 & U14		U15		U16		U17	
Classification	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
Hearing Impairment												
F01	2	2	2	2	3	3	3	4	3	4	3	5
Visually Impairment												
F11-13	2	2	2	2	3	3	3	4	3	4	3	5
Intellectual Impairment												
F20	2	2	2	2	3	3	3	4	3	4	3	5
F21	1	2	1	2	2	3	2	3	2	3	2	3
Physical Impairment												
F32 (Seated)	1	1	1	1	1	1	1	1	1	1*	1	1*
F33 (Seated)	1	1	1	1	1	2	2	2	2	2	2	2
F34 (Seated)	2 (1.5)	2 (1.5)	2	2	2	2	2	3	2	3	2	3
F35	2 (1.5)	2 (1.5)	2	2	2	2	2	3	2	3	2	3
F36	2 (1.5)	2 (1.5)	2	2	2	2	2	3	2	3	2	3
F37	2 (1.5)	2 (1.5)	2	2	2	2	2	3	2	3	2	4
F38	2 (1.5)	2 (1.5)	2	2	2	2	2	3	2	3	2	4
Physical Impairment												
F40/41	1.5	1.5	1.5	1.5	2	2	2	3	2	3	2	3
Physical Impairment												
F42	2	2	2	2	3	3	3	4	3	4	3	5
F43/44	2	2	2	2	3	3	3	4	3	4	3	5
F45	2	2	2	2	3	3	3	4	3	4	3	5
F46	2	2	2	2	3	3	3	4	3	4	3	5
F52	1.5	1.5	1.5	1.5	2	2	2	2	2	2	2	2
F53	1.5	1.5	1.5	1.5	2	2	2	2	2	2	2	2
F54	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2	2	3
F55	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2	2	3
F56	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2	2	3
F57	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2	2	3
F61-64	2	2	2	2	3	3	3	4	3	4	3	5
Transplant												
F60	2	2	2	2	3	3	3	4	3	4	3	5

NOTES: All weights are in kilograms (kg).

Where the weight differs in the U9/10/11 age groups, the weight for U9 and U10 is listed in brackets.

*U16B & U17B F32 weight updated (from 2kg to 1kg) for 2025-2026 season.

Multi-Class Implements - Discus

LAVic Age	U9		U10 & U11		U12		U13		U14		U15 & U16		U17	
Classification	**Boys**	**Girls**	**Boys**	**Girls**	**Boys**	**Girls**	**Boys**	**Girls**	**Boys**	**Girls**	**Boys**	**Girls**	**Boys**	**Girls**
Hearing Impairment														
F01	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1.5kg	1kg
Visually Impairment														
F11-13	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1.5kg	1kg
Intellectual Impairment														
F20	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1.5kg	1kg
F21	500g	500g	500g	500g	750g	500g	750g	500g	1kg	750g	1kg	750g	1kg	750g
Physical Impairment														
F32 (Seated)	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F33 (Seated)	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F34 (Seated)	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F35	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F36	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F37	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F38	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	1kg	750g
Physical Impairment														
F40/41	500g	500g	500g	500g	500g	500g	750g	500g	750g	500g	1kg	750g	1kg	750g
Physical Impairment														
F42	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg
F43/44	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg
F45	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg
F46	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg
F61-64	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg
F51	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F52	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F53	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F54	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F55	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F56	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F57	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
Transplant														
F60	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1.5kg	1kg

Multi-Class Implements - Javelin

	U11		U12		U13		U14		U15		U16		U17	
Classification	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
Hearing Impairment														
F01	400	400	400	400	400	600	400	600	500	700	500	700	500	700
Visually Impairment														
F11-13	400	400	400	400	400	600	400	600	500	700	500	700	500	700
Intellectual Impairment														
F20	400	400	400	400	400	600	400	600	500	700	500	700	500	700
F21	400	400	400	400	400	400	400	500	400	500	400	500	400	500
Physical Impairment														
F32 (Seated)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
F33 (Seated)	400	400	400	400	400	400	400	500	400	500	500	500	500	500
F34 (Seated)	400	400	400	400	400	400	400	500	400	500	500	500	500	500
F35	400	400	400	400	400	400	400	500	400	500	500	500	500	500
F36	400	400	400	400	400	400	400	500	400	500	500	500	500	500
F37	400	400	400	400	400	400	400	500	400	500	500	500	500	500
F38	400	400	400	400	400	400	400	500	400	500	500	600	500	600
Physical Impairment														
F40/41	400	400	400	400	400	400	400	400	400	400	400	500	400	500
Physical Impairment														
F42	400	400	400	400	400	500	400	600	400	600	500	700	500	700
F43/44	400	400	400	400	400	500	400	600	400	600	500	700	500	700
F45	400	400	400	400	400	500	400	600	400	600	500	700	500	700
F46	400	400	400	400	400	500	400	600	400	600	500	700	500	700
F51	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
F52	400	400	400	400	400	400	400	400	400	400	500	500	500	500
F53	400	400	400	400	400	400	400	400	400	400	500	500	500	500
F54	400	400	400	400	400	400	400	400	400	400	500	500	500	500
F55	400	400	400	400	400	400	400	400	400	400	500	500	500	500
F56	400	400	400	400	400	400	400	400	400	400	500	500	500	500
F57	400	400	400	400	400	400	400	500	400	500	500	500	500	500
F61-64	400	400	400	400	400	500	400	600	400	600	500	700	500	700
Transplant														
F60	400	400	400	400	400	600	400	600	500	700	500	700	500	700

NOTE: All weights are in Grams (g)

Personal Safeguards and Assistance

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

(a) Shot Put: In order to protect the wrist from injury, an athlete may wear a bandage / support at the wrist.

(b) 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.

(c) Javelin: An athlete may wear elbow protection.

(d) The use of tape on the hand to cover an open cut.

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

7. An athlete may not spray or spread any substance in the throwing circle or on their shoes.

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

9. Once the competition has begun, athletes are not permitted to use the circle, runway 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.

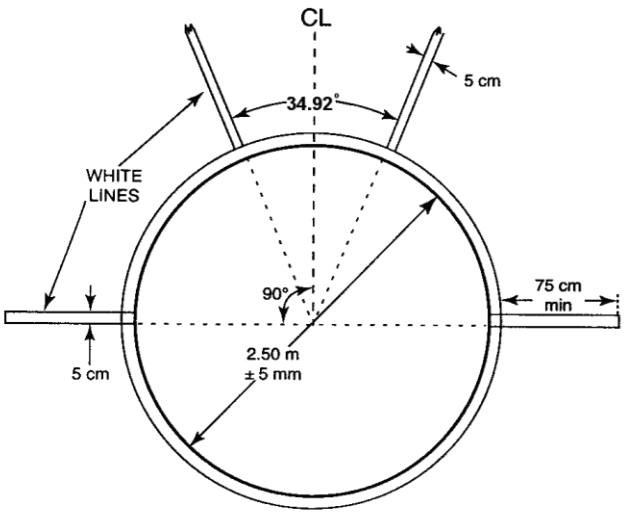
NOTE: No spitting or application by other means of human body fluids on any implement, is permitted.

Throwing Area and Landing Sector

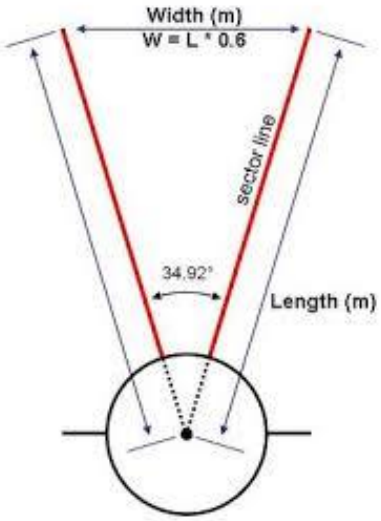
10. The dimension of the circles used for Shot Put and Discus, and the runway used for Javelin, shall conform to the specifications set out in the WA Track & Field Facilities Manual.

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

Discus



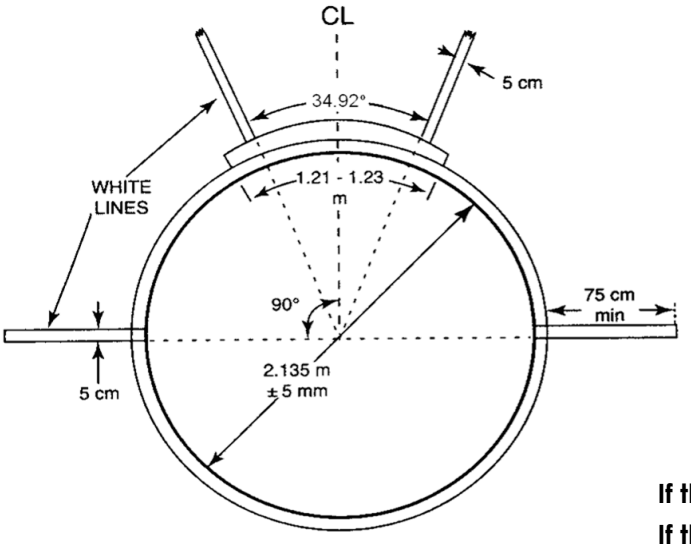
LAYOUT OF DISCUS CIRCLE

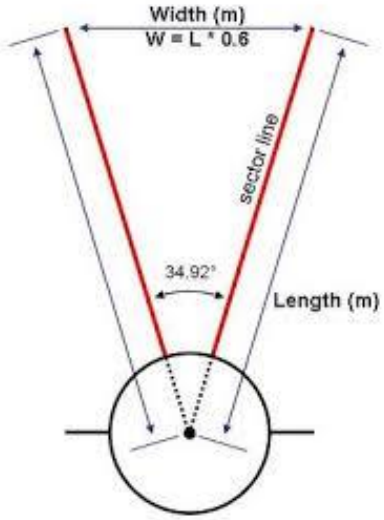


If the length is 20mts, the width is 12mts
If the length is 30mts, the width is 18mts

Note: The discus is thrown from a circle into a sector of 34.92°. The inside diameter of the circle is 2.50mts. All lines used to mark the circle and sector, are 50mm wide.

Shot Put





If the lengt

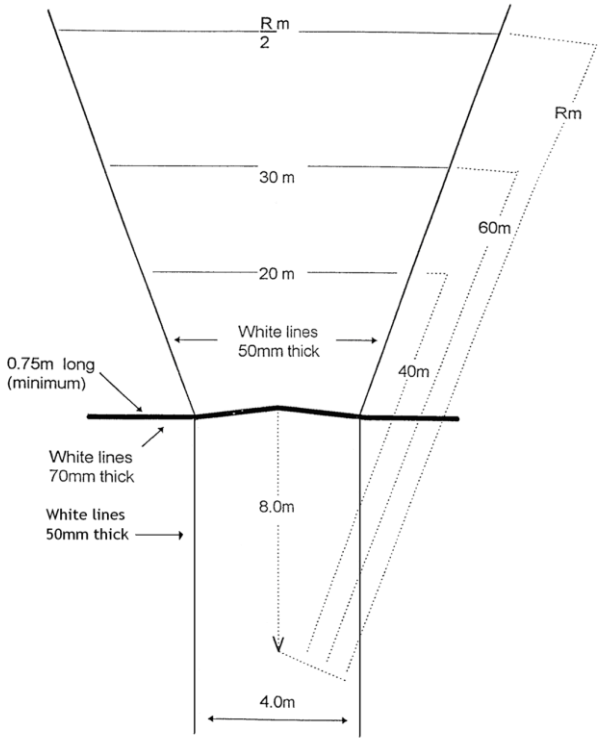
If the lengt

LAYOUT OF SHOT CIRCLE

Note: The shot is 'put' from a circle into a Sector of 34.92°. The inside diameter of the circle is 2.135m. All lines used to mark the circle and sectors are 50mm wide.

Note: A stop/kick board measuring 1.21m – 1.23m Long, 100mm high and 114mm wide will be used.

Javelin



JAVELIN RUNWAY AND LANDING SECTOR
(Not to scale)

Note: The length of the runway may include the length of the track (8 lanes), recommended distance is 30mts and the width is 4mts with the lines 50mm wide. The "arc" line should be 70mm in width. Markers can only be used at the side of runway.

Note: The Landing Sector lines are 50mm wide, such that the inner edge of the lines, if extended, would pass roughly 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 a part, 8mts from the arc line. The Sector is 28.95°.

Distance and Record Markers

11. Distance markers may be placed alongside the sector lines to indicate the distance to the spectators, these are approximate and not official distances.

12. In competitions where a Best Performance can be broken, markers may be placed to indicate the current ratified records.

Validity of Throws

13. In throwing events from a circle:

a) An athlete must commence the throw from a stationary position.

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

Note: Stationary refers to both feet of the athlete, not the arms or hands or other parts of the athlete's body.

14. It shall be a failure if the athlete, after entering the circle and commencing to make a throw, touches with any part of their 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 occurs during any first rotation, at a point completely behind 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 stopboard outside the ring.

Interruption of a Trial

15. 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.

16. In this case, the athlete can retrieve the implement and continue the trial within the allocated time.

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

Measurements

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

19. 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.

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

21. In Javelin the measurement of each throw will be made from where 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.

RULE 188: SHOT PUT

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

2. The shot shall conform to the following specifications for Region & State Competitions:

Age Groups		U9, U10, U11, U12	U13, U14, U15-U17G	U15B, U16B	U17 B
Weight	**Min**	2.000kg	3.000kg	4.000kg	5.000kg
Diameter	**Min**	76mm	85mm	95mm	95mm
	Max	90mm	110mm	110mm	110mm

3. The athlete must not leave the circle until the shot has landed.

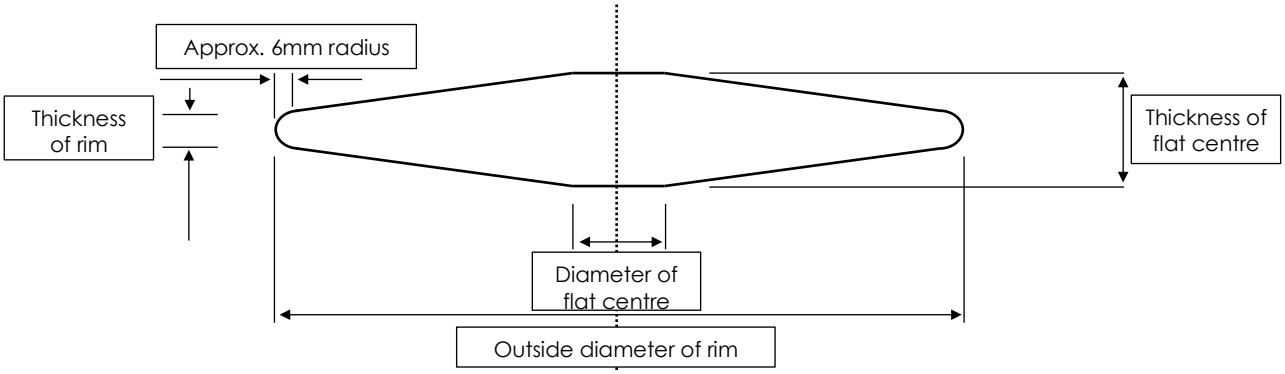
4. The athlete may enter the circle from any direction, but must exit from the rear half of the circle.

5. The shot must be put from the shoulder with one hand only. At the start of the trial the shot should touch or be in close proximity to the neck or chin and should not be dropped below this position during the action of putting.

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

RULE 189: DISCUS THROW

1. The discus shall conform to the dimensions shown in the diagrams below and shall be made from rubber or synthetic compound, or wood or synthetic compound with a metal rim.
Note: There shall be no loose parts.



2. The Discus shall conform to the following specifications for Region & State Competitions

Minimum Weight for admission to competition and acceptance of a Record:				
	500g	750g	1.000kg	1.500kg
Outside Diameter of Metal Rim:				
Minimum	134mm	154mm	180mm	200mm
Maximum	139mm	156mm	182mm	202mm
Diameter of metal plate or flat centre area:				
Minimum	N/A	N/A	50mm	50mm
Maximum	N/A	N/A	57mm	57mm
Thickness of metal plate or flat centre area:				
Minimum	22mm	27mm	37mm	38mm
Maximum	27mm	35mm	39mm	40mm
Thickness of rim (6mm from edge):				
Minimum	10mm	10mm	12mm	12mm

Maximum	10mm	10mm	13mm	13mm

3. The athlete must not leave the circle until the discus has landed.

4. A throw will be measured and not considered a failure, if after release, it strikes the cage and lands completely within the inner edges of the landing sector, with no other rule being infringed.

5. The athlete may enter the circle from any direction, but must exit from the rear half of the circle.

RULE 190: DISCUS CAGE

1. 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.

2. The breaking strain of the netting should be at least 40kg.

RULE 193: JAVELIN THROW

1. The Javelin shall conform to the following specifications for Region & State Competitions.

Minimum Weight for admission to competition and acceptance of a Record (inclusive of the cord grip):				
	400g	500g	600g	700g
Overall Length (L0):				
Minimum	1.850m	2.000m	2.200m	2.300m
Maximum	1.950m	2.100m	2.300m	2.400m
Distance from tip of metal to centre of gravity (L1):				
Minimum	0.750m	0.780m	0.800m	0.860m
Maximum	0.800m	0.880m	0.920m	1.000m

2. 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.

3. The javelin must be held at the grip. It should be thrown over the shoulder or upper part of the throwing arm and must never be slung or hurled. Non-orthodox styles are not permitted.

4. 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.

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

6. 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.

Note: Shoelaces, clothing, caps, jewellery are not relevant to determining a failure if they touch the throwing arc or lines marking the runway.

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

8. 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.

Note: This rule refers to the run-up and the act of throwing, not to an athlete walking back before their attempt or after having interrupted it.

9. 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 athlete's first contact with the parallel lines or the ground outside the runway is not completely behind the white lines 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, four 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, he shall be considered to have left the runway correctly.

10. An athlete may interrupt a trial once started, may 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.

COMBINED EVENTS COMPETITION

RULE 200: COMBINED EVENTS COMPETITION

1. The Combined Events will consist of between four and seven separate disciplines. Events consisting of four & five disciplines will be held on one day. Events consisting of more than five disciplines will be held on two consecutive days. The following tables outline the disciplines for each age group and the day the discipline will be held. Sat – Saturday, Sun – Sunday

Boys

Discipline	Age Group								
	U9	U10	U11	U12	U13	U14	U15	U16	U17
100m	Sat	Sat	Sun	Sun	Sat	Sat	Sun	Sun	Sun
800m	Sat	Sat	Sun	Sun	Sat	Sun	Sun	Sun	Sun
60mH	Sat	Sat							
80mH			Sun	Sun	Sat				
90mH						Sat			
100mH							Sat	Sat	
110mH									Sat
High Jump						Sun	Sun	Sun	Sun
Long Jump	Sat	Sat	Sun	Sun	Sat	Sun	Sat	Sat	Sat
Discus	Sat	Sat	Sun	Sun	Sat	Sat	Sat	Sat	Sat
Javelin							Sun	Sun	Sun

Girls

Discipline	Age Group								
	U9	U10	U11	U12	U13	U14	U15	U16	U17
100m	Sat	Sat	Sun	Sun	Sat				
200m						Sat	Sat	Sat	Sat
800m	Sat	Sat	Sun	Sun	Sat	Sun	Sun	Sun	Sun
60mH	Sat	Sat							
80mH			Sun	Sun	Sat	Sun			
90mH							Sat	Sat	
100mH									Sat
High Jump						Sat	Sat	Sat	Sat
Long Jump	Sat	Sat	Sun	Sun	Sat	Sun	Sun	Sun	Sun
Shot Put	Sat	Sat	Sun	Sun	Sat	Sat	Sat	Sat	Sat
Javelin							Sun	Sun	Sun

Multi-Class

Discipline	Age Group		
	U9 - U10	U11- U12	U13 - U17
100m	Sat	Sat	Sat
400m	Sat	Sat	Sat
Long Jump	Sat	Sat	Sat
Shot Put	Girls – Sat	Girls – Sat	Girls - Sat
Discus	Boys – Sat	Boys – Sat	Boys - Sat

General

2. The time interval between the completion of one discipline and the start of the next will be at the discretion of the Competition Director in consultation with the Meeting Manager.

3. The Rules for each event constituting the competition will apply with the following:

(a) Field Disciplines:

(i) If the number of athletes competing or scheduling considerations dictates:

- May be split across parallel pits or rings or;
- Different disciplines may be conducted at the same time, but when reciprocated each must occur on the same parallel pit or ring.

(ii) Except for High Jump, the number of trials per athlete will be three unless advised otherwise by the Organising Body.

Note: For Discus & Javelin, each trial will be marked, with only the longest trial measured and recorded.

(iii) For High Jump, an athlete will only be allowed to have a maximum of 8 jumps.

- If an athlete reaches their maximum of 8 jumps the athlete must stop competing in the event
- If an athlete has three consecutive failures, regardless of the height at which the failures occur, the athlete cannot continue to jump.
- The athlete must nominate which heights they will attempt to clear during the competition

(iv) For High Jump, a bar height of one metre will be used as the benchmark height. The starting height can be above or below one metre, as long as it is in 3cms increments from one metre.

(v) For High Jump, the athletes may be split across parallel mats, with the nominating starting heights used to split the athletes. If two mats are not available, the athletes may be split into two groups according to their starting heights.

(b) **Track Disciplines**: Only heats will be conducted with points allocated to the performance obtained in the heat, i.e. finals will not be run.

4. The 400 / 800 metres will normally be scheduled as the last discipline conducted for all age groups. If multiple heats are required for an age group, athletes will be seeded so that the last heat contains the athletes leading at the conclusion of the previous event (i.e. heats will be run in the ranking position order as at the end of the previous event).

5. Points are awarded for each performance and will be allocated to each athlete for each individual discipline using Scoring Tables approved by the Organising Body.

***Note**: All tables have a finite lower limit and as a result an athlete may score zero points, the scoring of zero points does not however exclude an athlete from being placed.*

6. An athlete failing to attempt to start or make a trial in one of the individual events will not be entitled to receive a place. It will not prohibit the athlete from competing and scoring points in subsequent events.

7. Performances and points will be posted/displayed for public viewing as soon as practicable after the completion of each individual discipline as follows:

(a) For the discipline, and

(b) As a cumulative total.

Note: For Multi-Class athletes, scoring will be based on the best 3 performances from the events available.

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

RACE WALKING EVENTS

RULE 230: RACE WALKING

Definition of Race Walking

1. Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

Judging

2. The appointed judges shall elect between them a Chief Judge unless one has already been appointed a Chief Judge for the relevant carnival

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

4. 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

5. There must be one Judge less than number of Red cards required for disqualification from any one Centre officiating in the same event. This ensures no one Centre has disqualification power of an athlete.

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

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

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

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

c) Where possible members of the same family should not serve as a judge for the same race

Yellow Paddle

7. 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 230.1)

8. Yellow Paddles (Cautions) 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. **Number #...Caution "contact or knees"**

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

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

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

12. 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 (Report). This advice is only to indicate to an athlete that their action is at risk of failing to comply with the rules.

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

Red Card

13. A judge gives a "Red Card" (Report) if an athlete is actually breaking the rules of race walking

14. For the **U12** and above age groups, Non-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. **Number #...Red Card "contact or knees"**

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

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

17. 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

Note: It is recommended that, where possible, a Yellow paddle under Rule 230.7 is given to the athlete before issuing a Red Card. The purpose of the Yellow paddle is to allow the athlete to correct their walking technique to meet the definition of Race Walking as per Rule 230.1, aiming for the greatest number of athletes to finish the competition correctly.

Disqualification

18. 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

(a) The following number of red cards for disqualification will apply for the number of Judges officiating in the race at Centre level.

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

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

20. 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

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

Methods of Judging

22. 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

23. 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

24. The Chief Judge shall allocate judges their judging position

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

26. 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

27. Hip numbers or Bib numbers must be worn by all walkers and will be supplied by the Organising Body. The hip / bib numbers must be clearly visible to all judges.

Track Umpires and Referees

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

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

Walk Judge's Master Sheet

30. A copy of the master sheets of each walk event will be posted on the notice board with the result sheet.

31. The master sheet is the document which the Chief Judge records the Red Cards from each of the judges against each athlete indicted by hip / bib number.

32. Judges should be indicated by number and not by name on the notice board copy of the sheet.

ROAD RACES

RULE 240: ROAD RACES

Distances

1. The following table outlines the approximate individual leg and total event distances for the relevant age groups:

Age Group	Leg Distance	Total Distance
U9, U10	1.5 km	4.5 km
U11, U12	2.0 km	6.0 km
U13, U14, U15, U16, U17	3.0 km	9.0 km

Multi-Class		
Age Group	**Leg Distance**	**Total Distance**
U9 - U10	1.5 km	4.5 km
U11 - U12	2.0 km	6.0 km
U13 - U17	2.0 km	6.0 km

Note: *These are the optimal distances and may vary depending on the location of the event.*

The Course

2. The races will be run on made-up roads. However, when traffic or similar circumstances make it unsuitable, the course may be on a bicycle path or footpath alongside the road, but not on soft ground such as grass verges or the like. The start and finish may be within an athletic arena.

The Start

3. Where there are more athletes than can be placed in a single row, the first row will be filled with athletes placed in draw order. Second, and as necessary subsequent rows, will also be filled with athletes placed in draw order.

Assistance to Athletes

4. No assistance or refreshments will be provided to athletes during the event.

5. The Organising Body may arrange to have a tortoise/hare to direct athletes along the course.

6. The Organising Body will allow guide runners for Multi-Class athletes where required.

Team Competition

7. Road Races will only be conducted in a **Relay** format with teams consisting of three athletes. Once an athlete has completed their leg, they will touch hands with the next athlete to signify the next athlete can start. The next athlete will be lined up within the takeover zone.

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

9. Athletes cannot compete in more than one team.

Protests

10. There is no Jury of Appeal. The Referee's decision is final.

CROSS-COUNTRY

RULE 250: CROSS-COUNTRY RACES & CROSS-COUNTRY RELAYS

Distances

1. The following table outlines the approximate event distances for the Cross-Country Races:

Age Group	Distance
U9, U10	1.5 km
U11, U12	2.0 km
U13, U14, U15, U16,U17	3.0 km

Multi-Class	
Age Group	**Distance**
U9 - U10	1.5 km
U11 - U12	2.0 km
U13 - U17	2.0 km

The Course

2. The course will be clearly marked with flags. Each side of the course will have a different colour set of flags. The placement of the flags will be such that the next flags in sequence are clearly visible from the previous flags. If the course incorporates a loop which could potentially lead to confusion by the athletes, the entry to such loop will be roped off from the continuation and may be manned by officials who may direct athletes.

3. The terrain should be undulating, with no high obstacles, difficult or water logged sections.

The Start

4. Where there are more athletes than can be placed in a single row, the first row will be filled with athletes placed in draw order. Second, and as necessary subsequent rows, will also be filled with athletes placed in draw order.

Assistance to Athletes

5. No assistance or refreshments will be provided to athletes during the event.

6. The Organising Body may arrange to have a tortoise/hare to direct athletes along the course.

7. The Organising Body will allow guide runners for Multi-Class athletes where required.

Team Competition

8. A team competition will be conducted concurrent with the individual event. The scoring and composition of the team(s) is as follows.

Team Scoring and Composition

9. Points will be awarded to athletes in order of finishing as follows:

- 1st place receiving 1 point,
- 2nd place receiving 2 points,
- 63rd place receiving 63 points, etc.

10. Points for the first three athletes from a Centre to cross the finishing line will be added to give the total points scored by that team. Subsequent groupings of three will constitute the next team, and so on

11. Only the three athletes comprising the team will be eligible for a medal.

12. The team with the lowest total points will be declared the winner.

13. In the event of a tie for first, second or third place, the team whose third placed athlete scores the lowest points will be awarded the higher placing.

Protests

14. There is no Jury of Appeal. The Referee's decision is final.

CROSS-COUNTRY RELAY RACES

RULE 250: CROSS-COUNTRY RACES & CROSS-COUNTRY RELAYS

Distances

1. The following table outlines the approximate individual leg and total event distances for the relevant age groups for the Cross-Country Relay Races:

Age Group	Leg Distance	Total Distance
U9, U10	1.0 km	3.0 km
U11, U12	1.5 km	4.5 km
U13, U14, U15, U16, U17	2.0 km	6.0 km

Multi-Class		
Age Group	**Leg Distance**	**Total Distance**
U9 - U10	1.0 km	3.0 km
U11 - U12	1.5 km	4.5 km
U13 - U17	1.5 km	4.5 km

Note: These are the optimal distances and may vary depending on the location of the event.

The Course

2. The course will be clearly marked with flags. Each side of the course will have a different colour set of flags. The placement of the flags will be such that the next flags in sequence are clearly visible from the previous flags. If the course incorporates a loop which could potentially lead to confusion by the athletes, the entry to such loop will be roped off from the continuation and may be manned by officials who may direct athletes.

3. The terrain should be undulating, with no high obstacles, difficult or water logged sections.

The Start

4. Where there are more athletes than can be placed in a single row, the first row will be filled with athletes placed in draw order. Second, and as necessary subsequent rows, will also be filled with athletes placed in draw order.

Assistance to Athletes

5. No assistance or refreshments will be provided to athletes during the event.

6. The Organising Body may arrange to have a tortoise/hare to direct athletes along the course.

7. The Organising Body will allow guide runners for Multi-Class athletes where required.

Team Competition

8. Cross-Country Relay Races will only be conducted in a **Relay** format with teams consisting of three athletes. Once an athlete has completed their leg, they will touch hands with the next athlete to signify the next athlete can start. The next athlete will be lined up within the takeover zone.

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

10. Athletes cannot compete in more than one team.

Protests

11. There is no Jury of Appeal. The Referee's decision is final.

VICTORIAN BEST PERFORMANCE

RULE 260: VICTORIAN BEST PERFORMANCE

1. Victorian Best Performances (VBP) will be maintained for all events conducted at Track & Field, Relay and Combined Events (including the points score for each age group).

Note: Invitational Athletes, are not eligible for a VBP or ABP.

2. For a performance to be accepted as a Victorian Best Performance the following criteria must be observed:

(a) The performance must be achieved at the LAVic Region Carnival or the LAVic State Championship or other approved LAVic controlled special meeting. This does not include normal Centre meetings, Centre Championships, Open Days or ALAC events.

(b) The claim for the performance must be submitted on an official form supplied by the Organising Body; complete with all documentary evidence to the LAVic office within fourteen days after the event.

(c) For Track events:

(i) The track must conform to Rule 140.

(ii) The timing must conform to Rule 165.

(iii) Where fully automatic timing is being used only **one** time needs to be lodged with the VBP claim to be accepted.

(iv) If fully automatic timing is **not** being used, **three** times must be lodged with the VBP claim to be accepted.

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

(vi) A VBP will only be recognised for athletes or teams who are first across the finish line.

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

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

Note*: As of August 2014 all existing VBP Track performances will be standardised using the formulas above and whichever of the standardised hand time or fully automatic time performance is lower will be declared the VBP.*

(d) For Field events:

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

(ii) All implements and measuring apparatus must be verified by LAVic for compliance, to be included in the pool of available equipment.

(iii) The recording of a Victorian Best Performance requires the Referee to check the manner in which the trial is measured is correct and to verify the measurement of the trial using a certified tape or bar, except where an approved scientific measuring apparatus EDM is being used, the accuracy of which has been confirmed by a qualified Measurement Judge.

(iv) Where the measurement of a Long Jump or Triple Jump is within 5cm of the VBP for that event or the measurement of any throws event is within 10cm of the VBP for that event, the measurement must be checked using a certified tape except where an approved scientific measuring apparatus EDM, is being used.

(e) Wind assistance will not be considered as a factor in determining Victorian Best Performances.

3. A claim for a Victorian Best Performance will be accepted for any individual athlete if it has been accomplished during a mixed competition and the recording sheets conform to Rule 147.

4. Claims for Victorian Best Performance will be accepted for individual events as follows:

(f) Existing Victorian Best Performance: The number of athletes/teams in the event will not be an impediment.

(g) New Event:

(i) There is no minimum requirement for the number of athletes/teams participating.

(ii) The VBP will be awarded at the end of the season and will take into account the best performance at all valid competitions listed in Rule 260.

(iii) Providing the criteria at (i) & (ii) above are met, Organising Bodies will submit completed paperwork for new events as if it is a claim for an existing Victorian Best Performance.

5. Australian Best Performances (ABP) may only be claimed at a State Championships or National Little Athletics Championship in the U9 – U15 age groups. Region Carnivals or Centre performances will not be considered for ABPs.

RULE 261: EVENTS FOR WHICH VICTORIAN BEST PERFORMANCE RECORDS ARE RECOGNISED

Event	Age Group								
	U9	U10	U11	U12	U13	U14	U15	U16	U17
70m	X	X							
100m	X	X	X	X	X	X	X	Xv	Xv
200m	X	X	X	X	X	X	X	Xv	Xv
400m	X	X	X	X	X	X	X	Xv	Xv
800m	X	X	X	X	X	X	X	Xv	Xv
1500m			X	X	X	X	X	X	X
60m Hurdles	X	X							
80m Hurdles			X	X	X	G			
90m Hurdles						B	G	Gv	
100m Hurdles							B	Bv	Gv
110m Hurdles									Bv
200m Hurdles					X	X			
300m Hurdles							X	Xv	Xv
700m Race Walk	X								
1100m Race Walk		X	X						
1500m Race Walk				X	X	X	X	Xv	Xv
High Jump	X	X	X	X	X	X	X	Xv	Xv
Long Jump	X	X	X	X	X	X	X	Xv	Xv
Triple Jump			X	X	X	X	X	Xv	Xv
Discus	X	X	X	X	X	X	X	Xv	Xv
Javelin			X	X	X	X	X	Xv	Xv
Shot Put	X	X	X	X	X	X	X	Xv	Xv
Combined Events	Xv	Xv	Xv	Xv	Xv	Xv	Xv	Xv	Xv
4x100m Relay	X	X	X	X	X	X	X	X	X
Mixed Sex 4x100m Relay	Xv	Xv	Xv	Xv	Xv	Xv	Xv	Xv	Xv
4x200m Relay	Xv	Xv	Xv	Xv	Xv	Xv	Xv	Xv	Xv
Mixed Sex 4x200m Relay	MSv	MSv	MSv	MSv	MSv	MSv	MSv	MSv	MSv
Medley Relay (100m,300m,200m,400m)	Xv	Xv	Xv	Xv	Xv	Xv	Xv	Xv	Xv

B – Boys Only
G – Girls Only
X – Both Genders
v – Lowercase v indicates a non-standard LAA Standard Event.
Only VBP's maybe claimed for these events, incl U16-U17.
ABP's maybe claimed for all other events
Event not allowed for that age group

RULE 262: VICTORIAN BEST PERFORMANCE – MULTI-CLASS

1. Victorian Best Performances (VBP) will be maintained for all individual Multi-Class events conducted at Track & Field, Relay and Combined Events.

Note 1: Invitational Athletes, are not eligible for a VBP or ABP.

2. For a performance to be accepted as a Victorian Best Performance the following criteria must be observed:

(a) The performance must be achieved at the LAVic Region Carnival or the LAVic State Championship or other approved LAVic controlled special meeting. This does not include normal Centre meetings, Centre Championships, Open Days or ALAC events.

(b) The claim for the performance must be submitted on an official form supplied by the Organising Body; complete with all documentary evidence to the LAVic office within fourteen days after the event.

(c) For Track events:

(i) The track must conform to Rule 140.

(ii) The timing must conform to Rule 165.

(iii) Where fully automatic timing is being used only **one** time needs to be lodged with the VBP claim to be accepted.

(iv) If fully automatic timing is **not** being used, **three** times must be lodged with the VBP claim to be accepted.

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

(vi) A VBP will only be recognised for athletes or teams who are first across the finish line.

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

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

Note*: As of August 2014 all existing VBP Track performances will be standardised using the formulas above and whichever of the standardised hand time or fully automatic time performance is lower will be declared the VBP.*

(d) For Field events:

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

(ii) All implements and measuring apparatus must be verified by LAVic for compliance, to be included in the pool of available equipment.

(iii) For field events, The recording of a Victorian Best Performance requires the Referee to check the measuring tape used against a certified tape at the end of competition, except where an approved scientific measuring apparatus EDM is being used, the accuracy of which has been confirmed by a qualified Measurement Judge.

(iv) Wind assistance will not be considered as a factor in determining Victorian Best Performances.

3. A claim for a Victorian Best Performance will be accepted for any individual athlete if it has been accomplished during a mixed competition and the recording sheets conform to Rule 147.

4. Claims for Victorian Best Performance will be accepted for individual events as follows:

(e) Existing Victorian Best Performance: The number of athletes/teams in the event will not be an impediment.

(f) New Event:

(i) There is no minimum requirement for the number of athletes/teams participating.

(ii) The VBP will be awarded at the end of the season and will take into account the best performance at all valid competitions listed in Rule 262.

(iii) Providing the criteria at (i) & (ii) above are met, Organising Bodies will submit completed paperwork for new events as if it is a claim for an existing Victorian Best Performance.

5. Australian Best Performances (ABP) may only be claimed at a State Championships or National Little Athletics Championship in the U9 – U15 age groups. Region Carnivals or Centre performances will not be considered for ABPs.

RULE 263: EVENTS FOR WHICH VICTORIAN BEST PERFORMANCES ARE RECOGNISED – MULTI-CLASS

Event	Age Group								
	U9	U10	U11	U12	U13	U14	U15	U16	U17
100m	X	X	X	X	X	X	X	Xv	Xv
200m	X	X	X	X	X	X	X	Xv	Xv
400m	X	X	X	X	X	X	X	Xv	Xv
800m	X	X	X	X	X	X	X	Xv	Xv
Long Jump	X	X	X	X	X	X	X	Xv	Xv
Discus	X	X	X	X	X	X	X	Xv	Xv
Javelin			X	X	X	X	X	Xv	Xv
Shot Put	X	X	X	X	X	X	X	Xv	Xv

B – Boys Only
G – Girls Only
X – Both Genders
v – Lowercase v indicates a non-standard LAA Standard Event. Only VBP's maybe claimed for these events, incl U16-U17. ABP's maybe claimed for all other events
Event not allowed for that age group

Appendix 1 - CENTRE LEVEL STANDARD EVENTS TABLE

	EVENT	ON TRACK			AGE GROUP								
		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
		2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010
TRACK & FIELD	70m	X	X	X	X	X	X	X	X	X	X	X	X
	100m	X	X	X	X	X	X	X	X	X	X	X	X
	200m		X	X	X	X	X	X	X	X	X	X	X
	400m				X	X	X	X	X	X	X	X	X
	Unlaned – up to	300m	500m	700m									
	800m				X	X	X	X	X	X	X	X	X
	1500m						X	X	X	X	X	X	X
	Sprint Hurdles **(Boys)**	60m	60m	60m	60m	60m	**80m**	80m	80m	90m	100m	100m	110m
	Sprint Hurdles **(Girls)**	60m	60m	60m	60m	60m	**80m**	80m	80m	80m	90m	90m	100m
	Long Hurdles								200m	200m	300m	300m	300m
	Race Walk			700m	700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m	1500m
	High Jump (Scissor)			X	X	X							
	High Jump						X	X	X	X	X	X	X
	Long Jump (mat)	X	X	X	X	X							
	Long Jump (board)						X	X	X	X	X	X	X
	Triple Jump						X	X	X	X	X	X	X
	Discus **(Boys)**	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg	1.5kg
	Discus **(Girls)**	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg	1kg
	Javelin **(Boys)**	Vortex	Vortex	Vortex or Turbo Jav			400g	400g	600g	600g	700g	700g	700g
	Javelin **(Girls)**	Vortex	Vortex	Vortex or Turbo Jav			400g	400g	400g	400g	500g	500g	500g
	Shot Put **(Boys)**	1kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	4kg	4kg	5kg
	Shot Put **(Girls)**	1kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg	3kg	3kg
	EVENT	**U6**	**U7**	**U8**	**U9**	**U10**	**U11**	**U12**	**U13**	**U14**	**U15**	**U16**	**U17**
RELAYS	Shuttle Relay	X	X	X	X	X	X	X	X	X	X	X	X
	4x100m	X	X	X	X	X	X	X	X	X	X	X	X
	Mixed Sex 4x100m	X	X	X	X	X	X	X	X	X	X	X	X
	4x200m		X	X	X	X	X	X	X	X	X	X	X
	Mixed Sex 4x200m		X	X	X	X	X	X	X	X	X	X	X
	Medley (100m,300m, 200m, 400m)				X	X	X	X	X	X	X	X	X
	EVENT	**U6**	**U7**	**U8**	**U9**	**U10**	**U11**	**U12**	**U13**	**U14**	**U15**	**U16**	**U17**
XC	Cross Country	500m	1km	1km	1.5km	1.5km	2km	2km	3km	3km	*4km	*4km	*4km G *5km B
	Multi-Class	500m	1km	1km	1.5km	1.5km	2km	2km	#3km	#3km	#3km	#3km	#3km
	Road Race Walks				1.2km	1.5km	2km	2km	3km	3km	5km	5km G 8km B	5km G 8km B

*Region & State will remain at 3km. #Region & State will remain at 2km.

Appendix 2 - DOCUMENT HISTORY

VERSION CONTROL

Date	Version #	Action Taken / Updates
30 June 2016	1.0	Accepted changes when document modified in 15 August 2015. Instituted Version Control with 30 June 2016 document becoming V1.0
26 August 2016	2.0	Incorporates rule changes arising from the LAA Conference in April 2016 and the Competition Rule changes approved at the RAC teleconference on 22 August 2016
17 November 2016	3.0	Addition of Note for Athlete Eligibility for Region Relays. Administrative change for Relay Team sheets.
30 June 2017	4.0	Accepted changes from 22 June 2017.
16 Oct 2017	4.1	IAAF Relay Rule Changes LAVic Specific Relay Rule Changes
27 Nov 2017	4.2	Removal of Technical Committee & update of Appeals Committee Role & Objectives.
July 2018	4.3	Rescind Regulation 8, separation of Competition Rules and Competition Regulations.
August 2018	4.4	Incorporate LAA Rules and remove LAVic rules that do not comply with Standard Rules and Events.
November 2018	4.5	Update new LAA Rules approved at National Conference in October, administrative changes added.
May 2019	4.6	Administrative changes added, expand Cross-Country rules to incorporate Cross-Country Relays
October 2019	4.7	Update new LAA Rules for U11 Hurdles, IAAF rule changes for Hurdles, add specific LAVic rules on Relays, update changes to VBP rules on certifying equipment, administrative changes added.
January 2021	4.8	Update to new LAA Rules for Take off mat / board placement for Long Jump, update changes to Medley Relay to Swedish Relay. Update changes to include Multi-Class. Update changes due to COVID restrictions.
October 2021	4.9	Update new LAA Rules approved by National Technical Committee, administrative changes added. Update changes to clash process, removal of Field Call rooms, clarify commencement of competition. Update changes due to COVID restrictions.
January 2022	5.0	Update to include LAA Multi-Class Rules approved by National Technical Committee, administrative changes added.
February 2022	5.1	Administrative changes added.
July 2022	6.0	Update new LAA Rules approved by National Technical Committee, including new maximum allowed Cross-Country distances, administrative changes added. Update to include U17's. Clarify ABP is only valid for U9-U15 athletes, as standard events.
September 2023	7.0	Race Walking uniform update. Helmet requirement and starting techniques for Race Running. Take off mat clarification for U6-8. WA updates clarifying Long Jump takeoff and validity of throws. Removed reference to Multi Class not being recognised for VBPs and removed requirement for minimum of 3 competitors for new VBPs.

September 2024	8.0	Added Race Walk Road Champs and State T&F series to sanctioned events. Added Javelin Multi-Class weights table. Updated Rules as per WA Rules updates for running in lane on bends, takeover zones for relays, description of landing area for horizontal jumps, clarification of loose items with regard to throwing events. Added Race Walking Road distances to Standard events table.
October 2025	9.0	Multi-Class Shot Put Table updated. U16B & U17B F32 class now 1kg (was 2kg).
October 2025	9.0	Rule 53 – added point 6. Known pre-existing injuries are required to get confirmation from a medical professional to be eligible to compete.
October 2025	9.0	Rule 143 - Updated as per updated Uniform Booklet. Max logo size now 40cm² (143.4), White undergarment option added (143.5), "Out of Stadia" updated to "Winter Season" (143.8) & Pockets now allowed in uniform items (143.10).
October 2025	9.0	Rule 168 - Table updated – U6 Max Height now 23cm.
October 2025	9.0	Rule 260.5 – Removed restriction for Multi-Class to obtain ABPs.
September 2026	10.0	Rule 141 – Added Year of Birth to table for each age group.
September 2026	10.0	Rule 161.2 – Updated to include classifications T40-41, 60 and 71-72 that can use starting blocks.
September 2026	10.0	Rule 161 – Updated Note to match LAA Rules regarding Multi-Class categories that may require assistance from Starters Assistant to set up starting blocks.
September 2026	10.0	Rule 163.6 – Added note that state that a Multi-Class 800m can be ran as a pack start event rather than in lanes if desired.
September 2026	10.0	Rule 165 – Removed "Photo Finish" from the heading.
September 2026	10.0	Rule 170.4 – Updated "Judges" to "Umpires".
September 2026	10.0	Rule 170.6.b – Added "or the baton" to clarify that athletes cannot place material or substances on their hands or the baton to obtain a better grip.
September 2026	10.0	Rule 170.6.c – Updated wording to align with LAA wording.
September 2026	10.0	Rule 187.7 – Added "or on their shoes" to clarify that an athlete cannot spray or spread any substance in the throwing circle or their shoes.
September 2026	10.0	Rule 193.8 – Added note to clarify when an athlete in Javelin can/can't turn their back towards the throwing arc.
September 2026	10.0	Rule 230.17 – Second note added as per LAA Rules to recommend, where possible, that a Yellow paddle is issued before a Red Card.
September 2026	10.0	Rules 262 and 263 – New Rules added for Multi-Class VBPs.
September 2026	10.0	Appendix 1 – Added Year of Birth for each age group.