

Competition Rules & Regulations Changes – Season 2022-2023

The following rule changes come into effect at the beginning of the 2022-2023 Summer Track & Field season and apply to all levels of competition from Centre to State. These rules changes are the approved changes from Little Athletics Australia (LAA) and Little Athletics Victoria (LAVic).

Competition Rules:

Age Groups

Amend all Rules and references to include U17 and clarify the weights and specifications of all events.

False Starts

Amend Rule 162 to include the use of **activating a suitable audible signal**, as another method of recalling the athletes.

Relay Races

Amend Rule 170 to clarify the length of the take-over zones for the 4x200 and Medley races.

In the 4x200mts, all changes will be within the 30mt zone, both laned and unlaned.

In the Swedish Medley, the 1st and 2nd change will be within the 30mt zone, with only the third change at the start / finish line being within the 20mt zone.

Personal Safeguards and Assistance

Clarify an error in the previous version on LAA Rules, that didn't allow the use of tape on fingers or the hand, and the use of adhesive for a better grip. Rule 187

- **5.** No device of any kind, which in any way assists the athlete when making a throw, shall be allowed except for:
- **a, b, c, d** – remain as is.
- **6.** In order to obtain a better grip, athletes in throwing events are permitted to use a **suitable** substance on their hands only.

Out of Stadia - Distances

Amend the distances following a full review of the Cross-Country distances for Out of Stadia events.

Amend the distances for Multi-Class Cross-Country Out of Stadia events.

- Maximum allowed distance for U15 and U16 Boys and Girls is 4km and U17 Girls is 4km, U17 Boys is 5km. However, at Region and State, the distance will remain at 3km for U13 and above.
- Maximum allowed distance for U13 – U17 Multi-Class is 3km. However, at Region and State, the distance will remain at 2km.

VBP & ABP

Amend Rule 261 to include U17's, and clarify the only U9-U15 age groups are eligible for an ABP, as standard events. U16, U17 are eligible for a VBP, but not an ABP. Multi-Class are not eligible for VBP or ABP currently.

Competition Regulations:

Changes to reflect inclusion of U17's into the Region and State events, adjust the qualifiers and progressions table to reflect the participation rates of U16 and U17 athletes.

Amend the Multi-Class age group type to U13-U17 to reflect addition of U17's.

Presentations:

Amend State Cross-Country Relays to receive medals instead of sashes.

Combined Events:

Maximum field size for Combined Events

U16 = 24 each, U17 = 16 each gender. Multi-Class will remain unlimited.

Multi-Class Track & Field

Add 400mts to all age groups and genders.

Centre Level Standard Event Table:

Amend to include U17's.

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

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