

Competition Rules & Regulations Changes – Season 2023-2024

The following rule changes come into effect at the beginning of the 2023-2024 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:

Clothing (Rule 143)

Amended to provide for uniform bottoms to extend below knee in Race Walks for Religious or Medical reasons or other exceptional circumstances.

Added Race Running to events where a helmet is required.

Starting Techniques (Rule 162)

Added instructions for starting of Race Running events.

Horizontal Jumps (Rule 184)

Added option to use 0.5 x 1.22 OR 1.0 x 1.22 mats for U6-8.

Clarified take off failure, including shoelaces and loose items of clothing as per World Athletics update.

Validity of Throws (Rule 187)

Clarified validity of throws from a throwing circle, including shoelaces and other items of loose clothing as per World Athletics update.

Shot Put Weights (Rule 188)

Corrected error where U12 Boys was listed as 3kg rather than 2kg.

Cross Country Distances (Rule 250)

Added missing U16 age group.

VBP (Rule 260)

Removed reference that Multi-Class is not recognised for VBPs (Multi-Class VBPs will be brought in this season).

Removed requirement for new events to have a minimum of 3 athletes/teams participating to be eligible for VBPs.

General

Several wording and formatting changes that have minimal effect on the application of the Rules

Competition Regulations:

Javelin and 800m added to table of events at Region Carnivals and State Track and Field Championships for Multi-Class athletes.

U17 Race Walks – qualification to State Champs reduced to 16 (from 24) to bring in line with other age groups.

Allowance made for Multi-Class entries to enter State and Region events subject to classification being obtained prior to the event (as opposed to prior to entry).

Uniforms for Region teams at State Relay Championships and State Cross-Country Championships updated to Region Uniforms unless advised otherwise by LAVic.

Several other minor wording changes that have minimal effect on the Regulations themselves.

Centre Level Standard Event Table:

Table itself is unchanged but second page tidied up and list of events for Multi-Class added.

Specification Documents and World Athletics Rules:

No changes to specifications for any of the existing documents other than updating the year.

Multi-Class Javelin specifications document added.

World Athletics (Technical and Competition) Rules – updated to latest versions.