

Section “D” – Competitions

These rules are to be read in conjunction with Section “A” Competition General Rules, Section “B” – Track Events and Section “C” – Field Events and take precedence over the General Rules

1. ZONE/REGION/STATE TRACK & FIELD CHAMPIONSHIPS

1.1 Eligibility

- i. All athletes must be registered with LANSW.
- ii. LANSW athletes can only enter the Zone Championships for the Zone containing their centre. “Individually registered athletes” can only enter the Zone Championships for the zone to which they have been allocated, based upon their place of residence.

Where direct entry as per 1.2 ii below, has been approved for a region, LANSW athletes may only enter the region containing their centre (or zone for individually registered athletes).

- iii. Age divisions:

Zone	U7-U17
Region	U8-U17
State	U9-U17

- iv. Competitors must compete in their own age group.

1.2 Entry to Zone and Progression to Region

- i. Athletes may only compete in one LANSW Zone Championship in a season. Athletes who have entered/competed at a Zone Championships may not also enter/compete at a Regional Championship via direct entry and vice versa.
- ii. A maximum of 4 competitors from each centre (or a greater number at the discretion of the Zone) in age groups from U7 to U12 are allowed in each event, and no competitor will compete in more than 4 events, excluding the relays.
- iii. In the U13 to U17 age groups, there is no restriction on the number of competitors a centre may enter in an event; however no competitor will compete in more than 6 events, excluding the relays.
- iv. Athletes must compete at and qualify for LANSW Region Championship via a LANSW Zone Track & Field Championship unless all zones within a region have agreed that 1.2 iii applies (U13 to U17 only). The number of entries per Zone will be based upon the number of Zones in the Region, which is:
 - 2 zones = first 6 in each zone plus next best 4 clear final performances over both zones;
 - 3 zones = first 4 in each zone plus next best 4 clear final performances over all zones;
 - 4 zones = first 3 in each zone plus next best 4 clear performances over all zones.

Note:

- Any places at a zone not filled by automatic progression will not be filled by additional next best performances from the other zones.
- The centre must forward entries in the approved format to the zone coordinator for all athletes representing their centre. Little Athletics NSW must forward entries for “individually registered athletes” to the zone coordinator.

- v. **Direct Entry to Region (U13 to U17)**

Athletes are permitted direct entry into Regional Championships without having to compete at a Zone Championships, providing the following conditions are met: -

- All Zones within a Region agree that direct entry to region will be the only option for the U13 to U17 athletes within their zone. This agreement must be notified to Little Athletics NSW by 30 June prior to the relevant Regional Championships and is irrevocable for that season.
- There is no restriction on the number of athletes from each centre that may enter/compete in each individual event.
- No competitor may compete in more than 6 events, excluding relays.
- No qualifying events can be conducted for those age groups at any of the relevant zones.
- Region entries must be through a centre on the approved form. Individually registered athletes can enter using the approved form.

1.3 Progression from Region to State

- i. Athletes must compete at and qualify for LANSW State Track & Field championships via an LANSW Region Track & Field Championship. Regions will be restricted to 2 automatic qualifiers per event, plus the next best 8 clear final performances across all regions, to a maximum of 24.

Note:

- Any places at a region not filled by automatic progression will not be filled by additional next best performances from other regions.
- If an automatic qualifier is unable to attend the next level of championships, they may be substituted by the next ranked finalist from their event. The withdrawing athlete must have completed and submitted an official withdrawal form to the zone/region coordinator, on the weekend of the relevant championship.

- ii. **Qualifying Standard 1500m Walk and 3000m Run**

- A maximum qualifying time of 12 minutes will be set for all 1500m walk events and a qualifying time of 14 minutes be set for all 3000m runs.
- Athletes who cannot complete their 1500m walk or 3000m run within these time limits, at regional carnivals, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships.

1.4 Relay Events – Zone/Region/State

- i. Centre Teams
Centres may enter a maximum of 1 relay team in each division.
- ii. Divisions
 - a. Boys Junior
 - b. Girls Junior
 - c. Boys Senior
 - d. Girls Senior
- iii. Team Composition
 - a. Junior – 4 athletes (one athlete from U9, U10, U11 & U12)
 - U12 may be replaced by an U9, U10 or U11
 - U11 may be replaced by an U9 or U10
 - U10 may be replaced by an U9
 - b. Senior – 4 athletes (one athlete from U13, U14, U15 & U17)
 - U17 may be replaced by an U15, U14 or U13
 - U15 may be replaced by an U14 or U13
 - U14 may be replaced by an U13
 - U13 may be replaced by an U12 (**Note:** a maximum of 1 x U12 athlete may be used in a senior relay team. If an U12 is used in the Senior Relay team the same athlete cannot be a member of the Junior Relay team).

NB. Athletes may compete in any age order.
- iv. Eligibility
Minimum Age - Athletes must be genuine U9 and older.
- v. Age Substitution
No age substitution is permitted apart from that shown in iii above.
- vi. Team Progression – Zone to Region
 - 2 zones = first, second and third
 - 3 zones = first and second
 - 4 zones = first and second

Where direct entry is used for U13 to U17 athletes, only 1 team per centre (per division) may compete in the senior divisions at the Region Championships. **Note:** This may necessitate heats and a final at Regional Championships
- vii. Team Progression – Region to State
1 team per division will progress from Region to State.
- viii. Once the team qualifies, athletes may be replaced a required.
- ix. To be eligible for the relay teams competitors must be registered with LANSW.

1.5 Rules Specific to Zone/Region/State

- i. Track Times
 - a) The normal rules for timing an event apply, with the exception that hand times will be to the 1/100th or a second rather than 1/10th.
 - b) Hand times and electronic times, as determined by a) above will be used for progression from Zone to Region to State.
- ii. High Jump
The starting height for high jumps will be as follows: -

	ZONE		REGION		STATE	
	Boys	Girls	Boys	Girls	Boys	Girls
U9	0.85	0.80	0.90	0.85	0.95	0.90
U10	0.95	0.90	1.00	0.95	1.05	1.00
U11	1.05	1.00	1.10	1.05	1.15	1.10
U12	1.15	1.10	1.20	1.15	1.25	1.20
U13	1.20	1.15	1.25	1.20	1.30	1.25
U14	1.25	1.20	1.30	1.25	1.35	1.30
U15	1.25	1.20	1.30	1.25	1.35	1.30
U17	1.30	1.25	1.35	1.30	1.40	1.35

- iii. Reserves to Finals
 - a. 2 reserves are to be nominated for all track finals for which heats have been contested at Zone, Region and State Championships.
 - b. A lane draw for the finalists will be posted, with a 1st and 2nd reserve nominated below the draw. If a reserve is required, due to a finalist withdrawing from the event, then that reserve will compete in the lane allocated to the withdrawing finalist, except in the circumstance of a withdrawing finalist notifying recording prior to the lane draw being posted on the board.
 - c. All listed finalists and reserves attend the call room for all final track events.
 - d. A reserve can take their place in the event due to the absence of any listed athlete. An athlete is deemed absent by formally withdrawing from the event or by not reporting to the call room prior to closing.
 - e. The call room is deemed closed when the marshal has completed the paperwork and the competitors are released from the call room.

1.6 Local Rules

- i. To be accepted as a local rule, rules listed in the conditions of hiring a ground, eg. spikes, blocks etc. apply to all carnivals conducted at that ground, including zone, region and state.
- ii. Any other local competition rules which have been submitted and approved by the championships director before they can be used at zone, region and state. This is to be done on a carnival to carnival basis.
- iii. Local rules may not contradict Little Athletics NSW rules.

1.7 3000m

Zone and/or Region Coordinators are permitted to move the 3000m to suit weather conditions.

2. STATE RELAY CHAMPIONSHIPS

These rules are to be read in conjunction with Section "A" Competition General Rules, Section "B" – Track Events and Section "C" – Field Events and take precedence over the General Rules.

2.1 General Eligibility

- i. Track Relays will run independently of the Field Relays.
- ii. Athletes in the U8-U11 age groups may compete only in Track OR Field Relays, but not both, except for Section 5.
- iii. Athletes in the U12-U17 age groups may compete in both Track and Field Relays, on the express understanding that there is no clash management provided. It is the responsibility of the athletes to choose events carefully, follow the program and move between events via the appropriate call room, as and when required. .
- iv. Competitors may compete up 1 age group (minimum age U8) to form a team, however competitors may only compete in 1 age group at the championships, and only in events / specifications offered for their own age group.
- v. U8-U11 may only compete on the Junior Day.
- vi. To be eligible for a medal, a team must comprise 4 athletes.

2.2 Centre Categories

- i. Centres with a total of **more than 200** registered members from the previous season in the age groups U8 to U17 are excluded from entering teams in sections 2 & 5.
- ii. Centres with a total of **200 or less** registered members for the previous season in the age groups U8 to U17 can enter teams in sections 1 & 3 plus section 4 **OR** sections 2 & 3 plus section 4.
- iii. Centres with a total of **150 or less** registered members for the previous season in the age groups U8 to U15 can enter teams as per ii. above or have the option to only enter teams in section 5. They cannot compete in both categories on the one day of the championships.

2.3 Event Sections

Section 1

TRACK	U8	U9	U10	U11	U12	U13	U14	U15	U17
4 x 100 metres (Boys) Team of 4 boys	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 x 100 metres (Girls) Team of 4 girls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 2

TRACK	U8	U9	U10	U11	U12	U13	U14	U15	U17
4 x 100 metres (Mixed) Team of 2 boys & 2 girls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 3

TRACK	U8	U9	U10	U11	U12	U13	U14	U15	U17
4 x 200 metres (Mixed) Team of 2 boys & 2 girls	<input type="checkbox"/>	<input type="checkbox"/>	No	No	No	No	No	No	No
4 x 400 metres (Mixed) Team of 2 boys & 2 girls	No	No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Middle Distance Junior (Girls) Team of 4 girls (1 of each age)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No	No	No	No	No
Middle Distance Junior (Boys) Team of 4 boys (1 of each age)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No	No	No	No	No

Section 3 (cont)

TRACK	U8	U9	U10	U11	U12	U13	U14	U15	U17
Middle Distance Senior (Girls) Team of 4 girls (1 of each age) or team can also comprise as follows U12,U12,U14&U15, or U12,U13,U13&U15, or U12,U13,U14&U14	No	No	No	No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No
Middle Distance Senior (Boys) Team of 4 boys (1 of each age) or team can also comprise as follows U12,U12,U14&U15, or U12,U13,U13&U15, or U12,U13,U14&U14)	No	No	No	No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No

Note: Centres entering teams in both the 4 x 400m or 4 x 200m and the Middle Distance relays cannot include the same athlete in both teams.

Section 4

FIELD	U8	U9	U10	U11	U12	U13	U14	U15	U17
4 x Long Jump (Boys) Team of 4 Boys	<input type="checkbox"/>	<input type="checkbox"/>	No	No	No	No	No	No	No
4 x Long Jump (Girls) Team of 4 Girls	<input type="checkbox"/>	<input type="checkbox"/>	No	No	No	No	No	No	No
Long / High (Boys) Team of 4 Boys	No	No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Long / High (Girls) Team of 4 Girls	No	No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shot / Discus (Boys) Team of 4 Boys	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shot / Discus (Girls) Team of 4 Girls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 5

TRACK	
Junior 4 x 100m	A team of 4. One athlete from U/8, U/9, U/10 & U/11 & must have at least one member of either gender
Senior 4 x 100m	A team of 4. One athlete from U/12, U/13, U/14 & U/15 & must have at least one member of either gender
FIELD	
Junior 4 x Long Jump	A team of 4. One athlete from U/8, U/9, U/10 & U/11 & must have at least one member of either gender
Senior 4 x Long Jump	A team of 4. One athlete from U/12, U/13, U/14 & U/15 & must have at least one member of either gender

2.4 Substitutes

In the Junior Middle distance relays, Junior & Senior 4 x 100m relays & Junior & Senior 4 x Long Jump relays there is no age substitution permitted. Athletes must only be of the age groups specified. Therefore reserves must be of the same age as the athlete they are replacing.

2.5 Field Event Competitors

- i. Field Event competitors will have an event identification mark, 1, 2, 3 or 4 placed on their arm or leg. Eg S1 for a Shot Put competitor.
- ii. Each competitor is limited to 3 trials (except for High Jump).
- iii. Competitors may only compete in one leg of the paired relays, Eg a High Jump competitor may not compete in the Long Jump of the High / Long relay.
- iv. Senior athletes can complete out of round, out of order.

2.6 Takeover Zones

- i. 4 x 400m relay
 - a. The 1st lap will be run entirely in lanes.
 - b. 2nd runners will continue in lanes until the breakline where they may cross to any lane if it is safe to do so.
 - c. The 1st runner must stay within their lane and as far as practicable within the takeover zone until all changes have been made.
 - d. 3rd and 4th runners will be placed on the track in the takeover zone in the order their team crosses the 200m mark.
- ii. 4 x 200m relays
 - a. Start on the 200m staggers
 - b. The whole race to be run in lanes
- iii. In the 4 x 100m and 4 x 200m Relay a 10 metre acceleration zone is allowed. Competitors are permitted to make a check mark (one piece only) on the track within their own lane, however adhesive tape only may be used.
- iv. Middle Distance Relay Junior
 - a. Start to be on 300m /1500 pack start line.
 - b. The 1st runners **must** be the U/8 competitors who will run 700m. Athletes may cross to any lane once the gun has gone and it is safe to do so.
 - c.. 2nd, 3rd & 4th runners will be placed on the track in the takeover zone in the order their team member crosses the 200m mark for the second time.
- v. Middle Distance Relay Senior
 - a. Start to be on the 800m staggers.
 - b. The 1st runners are to run in lanes until the breakline where they may cross to any lane if it is safe to do so.
 - c.. 2nd, 3rd & 4th runners will be placed on the track in the takeover zone in the order their team member crosses the 200m mark for the second time.
- vi. In all Relays the baton changeovers must be executed within the specified takeover zone or disqualification will result i.e. the **baton itself must** be within the limits of the change area.
 - NB. The breakline shall be an arced line, 5cm wide, across the track, marked at each end by a distinctive marker positioned outside the track. To assist athletes identify the breakline, small cones or prisms, 5cm x 5cm and no more than 15cm high, preferably of a different colour as to the breakline & lane line, shall be placed on the lane line immediately before the intersection of the lane line and the breakline.

2.7 High Jump

- i. The starting height for the Relay high jumps will be as follows:
 - a. U10 0.95m
 - b. U11 1.05m
 - c. U12 1.15m
 - d. U13 1.20m
 - e. U14 1.25m
 - f. U15 1.25m
 - g. U17 1.30m
- ii. With the bar rising by 5cm increments until an athlete obtains a clear first place. If the athlete is within the vicinity of equalling or bettering the state record, the athlete shall then be offered:
 - a. To continue the competition proper.
 - b.
 - i) An attempt (3 jumps) at the record by raising the bar to equal or better the record.
 - ii) If this attempt falls outside of the 5cm increments i.e. (present record is 1.83m, athlete has cleared 1.80m, elects to attempt record 1.83m, if successful then the athlete may continue jumping at the next 5cm increment 1.85m).
- iii. Points to be allocated by 5cm increments only. No points will be gained by jumping between the 5cm increments.

2.8 Qualification to Finals

- i. Relay finals will utilise 8 lanes.
- ii. Placings will be taken into account when times are equal for the last qualifiers.
- iii. In all track events the heat winners plus the next fastest times to fill the available lanes shall proceed to the final.
- iv. Where insufficient teams marshal for heats, that event shall be run as a final at the time of heats. For the Middle Distance Relays the maximum number of teams per heat will be determined by the available number of lanes times 2.
- v. Where insufficient entries are received for heats at close of entries, that event will be scheduled as a final at the time of heats.
- vi. Where there is a tie for a place in the final, the qualifiers for that place shall be decided by a run off.
- vii. Where there have been qualifying heats, teams shall be drawn for lanes in finals according to IAAF rules for the four highest ranked teams only. A second draw will be made to determine placings in the remaining lanes. For the purpose of determining the allocation of lanes, where teams have run in the same heat and have recorded the same time, the higher placed team shall be deemed to have run the better time.

2.9 Under 8 Teams

Boys' and girls' teams entered in the 4 x 100m and 4 x 200m relays may have a representative from their centre to place runners on the track at each change, if desired.

2.10 Events

TRACK	U8	U9	U10	U11	U12	U13	U14	U15	U17
4 x 100 metres (Boys)	☐	☐	☐	☐	☐	☐	☐	☐	☐
4 x 100 metres (Girls)	☐	☐	☐	☐	☐	☐	☐	☐	☐
4 x 100 metres (Mixed)	☐	☐	☐	☐	☐	☐	☐	☐	☐
4 x 200 metres (Mixed)	☐	☐	No	No	No	No	No	No	No
4 x 400 metres (Mixed)	No	No	☐	☐	☐	☐	☐	☐	☐
Middle Distance Junior (Girls)	☐	☐	☐	☐	No	No	No	No	No
Middle Distance Junior (Boys)	☐	☐	☐	☐	No	No	No	No	No
Middle Distance Senior (Girls)	No	No	No	No	☐	☐	☐	☐	No
Middle Distance Senior (Boys)	No	No	No	No	☐	☐	☐	☐	No
Junior 4 x 100m (Mixed)	☐	☐	☐	☐	No	No	No	No	No
Senior 4 x 100m (Mixed)	No	No	No	No	☐	☐	☐	☐	No
FIELD	U8	U9	U10	U11	U12	U13	U14	U15	U17
4 x Long Jump (Boys)	☐	☐	No	No	No	No	No	No	No
4 x Long Jump (Girls)	☐	☐	No	No	No	No	No	No	No
Junior 4 x Long Jump (Mixed)	☐	☐	☐	☐	No	No	No	No	No
Senior 4 x Long Jump (Mixed)	No	No	No	No	☐	☐	☐	☐	No
Discus and Shot Put	☐	☐	☐	☐	☐	☐	☐	☐	☐
High Jump and Long Jump	No	No	☐	☐	☐	☐	☐	☐	☐

2.11 Starting Rules

For the Middle Distance Senior Relay (section 3) and the Senior 4 x 100m relay (section 5), the start rule as per U/13 to U/17 will apply.

3. STATE MULTI-EVENT

These rules are to be read in conjunction with Section "A" Competition General Rules, Section "B" – Track Events and Section "C" – Field Events and takes precedence over the General Rules.

3.1 Eligibility

Competitors **MUST** compete in their own age group.

3.2 Events

U7	Boys & Girls	50m; 100m; pack start; long jump; shot put; discus
U8	Boys & Girls	70m; 200m; pack start; long jump; shot put; discus
U9	Boys & Girls	100m; 60m hurdles; 800m; long jump; shot put; discus
U10	Boys & Girls	200m; 60m hurdles; 800m; long jump; shot put; discus
U11	Boys & Girls	100m; 60m hurdles; 800m; long jump; shot put; discus
U12	Boys & Girls	200m; 60m hurdles; 800m; long jump; shot put; discus
U13	Boys & Girls	100m; 80m hurdles; 800m; long jump; shot put; discus
U14	Girls	200m; 80m hurdles; 800m; long jump; shot put; discus
U14	Boys	200m; 90m hurdles; 800m; long jump; shot put; discus
U15	Girls	200m; 90m hurdles; 800m; long jump; shot put; discus
U15	Boys	100m; 100m hurdles; 800m; long jump; shot put; discus
U17	Girls	200m; 100m hurdles; 800m; long jump; shot put; high jump, javelin
U17	Boys	200m; 110m hurdles; 800m; long jump; shot put; high jump, javelin

3.3 Field Event Competitors

Competitors will receive 3 trials in field events, with no final rounds. Competitors are not permitted to have practice trials. In the long jump and high jump, they may measure their run up only.

3.4 Competition Order

Competitors will follow the officials order for lane selection for all track events except for 800m which will be a seeded draw. For field events athletes shall compete in the order as listed.

3.5 Track Event Competitors

There will be no finals for track events.

3.6 Disqualification – Track

- U/7 to U/12 Competitors will be disqualified for their 3rd false start.
- U/13 to U/17 athletes, only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified.

3.7 High Jump Starting Height

- i. U17 - 1.10m
- ii. With the bar rising by 5cm increments until an athlete obtains a clear first place. If the athlete is within the vicinity of equalling or bettering the state record, the athlete shall then be offered:
 - a. To continue the competition proper.
 - b.
 - i) An attempt (3 jumps) at the record by raising the bar to equal or better the record.
 - ii) If this attempt falls outside of the 5cm increments i.e. (present record is 1.83m, athlete has cleared 1.80m, elects to attempt record 1.83m, if successful then the athlete may continue jumping at the next 5cm increment 1.85m).
- iii. Points to be allocated by 5cm increments only. No points will be gained by jumping between the 5cm increments.

3.8 Point Score

- i. A competitor must attempt to start the track event; enter the circle; or respond to the long jump, high jump or javelin official when called to be considered a competitor.
- ii. A competitor who misses an event shall not be eliminated from the competition, however, they will not be included in the final results. An athlete removed from an event based on advice from the Medical Officer to the appropriate referee or manager shall be included in the final results.
- iii. The point score used will be as approved by LANSW.
- iv. In the event of a tie for a final placing, no countback shall be applied. Tying competitors will be given an equal placing.

4. STATE CROSS COUNTRY

These rules are to be read in conjunction with Section "A" Competition General Rules, Section "B" – Track Events and Section "C" – Field Event and takes precedence over the General Rules.

4.1 Eligibility

- i. Competitors may only compete in their registered age group in the Cross Country Championships.
- ii. Competitors to be eligible to compete, unless a new registration must have been a member of the centre as from May 31st of the current year.
- iii. U7 is the minimum age for competitors.

4.2 Footwear

Spike shoes with or without spikes **MAY NOT** be used in any event. Football and cleats may not be worn.

4.3 Events

U7- U8	800m
U9 - U10	1500m
U11 - U12	2000m
U13 - U15	3000m
U17	4000m

4.4 Teams

- i. Each centre may have as many competitors per event as they wish.
- ii. The 1st 3 placings per centre comprise a team.
- iii. One team per centre per event.
- iv. At the conclusion of a race, the Judges shall decide the respective places of the scoring competitors of each competing team, add these together and the team having the lowest aggregate shall be declared the winners.
In the event of a tie, then the tie shall stand.

4.5 Uniform

Athletes must wear their centre uniform as per rule Section A 1.3. Exception to this being that athletes may wear long pants under their centre uniform

5. STATE ROAD WALKS

5.1 Eligibility

- i. Competitors may only compete in their registered age group in the Road Walk Championships.
- ii. Competitors to be eligible to compete, unless a new registration, must have been a member of the centre as from May 31st of the current year.
- iii. U9 is the minimum age for competitors.

5.2 Events

U9 - U10	1200m
U11 - U13	1500m
U14 - U15	2000m
U17	3000m

5.3 Teams

- i. Each centre may have as many competitors per event as they wish.
- ii. The 1st 3 placings per centre comprise a team.
- iii. 1 team per centre per event.
- iv. At the conclusion of a race, the Judges shall decide the respective places of the scoring competitors of each competing team, add these together and the team having the lowest aggregate shall be declared the winners.
In the event of a tie, then the tie shall stand.

5.4 Uniform

Athletes must wear their centre uniform as per rule Section A 1.3 only.

6. TRANS TASMAN TRIALS

These rules are to be read in conjunction with Section "A" Competition General Rules, Section "B" – Track Events and Section "C" – Field Event and takes precedence over General Rules.

6.1 Eligibility

- i. Only U11 and U12 athletes may compete.
- ii. All athletes must be registered members of LANSW or LACT.
- iii. Competitors must compete in their own age group.

6.2 Uniform

ACT competitors must wear uniform and numbers as required by their Association.

6.3 Team Selection

- i. Selection for the Trans Tasman Team will be based on the standard of performance of each competitor in each event at the Trials.
- ii. Little Athletics NSW selectors will choose a team comprising:
 - 30 boys from U11 age group + 4 reserves
 - 30 girls from U11 age group + 4 reserves
 - 30 boys from U12 age group + 4 reserves
 - 30 girls from U12 age group + 4 reserves
- iii. Each team may have up to 12 competitors in the 100m and up to 8 in all other track events. Field events up to 12 in the Shot Put, Discus and High Jump and up to 18 in the Long Jump, with each country nominating the events for the competitors, providing the competitor has a least 2 events and not more than 4 events excluding the relay.
- iv. A maximum of 2 distance events (400m, 800m, 1500m) excluding relays may be competed in by any athlete.

6.4 Events

100m; 200m; 400m; 800m; 1500m; High Jump; Long Jump; Shot Put; Discus.

6.5 Entry Conditions

- i. Athletes can nominate in:
 - a. 2 track and 3 field events or
 - b. 3 track and 2 field events or
 - c. 2 track and 2 field events
- ii. Athletes must compete in a minimum of 2 track and 2 field events to be considered for selection.

6.6 Track Events

- i. Each race is a separate time trial.
- ii. Selection will be based on each individual's performance.
- iii. There will be no finals for track events.
- iv. Any competitor making a false start must be warned. If a competitor is responsible for 2 false starts, that competitor will be disqualified.

6.7 Field Events

- i. Competitors in Long Jump, Shot Put or Discus will have 3 jumps or throws only.
- ii. High Jump
 - a. The bar shall be raised in 5cm increments until 15 competitors remain, then 2cm increments.
 - b. All high jump competitors must attend the start of the high jump.
 - c. 3 consecutive failures, regardless of the height at which any of such failures occur, disqualify a competitor from further jumping.

6.8 Qualifying Standards

High Jump starting heights

- U11 Boys & U11 Girls - 1.05m
- U12 Boys & U12 Girls - 1.15m

6.9 Field Event Venues

- i. Venues for morning field events (as per current list of events) will be open between 9.00am and 11.30am.
- ii. Afternoon field events (as per list of events) will be open between 12.30pm and 3.00pm.
- iii. Competitors in field events should give priority to their track events and complete their field events during the times referred to above.
- iv. All competitors in each field event must advise their intentions to compete or not to the event recorder within one (1) hour of the scheduled commencement time of that event, eg 10.00am for morning events & 1.30pm for afternoon events.

7. TRANS TASMAN CHALLENGE

These rules are to be read in conjunction with Section "A" Competition General Rules, Section "B" – Track Events and Section "C" – Field Events and takes precedence over General Rules..

7.1 Rules

All events shall be conducted under the current competition rules of the IAAF, or as amended by the two countries. In addition the following Rules shall apply.

7.2 Teams

Each country shall nominate a team comprising:

- 30 boys from U11 age group + 4 reserves
- 30 girls from U11 age group + 4 reserves
- 30 boys from U12 age group + 4 reserves
- 30 girls from U12 age group + 4 reserves

7.3 Finals

- i. 800m shall be conducted as a straight out final in lanes as far as the breakline, with up to 2 competitors occupying each lane. (Refer Section A 1.6 ii).
- ii. 1500m shall be a straight-out final with a pack start.

7.4 Trials

- i. Only the top 6 athletes can progress to the further 3 rounds.
- ii. High Jump
 - a. The starting heights are:
 - U11 years 1.05m
 - U12 years 1.15m
 - b. The high jump bar is to be a round fibreglass type.
 - c. The bar shall be raised in increments of 5cm until 6 competitors remain, after which it will be raised in increments of 2cm.
- iii. Long Jump
The take off area shall be that used as per the host country.

7.5 Relays

- i. Track Relays
 - a. Competitors may take part in 1 relay only if selected.
 - b. Each country may enter 2 teams in each of the 4 x 100m and 4 x 400m events.
- ii. Field Relays
 - a. Each country may enter two (2) teams, each comprising of six athletes (6), 3 girls & 3 boys.
 - b. Each team member shall compete in the Long Jump, Shot Put and Discus sections and shall have one trial at each venue with no practice jump or throw.
 - c. The distances attained will be converted into points using the current LANSW Multi Event Point Score.
 - d. In each event the lowest scoring competitor points to be deleted from the teams score.

7.6 Substitutions

Event substitution from within the team (inclusive of a maximum number of 4 nominated reserves as per age/sex/group ie. total 16 athletes) may be made at the discretion of the Team Managers, for reasons of genuine illness or injury in all events of the injured/ill athlete, up until the Conference.

7.7 Footwear

Shoes with moulded spikes protruding from the sides of the shoes are absolutely banned.

7.8 Protests

- i. May be submitted in writing only on the Protest Form provided and submitted, with the protest fee of \$A50, to the Information Officer, by the Team Manager/Manageress, and shall be lodged within 30 minutes of the completion of the event.
- ii. The Referee may make a decision on the protest, or may refer the matter to the Jury of Appeal.
- iii. The Jury of Appeal shall consist of 3 persons, the Carnival Manager, the appropriate Referee and a nominee from the visiting country.
- iv. If the Referee's decision is not accepted, there shall be a right of appeal to the Jury.

7.9 Officials

The visiting country shall be invited to provide 1 Official at each field event and 1 for each Track position.

8. SCAMPER

These rules are to be read in conjunction with Section "A" Competition General Rules, Section "B" – Track Events and Section "C" – Field Events.

8.1 Eligibility

- i. Only Tiny Tots, Under 6 and 7 athletes may participate.
- ii. All athletes must be registered members of LANSW
- iii. Competitors must compete in their own age group.

8.2 Track Events

The starter or the starter's assistant will allocate competitors lanes.

8.3 Field Events

Field events will consist of 3 trials only.

8.4 Acknowledgement

All athletes will be given an indication of their performance at the conclusion of each event.

8.5 Protests

In keeping with the spirit of the day, no protests will be entertained.