

Rules of Competition

R1. Object

The object of these rules is to set down the requirements for competition conducted by the Weston Creek Centre. All such meetings are conducted under the rules as set down in the IAAF Handbook, Rules of Competition of the ACTLAA or as otherwise stated in the following paragraphs. Local rules take precedence.

R2. Eligibility and Attire

All athletes competing in Centre or ACTLAA meetings must be registered with the ACTLAA. Centre uniform should be worn at all Centre events and **MUST** be worn with registration number and age patch at all ACTLAA carnivals and Championships.

R3. Registration Numbers and Age Patches

The official Registration Patch and Age Patch shall be firmly fixed to the front of each athlete's singlet or T-shirt, so as to be clearly visible at all times. The age patch is to be affixed on the left shoulder area and the registration patch on the front of the torso.

R4. Footwear

Athletes competing in **all** ACTLAA and Centre competitions **must** wear shoes

Age groups under 6 to under 8 will only be allowed to wear non-spiked running shoes

Age groups under 9 to under 17 will only be allowed to wear "Spikes" for all laned events, javelin, high jump, long jump and triple jump events.

The following definition applies to footwear worn by athletes during all competitions run by the ACTLAA or affiliated Centres.

"Spikes" – any athletic shoe that has the ability to take metal spikes or with sharp plastic or rigid protrusions. The shoe is still regarded as a spike even if the metal spikes have been removed.

Note; The following definitions are provided to explain the terminology used in "Spikes";

Shoes with flexible protrusions are not within the definition of "spikes"

"Rigid material" – materials such as metal, plastic or compounds that are capable of penetrating or marking the skin of an athlete

"Flexible" – materials such as rubber or synthetic materials that can bend or flex with moderate pressure and not capable of penetrating or marking the skin

On Grass tracks the maximum length of the spikes will be 9mm.

On Synthetic tracks the maximum length will be 7mm for track events and a maximum of 9mm for javelin and high jump.

R5. Age Groups

The age of all children shall be calculated as at midnight, 30th September in the current season. The youngest age group shall be Under 6 and eldest Under 17.

R6. Starts and Starting Blocks

The Starter has control of the competitors on their marks and is the sole judge of any fact connected with the start. All races are to be started by the actual report of a pistol but not before all competitors are quite still on their marks.

In all races ***up to and including 400 metres***, the words of the starter shall be '**On your Marks**', '**Set**', and when all the competitors are 'motionless' the pistol shall be fired.

In all races ***over 400 metres*** the words of the Starter shall be '**On your Marks**' and when all the competitors are motionless, the pistol shall be fired.

If for any reason the Starter has to speak to any competitor after the competitors are on their marks, the starter shall order '**Stand up Please**' and the competitors take one step back from the start line.

A competitor shall not touch either the start line or the ground in front of the start line with their hands or feet when on his/her mark.

If the Starter is of the opinion that the start was not a fair one, he/she can recall the competitors by the firing of a second starting pistol. Competitors responsible for two false starts shall be disqualified from the race.

The gun box is to be used to store caps and guns and ear protection is to be worn by Starters.

Starters are to be easily visible to Timekeepers and must be able to see all runners.

Starting blocks may only be used by the U13 to U17 Age Group.

R7. Hurdles Races

The standard distance, the spacing, number of flights and heights of hurdles shall be set out in each lane in accordance with Tables 7, 8 & 9 below:

Table 7 – Boys - Hurdles set out

Age Group	Total Distance	Distance to 1st Hurdle	No of Flights	Distance Between	Distance to Finish
Boys					
U8 - U12	60 Metres	12 Metres	6	7 Metres	13 Metres
U13	80 Metres	12 Metres	9	7 Metres	12 Metres
U14	90 Metres	13 Metres	9	8 Metres	13 Metres
U15 – U17	100 Metres	13 Metres	10	8.5 Metres	10.5 Metres

Table 8 – Girls - Hurdles set out

Age Group	Total Distance	Distance to 1st Hurdle	No of Flights	Distance Between	Distance to Finish
Girls					
U8 – U12	60 Metres	12 Metres	6	7 Metres	13 Metres
U13 – U14	80 Metres	12 Metres	9	7 Metres	12 Metres
U15	90 Metres	13 Metres	9	8 Metres	13 Metres
U16 - U17	100 Metres	13 Metres	10	8.5 Metres	10.5 Metres

Table 9 – Hurdles heights – girls and boys

Age group	Hurdle height
Under 8 & 9	45cm minimum
Under 10 & 11	60cm minimum
Under 12	68cm minimum
Under 13 to 17	76cm minimum

R8. Relays

The batons (for all age groups) to be used in Little Athletics relay events shall conform to the specifications in Table 10 below. Table 11 below shows the relays events by age group.

Table 10 – Relay baton specifications

	Minimum	Maximum
Circumference	76mm	82mm
Length	25cm	28cm
Weight		57gram

Table 11 – Relay events by age group

Age Group	Events
Under 6 to Under 8	4 x 70 metre shuttle 4 x 100 metre shuttle
Under 9 to Under 17	4 x 100 metre circular 4 X 400 metre circular


R9. Field Event Trials

In the Long Jump, Triple Jump, Shot Put, Discus and Javelin events, each competitor shall be entitled to three trials.

R10. High Jump

The starting heights and different heights to which the bar will be raised at the end of each round in Centre Championships will be as per Table 12 below. Athletes are eliminated following three successive failed jumps.

Table 12 – High Jump starting heights and incremental heights

Age Group	Girls – starting height	Boys – starting height		Increments
U9	0.70 metres	0.75 metres		With rises of 5cm until there are six or fewer competitors remaining, and rises of 2cm thereafter until only one competitor remains. That competitor then has the right to determine the height to which the bar is raised.
U10	0.80 metres	0.85 metres		
U11	0.90 metres	0.95 metres		
U12	1.00 metres	1.05 metres		
U13 to U17	1.05 metres	1.10 metres		

Please note that generally there are more onerous starting heights in ACTLAA events. These should be checked before entry to avoid any disappointment.

R11. Long Jump

The take off areas for long jump shall be set out in accordance with the Table 13 below.

Table 13 – Long Jump set out

Age group	Rule description
Long Jump U6 to U9	The take-off area shall be 1 metre square. In the U6 to U7 age Group, the front edge of the take-off area shall be 0.5 metres or less from the edge of the pit. In the U8 to U9 Age Group, the leading edge of the take-off area shall be 1 metre from the edge of the pit.
Long Jump U10 to U12	The take-off area shall be 1 metre wide by 0.50 metre (50cm) deep. The leading edge of the take-off area shall be 1 metre from the edge of the pit.
Long Jump U13 to U17	The take-off area shall be 1 metre wide by 0.20 metre (20cm) deep. The leading edge of the take-off area shall be not less than 1 metre from the edge of the pit.

For those jumping from a 1m square or 1m x 0.5m take-off area, all jumps 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 closest imprint made in the take-off mat by the take-off foot or, where no imprint is made and the jump is not a foul (see below), to the trailing (rear) edge of the take-off mat or that line extended.

For those jumping from the 1m x 20cm take-off area, all jumps 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 leading edge of the take-off area or that line extended, provided that the jump is not a foul (see below).

Foul jumps will be recorded in the following instances:

- A. Where the competitor does not jump from the area bounded by the side edges of the metre square (ie jumps from the side of the metre wide run-up strip);
- B. When any part of the competitor's take-off foot protrudes over the leading edge of the take-off area;
- C. As otherwise provided in the rules.

R12. Triple Jump

The set out for triple jump is similar to long jump except as stated in Table 14 below.

Table 14 – Triple Jump set out

Age group	Rule description
U11 to U12	The take-off areas shall be located five, seven and nine metres from the edge of the pit (measured from the leading edge of the take-off area). The take-off areas shall be 1 metre wide by 0.5 metre (50cm) deep.
U13 to U17	The take-off areas shall be located five, seven, nine and optional eleven metres from the edge of the pit (measured from the leading edge of the take-off area). The take-off areas shall be 1 metre wide by 0.20 metre (20cm) deep.

A competitor can nominate which take-off board/ mat they wish to use for the attempt. Each take-off area shall be marked by a set of different coloured cones with one cone on each side of the take-off board/ mat.

For those jumping from the 1m x 20cm take-off area, all jumps 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 leading edge of the take-off area or that line extended, provided that the jump is not a foul (see below).

Foul jumps will be recorded in the following instances:

- A. Where the competitor does not jump from the area bounded by the side edges of the metre square (i.e. jumps from the side of the metre wide run-up strip);
- B. When any part of the competitor's take-off foot protrudes over the leading edge of the take-off area;
- C. As otherwise provided in the rules.

Special considerations for triple jump

The main additional rule to remember is that a foul will be incurred if the athlete does not complete the correct sequence of components for the jump i.e. a hop (landing on the same foot as the take-off foot), a step (landing on the opposite foot to the take-off foot) and a jump (landing in the pit).

R13. Shot Put

The shot used in all official competitions conducted by the Centre shall be made of metal and conform to the specifications shown in Tables 15 & 16 below.

Table 15 – Boys - Shot Put specifications

Boys	Under 6 & 7	Under 8	Under 9, 10 & 11	Under 12 & 13	Under 14 & 15	Under 16 & 17
Weight (min)	1 kg (Blue)	1.5 kg (Yellow)	2 kg (Orange)	3 kg (White)	4 kg (Red)	5 kg (Green)
Diameter (min)	76 mm	76 mm	88 mm	95 mm	95 mm	

Table 16 – Girls - Shot Put specifications

Girls	Under 6 & 7	Under 8	Under 9, 10, 11 & 12	Under 13, 14 & 15	Under 16 & 17
Weight (min)	1 kg (Blue)	1.5 kg (Yellow)	2 kg (Orange)	3 kg (White)	4 kg (Red)
Diameter (min)	76 mm	76 mm	88 mm	95 mm	95 mm

R14. Discus

The discus used in all official competitions conducted by the Centre shall conform to the specifications shown in Tables 17 & 18 below.

Table 17 – Boys - Discus specifications

Boys	Under 6 & 7	Under 8, 9 & 10	Under 11 & 12	Under 13,14 & 15	Under 16 & 17
Weight (min)	350 gm	500 gm	750 gm	1 kg	1.5 kg
Diameter		135 mm + or - 1 mm	155 mm + or - 1 mm	178 mm + or - 1 mm	

Table 18 – Boys - Discus specifications

Girls	Under 6 & 7	Under 8, 9 & 10	Under 11, 12 & 13	Under 14 -17
Weight (min)	350 gm	500 gm	750 gm	1 kg
Diameter		135 mm + or - 1 mm	155 mm + or - 1 mm	178 mm + or - 1 mm

R15. Javelin

The javelin used in all official competitions conducted by the Association or Centre shall conform

to the specifications shown in [Table 19](#) below.

Table 19 – Javelin specifications

Boys	U11 to U 12 (400g)	U13 – U15 (600g)	U16 – U17 (700gm)
Girls	U11 to U 13 (400g)	U14 – U17 (600g)	

R16. Timing and Measuring

Before the activation of the stop watch, it is to be set at zero. The stop watch should be held so that it is activated and stopped by the index finger and not the thumb.

At the start, the timing device is activated as soon as the timekeeper **sees the smoke from the starter's gun** not the sound of the gun. At the finish, the stop watch is stopped immediately when the **torso** of the competitor reaching the finish line. The torso is part of the body from below the neck to the waist, excluding hands and arms but includes the shoulders.

Timekeepers are allocated a place, and time the athlete reaching the finish line in that place.

For hand held digital watches, one hundredths of a second should be rounded to the tenth of a second **above** the actual reading eg 11.21 seconds is recorded as 11.3 seconds.

For Shot Put, the measuring tape is **pulled through the centre of the** circle and the reading is taken from the **inside** edge of the stop board.

For Discus, the measuring tape is **pulled through the centre of the** circle and the reading is taken from the **inside** edge of the rim of the circle.

For Javelin, the measurement is taken from where the javelin first strikes the ground with the tip of the metal head and the tape is **pulled through** the throwing area and down the runway through **the centre of the sector lines intersection point** on the runway. The measurement is then read to the run-up (in)side of the throwing foul line.

For Long Jump, Triple Jump, Discus, Shot Put and Javelin, measurement is taken **to the nearest whole centimetre below the actual distance** eg 18.667 m is recorded as 18.66 m, 3.426 m is recorded as 3.42 m and 3.84 m is recorded as 3.84m.

For High Jump, height measurement is always taken at the lowest point usually the middle of the cross bar. When setting the height of the cross bar, set each end equally to maintain correct level against the ground being used and raise in the middle to the correct height required. The height of the crossbar is always measured to the **Top** of the bar.

R17. Long Distance Events & Packed Starts

In 800m and 1500m events, packed starts will be used. At the discretion of the Track and Field Co-ordinator, packed starts may be used for 400m events. Competitors may cross to the inside lanes as soon as practicable without causing interference to other competitors. The 800m event will start from a curved line at the finish of the front straight. The 1500m event will start from a curved line marked at a point 100 metres distant (in an anti-clockwise direction) from the finish of the front straight.

R18. Centre Championships rules

The following rules for the Centre Championships should be read in conjunction with the other rules. To the extent of any inconsistency, these rules should take precedence.

Timing and Centre Records

At least 2 timing devices must be used to record the time of the first place in each age group final. This also applies to multi aged group finals (eg for two or more age groups in one race, each of the age group winners needs to be timed by three watches). The multi-timer is to be used as one of the devices for races of 200m or longer.

The three devices' times should be recorded. Devices should not immediately be reset. If it is believed an age group record has been equalled or broken, the Track & Field Co-ordinator in the first instance, or other committee member, should be invited to verify the performance. If a record is equalled or broken, the Track & Field Co-ordinator/ committee member should counter sign the result sheet.

Lane draw

For events run entirely in lanes, a lane draw will be held for all heats and finals.

Heats

Where heats are required, the finalists shall be the eight fastest times from the heats.

Minimum times between track events

The minimum time between track events is as per Table 20 over. Consideration should be given to a rest period between longer track events and jumps or javelin.

Table 20 – Minimum time between track events

Event	Minimum time until next track event (including until final)
Hurdles	15 minutes
Straight track	15 minutes
200 & 400m	30 minutes
Walks & 800m	45 minutes
1500m	60minutes

Centre Records in Field Events

Sand pits should not immediately be raked, throwing markers removed or high jumps reset after an athlete's trial. If it is believed an age group record has been equalled or broken, the Track & Field Co-ordinator in the first instance, or other committee member, should be invited to verify the performance.

The result sheet should be signed by the age manager. If a record is equalled or broken, the Track & Field Co-ordinator/ committee member should counter sign the result sheet.

High Jump

Where only one competitor remains, that competitor is entitled to continue jumping until s/he has failed a height (or combination of heights) on three successive attempts. S/he has the right to determine the increased height to which the bar can be raised.

Other Field Events

In field events other than high jump, each competitor will be entitled to three trials. After these trials, the top eight performers shall be entitled to a further three trials. Where there are 8 competitors or less, each competitor is entitled to 6 trials (even if the first three attempts were fouls). Each competitor shall be credited with the best performance of all their trials, including those achieved in deciding first place.

R19. Events for Athletes by age group

EVENT	U6	U7	U8	U9	U10	U11	U12	U13 & U14 Girls	U14 Boys & U15 Girls	U15 Boys & U16-U17
50M	X	X	X							
70M	X	X	X	X	X					
100M	X	X	X	X	X	X	X	X	X	X
200M	X	X	X	X	X	X	X	X	X	X
400M				X	X	X	X	X	X	X
800M				X	X	X	X	X	X	X
1500M					X	X	X	X	X	X
300M Walk		!*X	!*X							
700M Walk				X						
1100M Walk					X	X				
1500M Walk							X	X	X	X
60M Hurdles			X	X	X	X	X			
80M Hurdles								X		
90M Hurdles									X	
100M Hurdles										X
Long Jump	X	X	X	X	X	X	X	X	X	X
Triple Jump						X	X	X	X	X
High Jump			!*X	X	X	X	X	X	X	X
Shot Put	!X	X	X	X	X	X	X	X	X	X
Discus	X	X	X	X	X	X	X	X	X	X
Javelin						X	X	X	X	X

Legend

- * - Non Centre Championship Event
- ! - Non ACT Championship Event