
COMPETITION RULES - TRACK EVENTS

We are governed by the Competition Regulations of the Little Athletics Victoria. They have been adopted from the rules of the International Amateur Athletic Foundation. A full set of rules is available at www.lavic.com.au

A description of the rules are:

RUNNING EVENTS

Laned races up to 400m (including hurdles)

Starter's commands are:

Whistle	athletes pay attention.
"On your marks"	athletes remain still after placing feet behind the start line. No foot can be placed on the line.
"Set"	athletes move into and remain fixed in their final position before taking off.
Gun fires	athletes begin racing and must remain within their own lane.

U/12 and older age groups

- Must use a crouch start.
- Starting blocks may be used if required.
- Spiked shoes are permitted.
- In the 'on your mark' position at least one knee must be in contact with the ground.
- In the 'set' position both hands must be in contact with the ground.

Events longer than 400m (including walks)

800m is a lane start this year with up to 2 athletes per lane for the first 100m, then all athletes can move to the inside lane. All other circular events above 400m athletes start behind a curved line without the use of lanes.

The starter's commands are

Whistle	athletes pay attention
"On your marks"	place foot behind start line and remain still in final starting position.
Gun fires	Athletes begin racing. Without interfering with other athletes you may cross to inside lane and complete race.

False Starts

In the event of a false start the starter shall say "stand up" or fire the gun for a second time. All runners return to the start line. Athletes up to U/9 will be disqualified after committing 3 false starts. U/10 and older age athletes will be disqualified for 2 false starts.

Judging

The finish is determined by the passing of the torso (body) over the finish line. Limbs and head are irrelevant.

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HURDLES

Athletes must jump over a series of hurdles whilst remaining in their own lane. You must pass over the top of the hurdle. Trailing a foot or leg alongside a hurdle is not permitted. Deliberately knocking down any hurdle by hand or foot will result in disqualification. The unintentional knocking down of hurdles is allowed and shall not prevent a record being set.

Hurdle Height & Placement

60 Metre Hurdles - (Six Flights) - orange fence markings

Age B/G	Height	Run-In	Spacing	Run-Out
6 - 7	30cm	12m	7m	13m
8 - 9	45cm	12m	7m	13m
10 - 11	60cm	12m	7m	13m
12	68cm	12m	7m	13m

80 Metre Hurdles - (Nine Flights) - black fence markings

Age B/G	Height	Run-In	Spacing	Run-Out
8 - 9	45cm	12m	7m	12m
10 - 11	60cm	12m	7m	12m
12	68cm	12m	7m	12m
13	76cm	12m	7m	12m
13	76cm	12m	7m	12m
14	76cm	12m	7m	12m
15	76cm	12m	7m	12m

300 Metre Hurdles - (Seven Flights) - yellow track markings

Age B/G	Height	Run-In	Spacing	Run-Out
13 - 15	68cm	50m	35m	40m

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RACE WALKING

This is a technical event.

There are 2 vital components to a correct walking technique. Maintaining these will avoid disqualification. The 2 components are called 'contact' and 'knees'.

Contact

Either foot must be on the ground at any time. Constant contact with the ground must be maintained as judged by the human eye. Photographic evidence is not admissible.

Knees

Whilst walking the forward leg is called the 'advancing leg'. When the foot of the advancing leg first touches the ground the leg needs to be straight. It needs to remain straight until vertical at 90 degrees to the ground (ie under the body). The definition of straight is 'not bent at the knees' as judged by the human eye.

Judging

Walk judges apply cautions and reports. A caution is a verbal warning to the athlete that he/she is close to breaking the rules. A report is made against an athlete when either of the two vital components has not been maintained.

Disqualification applies when:

- 3 judges attending - 2 "**REPORTS**" received.
- 4+ judges attending - 3 "**REPORTS**" received.

"CAUTIONS" will not result in disqualification. The judge's decision is final.

Chief Judge: Ken Walters

For the younger age groups there will be a strong emphasis on cautions rather than reports.

Blatant cheating e.g. running, will not be tolerated & you will be disqualified.

Please come to training if your child is struggling with the walk. Ken Walters is our head walks coach & he has over 40years experience in race walking.

COMPETITION RULES - FIELD EVENTS

LONG JUMP

Three jumps per competitor. An athlete may begin their run-up from anywhere on the runway.

U/6 - U/11

A take-off area measuring 1.22m x 0.5m shall consist of a piece of carpet or similar covered with a thin layer of sand. Athletes run in, place one foot in the take-off area and jump into the pit landing with both feet at the same time.

Measurement of the jump is taken from the nearest mark in the landing pit (made by any body part) to the front edge of the imprint made by the take-off foot (ie toe).

If an athlete takes off from behind the take-off area their take-off point is deemed to be the centre of the back edge of the take-off area (ie furthestmost from the pit). This is where the measurement is taken from.

If an athlete places their take-off foot over the front edge (ie closest to the pit) of the take-off area, a 'no-jump' is recorded.

U/12 +

The take-off area is a painted line on the runway measuring 1.22m x 0.2m. Take-off foot may be placed on the line but not break the front edge (ie nearest to the pit). If the foot lands over the front edge a 'no-jump' is recorded.

All legal jumps are measured from the nearest mark in the landing pit (made by any body part) to the front edge of the take-off line (or its extension sideways). The measuring tape should always be 90° to the take-off line (or its extension sideways).

TRIPLE JUMP

Three jumps per competitor. The triple jump consists of a 'hop', a 'step' and a 'jump'.

The hop shall land on the same foot as that from which they have taken off; in the step the athlete shall land on the other foot from which subsequently the jump is performed.

Take-off areas are the same as long jump however the (U/8 - U/11) mat can be moved backwards or forwards to suit the ability of the athlete (in 1m increments). U/12+ athletes must nominate before they jump which line (5m - 9m) they wish to take off from.

Measurements are taken in the same way as that for long jump.

Note: Long and Triple Jump

Upon landing in the pit all athletes must move forward (ie away from the take-off area) before exiting the pit. Walking straight back through the pit towards the take-off area will result in a 'no-jump' being recorded.

COMPETITION RULES - FIELD EVENTS

HIGH JUMP

Athletes must take off from 1 foot. Diving is dangerous and not permitted.

Each athlete has 60 seconds to attempt a jump after being called by the official. Aborted attempts are allowed provided the athlete has not gone beyond the plane of the uprights (either between or outside them). Only one 60 second period is allowed before a 'no jump' is recorded.

Each athlete is permitted three attempts to clear each height. Three failures in a row results in elimination.

The bar may be touched whilst jumping it however if it falls at any time a failure is recorded. The cause of the bar to fall is at the discretion of the chief official. Whether the athlete has left the landing bag or not is irrelevant.

The bar shall be raised in 5cm increments. In the case of a tie the competitor with the least number of attempts at the previous height shall be the winner.

SHOTPUT

Three throws per competitor. The athlete must commence the put from a stationary position inside the circle.

The shot must be in contact with the jawline in close proximity to the ear and held with one hand only.

The hand must not be dropped below this position and the shot must not be brought behind the line of the shoulders. Either of these occurrences will result in a 'no-throw'.

The shot must land within the inside of the sector lines. On the line is a 'no-throw'. The athlete must remain within the circle until the shot has landed and exit via the rear of the circle.

The put is measured from the nearest imprint made by the shot to the inside circumference of the circle. The tape should be pulled through the centre point of the circle to determine the correct measuring line.

Shotput Weights (kg) per Age Group

Age	U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15
Boys	1.00	1.00	1.50	2.00	2.00	2.00	3.00	3.00	4.00	4.00
Girls	1.00	1.00	1.50	2.00	2.00	2.00	2.00	3.00	3.00	3.00

COMPETITION RULES - FIELD EVENTS

DISCUS

3 throws per competitor. The athlete must commence the throw from a stationary position within the circle.

Body movements of any sort are allowed providing the athlete remains within the circle. The discus must land within the inside of the sector lines. On the line is a 'no throw'. The discus may hit the cage during flight and still be a legal throw if it lands within the sector. The athlete must remain within the circle until the discus has landed and exit via the rear of the circle.

The throw is measured from the nearest imprint made by the discus to the inside circumference of the circle. The tape should be pulled through the centre point of the circle to determine the correct measuring line.

Discus Weights (grams) per Age Group

Age	U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15
Boys	350	350	500	500	500	750	750	1000	1000	1000
Girls	350	350	500	500	500	750	750	750	1000	1000

JAVELIN

3 throws per competitor. The javelin must be held at the grip in one hand.

It must be thrown over the shoulder or upper part of the throwing arm. Slingshotting or hurling in a circular motion is not permitted.

The javelin must land within the inside of the sector lines. On the line is a 'no throw'. The forward tip of the metal head must strike the ground first. The javelin does not have to stick in.

The athlete must remain between the side edges of the runway at all times until the javelin has landed. They must not touch the ground beyond the arc at the end of the runway with any part of their body.

After the javelin has landed the athlete must leave the runway from behind the throwing arc. The measurement is made from where the tip of the javelin first strikes the ground to the inside edge of the arc. The tape should be pulled through the centre of the imaginary circle of which the arc is part to determine the correct measuring line.

Javelin Weights (grams) per Age Group

400g	U/11 – U/12B and U/11 - U/13G
600g	U/13 – U/15B and U/14 – U/16G
700g	U/16B