

Competition Rules

2017/18

Version 4.3

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COMPETITION RULES
of
LITTLE ATHLETICS ASSOCIATION OF VICTORIA INCORPORATED
Registration Number: A0003260D

PREFACE

Little Athletics competitions in Victoria are conducted in accordance with the Competition Rules of the IAAF currently in force with modifications provided for in these Rules.

Where it has been decided the IAAF Rules are not indicative or correct for athletes in the age groups covered by LAVic, the IAAF Rule or part thereof has been rewritten to reflect the nature and abilities of athletes in the various age groups.

There are also a number of Rules relating to State Championships and their processes which are not covered by IAAF and these have been listed in a separate chapter.

IAAF Chapters 3 – Anti-Doping & Medical and Chapter 4 – Disputes will not be used. The LAVic Grievance procedures will deal with any dispute related to competitions under these Rules where processes have been exhausted through these Rules.

IAAF wording in many Rules relate to National and International situations. Where this occurs they will be interpreted as being Region & State situations.

For Athletes and Officials for competitions covered under these Rules, you will need to have an understanding of BOTH the IAAF Competition Rules booklet and this document.

Note: This includes approved IAAF amendments to the Rules since the release of the current Competition Rules booklet.

From time to time the IAAF, Athletics Australia, Little Athletics Australia and Athletics Victoria will release new versions of the Rules or Technical documents. LAVic will assess these changes and will update these rules to reflect any changes which may occur.

IAAF COMPETITION RULE BOOK

Online copies of the current IAAF Competition Rules Book (and any approved IAAF amendments to the Rules since release of the current book), can be downloaded from the IAAF Website:

<http://www.iaaf.org>

On the menu at the bottom of the page click OFFICIAL DOCUMENTS. On the IAAF DOCUMENTS LIBRARY page click RULES & REGULATIONS. From here download the IAAF Competition Rules currently in force

or you can go directly to the following page: <http://www.iaaf.org/about-iaaf/documents/rules-regulations>

APPROVED RULE CHANGES SINCE MAY 2017

RULE	DESCRIPTION	CHANGE	DATE
	Preface	Add a note in Preface indicating amendments to IAAF Rules between publications may be used	16 June 2017
Chapter 2	Eligibility	Remove Heading	16 June 2017
Rule 20	Eligibility	Remove Rule 20 and Reference to IAAF Chapter 2 from Regulation 8	16 June 2017
Rule 21	Eligibility	Move Eligibility Rule 21 to a LAVic Technical Regulation as Participation Requirements For State Championship Competitions	16 June 2017
Rule 141	Age And Sex Categories	Editorial - Reformat Age group definitions to a table format	16 June 2017
Rule 143	Clothing, Shoes & Athlete Bibs	(143.5, 143.7, 143.8, 143.9 & 143.10) - Allow any type of undergarment to be worn as long as they conform to unapproved branding rules and Race Walking Rules. Editorial change in relation to team identification (143.6) Change commencement date of Little Athletics branded shorts to October 2018 (143.19 to 143.27) Changes to allowed spike clause to be venue specific rule only and alignment to LAA spike dimensions and # of spikes (143.23) Editorial changes for events spike shoes can be worn in Add a note stating athletes may wear the Centre shorts when competing in a Region Relay or Road Relay Team Renumber	16 June 2017
RULE 146:	Protests And Appeals	(146.5) Remove modification due to IAAF Amendment incorporating wording of additional trial not 6 trials.	16 June 2017
Rule 162	The Start	(162.7, 162.8) - Clarify how many false starts an athlete can have and who disqualify the athlete and what occurs after an athlete has one false start and what occurs after an athlete has 2 false starts	16 June 2017
Rule 166	Seedings, Draws And Qualifications In Track Events	Move modified IAAF Rule 166.2, IAAF 166.3, & IAAF Rule 166.5 to a LAVic Technical Regulation LAVic Rule 612 (& renumber existing Rules), in line with the new amended IAAF Rule 166 which now states the Organisation conducting the competition will state how many rounds, heats and qualifying criteria for successive rounds will be conducted for the competition. Adopt IAAF Rule 166 with no modified clauses.	16 June 2017
Rule 182	High Jump	Adopt the scissor technique rule for U9 age group as approved in 2015 and define the height of the mat to be used for the U9 age group	16 June 2017
Rule 186:	Triple Jump	(186.4) Remove 4m take-off line as a set take-off line offered for competition	16 June 2017
Rule 187	General Conditions – Throwing Events	(187.5) Allow all age groups to use chalk as per IAAF Rule 187.5. Remove modified clause 187.5	16 June 2017
Rule 230	Race Walking	(230.5 (a)) Allow verbal Red cards to U11 athletes – alignment to LAA Standard Race Walk Rules	16 June 2017
Rule 240	Road Races	Add new clause 240.6 to only allow athletes to run one leg of a Road Relay	16 June 2017
LAVic Rule 609	State Track And Field Championship Qualifying Standards	(609.2) Set new starting heights for U9B to 0.90m and U9 Girls to 0.85m due to restricted High Jump technique (Region will still be 10cm below this height)	16 June 2017
LAVic Rule 611	Road Relay Teams	Add additional clause to allow team managers to change the composition of a team up to 45 mins prior to the event the team is competing renumber existing clauses	16 June 2017
LAVic Rule 602	Participation Requirements For State Championship	(602.4) Qualifying period for Centre approved competitions will be determined by LAVic, not from 01 October	16 June 2017

Competition Rules of Little Athletics Victoria

	Competitions	(602.5) Change to include all of the Region Relay Championship weekend, not just the Region relay Championship day (602.7) Reformat Participation table to remove ambiguity on approved Centre competitions. Move note in clause 7 to LAVic Rule 602.4 Allow Trial Days to be claimed by athletes, once they have met all other participation requirements Renummer following Rules	
LAVic Rule 612	Seedings, Draws And Qualifications In Track Events	Define a table to determine the number of heats and the qualification procedures from heats to finals at both Region Championships and State Championships i.e. those to advance by Place (P) and Time (T), to the final for the heats of track events due to amendment of IAAF Rule 163 Allow timed finals for Medley Relays	16 June 2017
LAVic Rule 603.5	Entries into State Championship Competitions	Allow three event types on any one day of a Relay competition	16 Oct 2017
LAVic Rule 612	Relay Teams	(612.5) change submission time to 45mins before an event for a Team Change to be submitted (612.10) Remove need for Team Managers to re submit Master Team sheets for State Relay Championship – Only change forms are required. Make a Note at clause 610.3 stating team sheets will be forwarded to LAVic Add a new clause at 612.20 stating promoted athletes will compete under the rules as if they were competing in the original age group (612.21 (b)) An athlete may be added to a Region team from any Centre within the Region	16 Oct 2017
Rule 170	Relay Races	Change takeover zone length to 30m and remove acceleration zone from U12 and above Age groups as per new IAAF definition or takeover zone Other minor modifications to clarify who directs athletes at takeover zones and when to apply Rules 163 for incoming and outgoing athletes	01 Nov 2017

APPLICABLE IAAF RULES FOR LITTLE ATHLETICS

The following table lists all of the IAAF Rule headings and indicates whether the rule is applicable to Little Athletics or has been modified:

RULE #	APPLICABLE	RULE HEADING
CHAPTER 1 (INTERNATIONAL COMPETITIONS) [RULES 1 TO 9]		
RULE 1	Modified	International Competitions
RULE 2	No	Authorisation to Stage Competitions
RULE 3	Modified	Regulations Governing the Conduct of International Competitions
RULE 4	Modified	Requirements to Compete in International Competitions
RULE 5	No	Eligibility to Represent a Member
RULE 6	No	Payments to Athletes
RULE 7	No	Athletes' Representatives
RULE 8	No	Advertising and Displays During International Competitions
CHAPTER 2 (ELIGIBILITY) [RULES 20 TO 22]		
RULE 20	Yes	Definition of Eligible Athlete
RULE 21	Yes	Restriction of Competition to Eligible Athletes
RULE 22	No	Ineligibility for International and Domestic Competitions
RULE 23	No	Persons Subject to Declaration of Ineligibility
CHAPTER 3 (ANTI-DOPING AND MEDICAL RULES) [RULES 30 TO 51]		
	No	
CHAPTER 4 (DISPUTES AND DISCIPLINARY PROCEEDINGS) [RULE 60]		
	No	
CHAPTER 5 (TECHNICAL RULES) [RULES 100 TO 264]		
RULE 100	Yes	General
SECTION I – OFFICIALS		
RULE 110	No	International Officials
RULE 111	No	Organisational Delegates
RULE 112	Yes	Technical Delegates
RULE 113	Yes	Medical Delegate
RULE 114	No	Doping Control Delegate
RULE 115	No	International Technical Officials (ITOs) and International Cross-Country, Road Running, Mountain Running and Trail Running Officials (ICROs)
RULE 116	No	International Race Walking Judges (IRWJs)
RULE 117	No	International Road Course Measurer
RULE 118	No	International Starter and International Photo Finish Judge
RULE 119	Yes	Jury of Appeal
RULE 120	Modified	Officials of the Competition
RULE 121	Yes	Competition Director
RULE 122	Yes	Meeting Manager
RULE 123	Yes	Technical Manager
RULE 124	Yes	Event Presentation Manager
RULE 125	Yes	Referees
RULE 126	Yes	Judges
RULE 127	Yes	Umpires (Running and Race Walking Events)
RULE 128	Yes	Timekeepers, Photo Finish Judges and Transponder Timing Judges
RULE 129	Yes	Start Coordinator, Starter and Recalls
RULE 130	Yes	Starter's Assistants
RULE 131	Yes	Lap Scorers
RULE 132	Yes	Competition Secretary, Technical Information Centre (TIC)
RULE 133	Yes	Marshal
RULE 135	Yes	Official Surveyor
RULE 136	No	Wind Gauge Operator
RULE 137	Yes	Measurement Judge (Scientific)
RULE 138	Yes	Call Room Judges
RULE 139	No	Advertising Commissioner
SECTION II – GENERAL COMPETITION RULES		
RULE 140	Modified	The Athletics Facility
RULE 141	Modified	Age and Sex Categories
RULE 142	Modified	Entries
RULE 143	Modified	Clothing, Shoes and Athlete Bibs
RULE 144	Yes	Assistance to Athletes

RULE #	APPLICABLE	RULE HEADING
RULE 145	Yes	Disqualification
RULE 146	Modified	Protests and Appeals
RULE 147	Modified	Mixed Competition
RULE 148	Yes	Measurements
RULE 149	Yes	Validity of Performances
RULE 150	Modified	Video Recording
RULE 151	Yes	Scoring
SECTION III – TRACK EVENTS		
RULE 160	Yes	Track Measurements
RULE 161	Modified	Starting Blocks
RULE 162	Modified	The Start
RULE 163	Modified	The Race
RULE 164	Yes	The Finish
RULE 165	Modified	Timing and Photo Finish
RULE 166	Yes	Seedings, Draws and Qualification in Track Events
RULE 167	Yes	Ties
RULE 168	Modified	Hurdle Races
RULE 169	No	Steeplechase Races
RULE 170	Modified	Relay Races
SECTION IV – FIELD EVENTS		
RULE 180	Modified	General Conditions – Field Events
A. VERTICAL JUMPS		
RULE 181	Modified	General Conditions – Vertical Jumps
RULE 182	Modified	High Jump
RULE 183	No	Pole Vault
B. HORIZONTAL JUMPS		
RULE 184	Modified	General Conditions – Horizontal Jumps
RULE 185	Modified	Long Jump
RULE 186	Modified	Triple Jump
C. THROWING EVENTS		
RULE 187	Modified	General Conditions – Throwing Events
RULE 188	Modified	Shot Put
RULE 189	Modified	Discus Throw
RULE 190	Yes	Discus Cage
RULE 191	No	Hammer Throw
RULE 192	No	Hammer Cage
RULE 193	Modified	Javelin Throw
SECTION V – COMBINED EVENTS COMPETITIONS		
RULE 200	Modified	Combined Events Competitions
SECTION VI – INDOOR COMPETITIONS		
	No	
SECTION VII – RACE WALKING EVENTS		
RULE 230	Modified	Race Walking
SECTION VIII – ROAD RACES		
RULE 240	Modified	Road Races
SECTION IX – CROSS-COUNTRY MOUNTAIN AND TRAIL RACES		
RULE 250	Modified	Cross-Country Races
RULE 251	No	Mountain Races
RULE 252	No	Trail Races
SECTION X – WORLD RECORDS		
RULE 260	Modified	World Records
RULE 261	Modified	Events for Which World Records are Recognised
RULE 262	No	Events for Which World U20 Records are Recognised
RULE 263	No	Events for Which World Indoor Records are Recognised
RULE 264	No	Events for Which World U20 Indoor Records are Recognised

CHAPTER 1 – COMPETITIONS

RULE 1: COMPETITIONS

1. The following are Little Athletics Victoria competitions:
 - (a) State Track and Field Championships
 - (b) State Relay Championships
 - (c) State Multi-Event Championships
 - (d) State Cross-Country Championships
 - (e) State Road Relay Championships
 - (f) Region Track and Field Championships
 - (g) Region Relays Championships
 - (h) Region Cross-Country Championships
 - (i) Region Multi-Event Championships
 - (j) Matches between teams representing two or more Regions
 - (k) Invitation Meetings and Competitions as determined by Little Athletics Victoria
2. LAVic will co-ordinate its competition calendar in conjunction with the various Centre, Region, State and National Athletic bodies in order to avoid or minimise conflicts.
3. Each Affiliated Centre within LAVic is allocated to one of the following seven Regions:

EMR	Eastern Metropolitan Region
GCR	Gippsland Country Region
NCR	Northern Country Region
NMR	Northern Metropolitan Region
SMR	Southern Metropolitan Region
WCR	Western Country Region
WMR	Western Metropolitan Region

4. When required by LAVic, Region Organising Committees will conduct qualifying competitions for State Championships.
5. Regions and Centres will have the right to organise Region or Centre competitions and they may organise such other inter Region or inter Centre events as they deem necessary.

RULE 3: REGULATIONS GOVERNING THE CONDUCT OF LAVic COMPETITIONS

1. LAVic may produce regulations governing the conduct of competitions held under the Rules. The regulations may be varied and amended by the LAVic Board of Directors as it sees fit.

RULE 4: REQUIREMENTS TO COMPETE IN LAVic COMPETITIONS

1. No athlete may take part in a LAVic Competition unless they are a member of an affiliated Centre.

CHAPTER 5 – TECHNICAL RULES

RULE 100: GENERAL

1. All Competitions as defined in Rule 1 will be held under the rules of the IAAF and LAVic and this will be stated in all announcements, advertisements, programmes and printed material.

SECTION I – OFFICIALS

RULE 120: OFFICIALS OF THE COMPETITION

1. The Organising group of a competition will appoint all officials for all competitions listed in Rule 1 based on nominations submitted by Individuals, Centres, Regions and Special Interest Working Parties, e.g., Starters and Race Walks Panels.
2. Nomination for a particular position may not guarantee an appointment.
3. The IAAF refers to International Competitions, Officials and Delegates. Where these definitions refer to International or National Bodies, this refers to LAVic.
4. The officials required to conduct a competition are described in the LAVic A-Z of Officials.

SECTION II – GENERAL COMPETITION RULES

RULE 140: THE ATHLETES FACILITY

1. Where possible, the venue should comply with the specifications laid out within the IAAF Track & Field Facilities Manual.
2. A certificate must be obtained from a licensed surveyor or similarly qualified person, stating that the track is of the correct dimensions and this certificate must be current.

RULE 141: AGE AND SEX CATEGORIES

1. Competition under these Rules may be divided into age group classifications as follows:

Age Group (Boys and Girls)	Age at midnight on 30 September in the registration year of the competition
Under 06	5 years old
Under 07	6 years old
Under 08	7 years old
Under 09	8 years old
Under 10	9 years old
Under 11	10 years old
Under 12	11 years old
Under 13	12 years old
Under 14	13 years old
Under 15	14 years old
Under 16	15 years old

RULE 142: ENTRIES

1. Competitions under the Rules are restricted to eligible athletes.
2. Eligible athletes may only compete for their Centre, except in the case of relays where athletes may compete in a Region team to which their Centre is allocated.

Simultaneous Entries

3. Except for High Jump, if an athlete is entered in both a Track Event and a Field Event, or in more than one Field Event taking place simultaneously, the appropriate Referee or Chief Judge may allow the athlete to take their trial out of round and out of order in all rounds of the competition in an order different from that decided upon by the draw prior to the start of the competition. However, if an athlete subsequently is not present for a particular trial, it may be deemed that they are passing once the period allowed for the trial has elapsed. It is not permitted for an athlete to have two or more trials in succession, nor can an athlete demand to have a trial that has been missed.

Note: Any qualifying rounds of the competition must be completed, and any finalists determined prior to any trials from the remaining rounds are taken.

4. For High Jump, where simultaneous events occur, the Referee or Chief Judge may only allow an athlete to compete out of order at the current height of the bar prior to the athlete absenting the event and when they re-join the competition. When the athlete re-joins the competition it will be at the current height of the bar. It is not permitted for the athlete to demand to have attempts at a height that has been missed.
5. For an athlete to be released from an event to compete in another event, an Event Release Form must be submitted to the relevant Call Room(s) prior to the closing of the Call Room(s) for the relevant events. If an Event Release Form is not submitted the athlete will not be allowed to continue to participate in that event once having absented themselves.

Failure to Participate

6. In all Competitions as defined in Rule 1, if an athlete fails to participate in an event it will not preclude them from competing in any other event of the competition.
7. A fixed time for the final confirmation of participation will be published in advance of the competition.

RULE 143: CLOTHING, SHOES AND ATHLETES BIBS**Clothing**

1. LAVic must approve ALL aspects of competition uniforms.
2. Any change in the colour, style or design of any part of a competition uniform must be submitted to LAVic for approval, prior to manufacture.
3. All athletes competing at competitions listed in Rule 1 must wear a uniform which conforms to the standards as defined in the LAVic Centre Uniform booklet.
4. Uniforms must not carry any unapproved branding larger than 30mm x 30mm square.
5. Athletes may wear undergarments underneath their approved uniform. If worn, the garments must conform to Rule 143.4 and Rule 143.8
6. Commencing October 2018, only Little Athletics branded shorts will be permitted to be worn by athletes at competitions listed in Rule 1, except where shorts or leggings are worn as an undergarment.
7. Athletes may wear leggings of any length as an outer garment except in Race Walking events (refer Rule 143.8) or where they impinge on the safety of the athlete in the event. If worn, they must be plain and the same colour as the approved Centre shorts colour and must conform to Rule 143.4.
8. For Race Walking events, only approved uniform shorts may be worn and they must be above the knee.
9. For Out of Stadia competitions only, plain black leggings may be worn in lieu of the approved Centre shorts colour and must conform to Rule 143.4.
10. Shorts with pockets are not permitted.
11. All shorts and leggings must be worn to cover the hipbones.
12. The Organising Committee may provide lane/team identification where necessary, e.g. lane numbers, wrist bands or other identification.
13. Failure to comply with uniform standards may result in an athlete being disqualified.

Footwear and Shoes

14. Footwear is compulsory for ALL athletes in ALL events.
15. All athletes competing at competitions conducted under these Rules must wear footwear which conforms to the standards as defined in the LAVic Centre Uniform booklet.
16. The wearing of footwear with blades or cleats constructed of hard plastic will not be permitted.
17. Spike shoes will only be permitted to be worn in the events listed in the following table:

Age Groups	Track Events	Field Events	Out of Stadia
U9, U10	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed
U11, U12	All individual events up to and including 400m and all Relay events	All jump events & Javelin	No spike shoes allowed
U13 and above	All events except Race Walks	All jump events & Javelin	No spike shoes allowed

18. Spike shoes cannot be worn outside the defined field of play unless all spikes are suitably covered.

Number of Spikes

19. The sole and heel of the shoes shall be so constructed as to provide for the use of up to 11 spikes. Any number of spikes up to 11 may be used but the number of spike positions shall not exceed 11.

Dimensions of Spikes

20. That part of each spike which projects from the sole or the heel of a spike shoe shall not exceed:
- (a) On a synthetic surface: 7mm except in the High Jump and Javelin Throw, where it shall not exceed 9mm.
 - (b) On a grass surface: 12mm.
- The spike must be so constructed that it will, at least for the half of its length closest to the tip, fit through a square sided 4mm gauge.
21. The Organising Committee must notify all Centres in writing no later than twenty-eight days prior to the competition the type of spikes allowed at the competition venue as determined by the Venue Management.

RULE 146: PROTESTS AND APPEALS

As per IAAF Rule 146, with the following modifications:

IAAF Rule 146.2, IAAF Rule 146.3, IAAF Rule 146.7 and IAAF Rule 146.8

...

2. Protests concerning the result or conduct of an event must be made within **15 minutes** of the official announcement of the result of that event.
3. Only athletes or Team Managers may make oral protests to the Referees and Referees cannot consider unofficial film or picture video evidence.

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7. An appeal to the Jury of Appeal must be made within **15 minutes**:
- (a) of the official announcement of the amended result of an event arising from the decision made by the Referee; or
 - (b) of the advice being given to those making the protest, where there is no amendment of any result
 - (c) And the protest fee will be set at \$55.00
8. The Jury of Appeal cannot consider unofficial film or picture video evidence.

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RULE 147: MIXED COMPETITION

1. Mixed events between boys and girls and different age groups may be permitted at the discretion of the Organising Committee.
2. Athletes must only compete in an event at the scheduled time for that age group.
3. In the case of mixed events (Track or Field) being scheduled, Victorian Best Performances may be claimed.
4. Where mixed competitions are conducted separate result sheets must be used and results declared for each sex and age group

RULE 150: VIDEO RECORDING

1. In competitions held under Rule 1, an official video recording of all events to the satisfaction of the Technical Delegate(s) will not be made.

SECTION III – TRACK EVENTS

RULE 161: STARTING BLOCKS

As per IAAF Rule 161, with the following modifications:

IAAF Rule 161.2 & 161.3 and additional clause 161.4

...

2. Starting blocks will not be linked to any Start Information Systems.
3. In competitions held under Rule 1, athletes must only use starting blocks provided by the Organising Committee of the competition:
4. **(a) For U9 to U11 age groups:** Athletes cannot use starting blocks for any race.
(b) For U12 and above age groups: Athletes must use starting blocks, for all races up to and including the 400m (including the first leg of all relay events) and will not be used for any other race.

Note: When athletes in the U12 and above age groups are not wearing spikes, they must crouch start as per rule 162.3, however they do not have to use starting blocks.

RULE 162: THE START

As per IAAF Rule 162, with the following modifications:

IAAF Rule 162.3, IAAF Rule 162.7 and IAAF Rule 162.8

...

3. Athletes in the U12 and above age groups will perform a start as per Rule 162.3. Athletes in the U9 to U11 age groups will follow the following start process:
All starts will be made from a standing position. After the "On your marks" command, an athlete will approach the start line and assume a starting position behind the start line completely within their allocated lane and behind the start line. An athlete must not touch any part of the ground with their hand or hands and/or the start line or the ground in front of it with their feet when on their mark. At the "Set" command an athlete will immediately move to their final starting position ensuring they do not touch any part of the ground with their hand or hands and/or the start line or the ground in front of it with their feet. Once the Starter is satisfied that all athletes are steady in the "Set" position, the gun will be fired.

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7. An athlete(s) who is responsible for two individual false starts will be disqualified by the starter.
8. In case of a false start, the Starter's Assistants or Recall Starter will proceed as follows:
For a first individual false start (refer Rule 162.7), the athlete(s) responsible for the false start will be warned by verbal communication.
For a second individual false start the athlete(s) responsible for the false start will be informed they are disqualified by verbal communication.
If lane markers are being used, then, whenever the athlete(s) responsible for the false start has been verbally communicated to, the corresponding indication will be shown on the lane marker(s).

Note: The Starter, Starters Assistant or Recall Starter may show the corresponding Green (no false start), Yellow/Black (false start/warning) or Red/Black (disqualification) cards once athletes have been given the verbal communication. The action of verbally warning athletes is the preferred method to communicate for athletes in the younger age groups, however for older age groups (U13 and above) it is recommended cards are also displayed.

...

RULE 163: THE RACE

As per IAAF Rule 163, with the following modifications:

IAAF Rule 163.3 (b) (last sentence), IAAF Rule 163.8 to IAAF Rule 163.13

...

3. (b) ...

Except as stated in IAAF Rule 163.4, if the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that an athlete has violated this Rule, then the Referee may disqualify the athlete or change the order of finishing on the Judges Result sheet.

...

IAAF Rule 163.8 to IAAF Rule 163.13: Wind measurements are not applicable for any competition held under Rule 1.

RULE 165: TIMING AND PHOTO FINISH

As per IAAF Rule 163, with the following modifications:

IAAF Rule 165.1 & additional clauses 165.26 to 165.31

1. Three alternative methods of timekeeping will be recognised:
 - (a) Hand Timing obtained from watches or an Electronic Gate Timing (EGT) System in manual start mode and/or manual finish mode.
 - (b) Fully Automatic Timing obtained from either a Photo Finish System or an Electronic Gate Timing (EGT) System in fully automatic mode.
 - (c) Timing provided by a Transponder System for competitions held under Rules 230 (races not held completely in the stadium), 240 and 250.

Note: The Transponder System does not need to be IAAF approved, but must be a commercially produced system checked /calibrated with a certificate supplied on a 12 monthly basis.

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Electronic Gate Timing System

26. To be approved the Electronic Gate Timing (EGT) System must be a commercially produced system and be checked / calibrated with a certificate supplied on a 12 monthly basis.
 - (a) The EGT System must automatically record a time through the breaking of at least two adjacent infrared beams positioned on the leading edge of the finish line. The beams should be positioned at an appropriate height so that the athlete's torso is the most likely part of the body to break the beam.
 - (b) The EGT System should be started either automatically by the Starters gun or manually at the smoke / flash of the Starters gun.

Electronic Gate Timing Operation

27. The Chief EGT Judge will be responsible for the function of the EGT System. In conjunction with the Track Referee & the Starter they will perform a control test to ensure the equipment is started automatically by the firing of the Starters gun. They will also test to ensure when the infrared beams across each lane are broken, a time is recorded in the lane. If the EGT System is operating in manual mode, a test to ensure the triggering of the starting device and/or finishing device is working correctly. The EGT System should be capable of printing out the time for each lane.
28. For events run entirely in lanes, when the EGT System is used in fully automatic mode or automatic finish mode with manual start, the time recorded for each lane will be used to determine placing. Judges may be used in accordance with Rule 126.
29. If the EGT System is used in a manual finish mode, judges must be used in accordance with Rule 126.
30. In conjunction with an adequate number of assistants, the Chief EGT Judge will determine the athletes' official times and, as a consequence their placing. They will ensure that these

results are correctly entered in or transferred to the competition results system and conveyed to the Competition Secretary.

31. Times from the EGT System will be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the EGT System printout, will be official. Any appropriate back-up system should be appointed where any possibility exists of failure of the EGT System.
32. Times will be read and recorded from the EGT System as follows:
 - (a) For all races where the system is started and finished fully automatically, the time will be read, converted and recorded to 0.01 second. Unless the read time is an exact 0.01 second, it will be converted and recorded to the next longer 0.01 second.
 - (b) For all races where the system is started manually and finished automatically, the time will be read, converted and recorded to 0.1 second. Unless the read time is an exact 0.1 second, it will be converted and recorded to the next longer 0.1 second.
 - (c) For all races where the system is started automatically and finished manually, the time will be read, converted and recorded to 0.1 second. Unless the read time is an exact 0.1 second, it will be converted and recorded to the next longer 0.1 second.
 - (d) For all races held partly or entirely outside the stadium, the time will be read, converted to 0.01 second and recorded to the whole second. All read times not ending in two zeroes will be converted and recorded to the next longer whole second, e.g. 19:44.32 will be recorded as 19:45.

RULE 168: HURDLE RACES

1. The standard distance and the number of flights in each lane for each distance will be set out in accordance with the following table:

Age Group	Distance of race	No. of flights	Distance from start line to first hurdle	Distance between hurdles	Distance from last hurdle to finish line
U9, U10, U11, U12	60m	6	12m	7m	13m
U13	80m	9	12m	7m	12m
U14B, U15G	90m	9	13m	8m	13m
U15B	100m	10	13m	8.5m	10.5m
U13, U14	200m	5	20m	35m	40m
U15	300m	7	50m	35m	40m

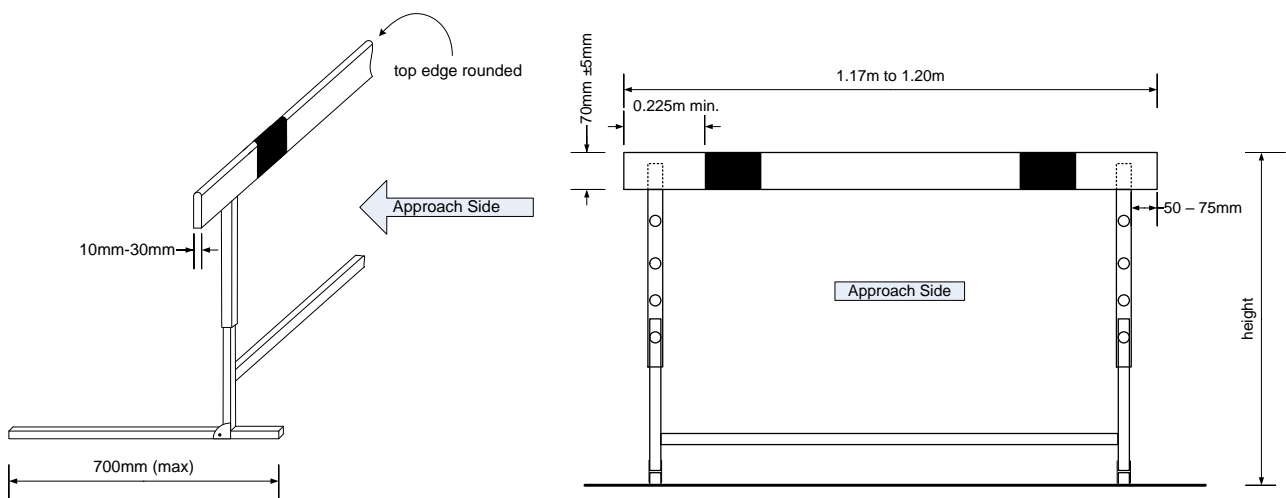


Diagram 1: Hurdle Specifications

Each hurdle must be placed on the track so that the feet will be on the side of the approach by the athlete. The hurdle must be placed so that the vertical plane of the side of the bar nearest the approaching hurdler coincides with the track marking nearest the athlete.

Note: For collapsible type hurdles the feet may be extended past the uprights

2. The hurdles must be made of metal or some other suitable material with the top bar of wood or other suitable material. Hurdles must consist of two feet and two uprights supporting a rectangular frame reinforced by one or more cross bars, the uprights to be fixed at the extreme end of each base. (See Diagram 1). The hurdle must be so designed that it will just resist a force of 2-3 kilograms, applied at the top edge of the top bar. The hurdle must be adjustable in height for each event. Hurdles must be of the collapsible type. (Collapsible type means when a hurdle is knocked down it lays flat on the track without any part of the hurdle protruding).

Note: For Centres and Clubs, hurdles must be transitioned to the collapsible type by the year 2020.

3. Dimensions: The standard distances and heights of the hurdles for age groups will be:

Age Group	Distance	Height	Distance	Height
U9	60m	45cm		
U10, U11	60m	60cm		
U12	60m	68cm		
U13	80m	76cm	200m	68cm
U14G	80m	76cm	200m	76cm
U14B	90m	76cm	200m	76cm
U15G	90m	76cm	300m	76cm
U15B	100m	76cm	300m	76cm

In each case, there will be a tolerance allowance of 3mm, above and below the standard heights, to allow for variation in the manufacture.

The width of the hurdles will be from 1.18m to 1.20m. The maximum length of the base will be 0.70m. The total weight of the hurdles will be not less than 3kg.

4. The height of the top bar must be 70mm \pm 5mm. The thickness of this bar should be between 10mm and 25mm wide and the top edges should be rounded. The length of the top bar should be between 1170 and 1200mm. The ends of the top bar must project between 50mm to 75mm outside the hurdle frame upright. The bar should be firmly fixed at the extremities.
5. The top bar should be painted with white and black stripes, or with other strong distinctive contrasting colours (and also in contrast with the surrounding environment), such that the lighter stripes, which should be at least 0.225m wide are on the outside.
6. All races must be run in lanes and each athlete must keep to and go over the hurdles in their own lane throughout, except as provided in Rule 163.4. An athlete may also be disqualified if he directly or indirectly knocks down or significantly displaces a hurdle in another lane (unless there is no effect or obstruction upon any other athlete(s) in the race).
7. Each athlete must go over each hurdle. Failure to do so will result in a disqualification. In addition, an athlete will be disqualified, if:
 - (a) their foot or leg is, at the instant of clearance, beside the hurdle (on either side), below the horizontal plane of the top of any hurdle; or
 - (b) in the opinion of the Referee, they deliberately knock down any hurdle.

Note: Provided that this Rule is otherwise observed and the hurdle is not displaced or its height lowered in any manner including tilting in any direction, an athlete may go over the hurdle in any manner.

8. Except as provided in Rule 186.6 and 168.7(b), the knocking down of hurdles will not result in disqualification nor prevent a Record being made.
9. For a Victorian Best Performance, all hurdles must comply with the specifications of the Rule.

RULE 170: RELAY RACES

1. 1. The standard distances will be: 4x100m, 4x200m, 100m-100m-200m-400m Medley Relay (Medley Relay)
2. Lines 50mm wide will be drawn across the track to mark the distances of the legs and to denote the scratch line.
3. In the 4x100m and the first and second changes of the 4x200m and the first and second changes of the Medley Relay, each takeover zone will be 30m long, of which the scratch line is 20m from the start of the zone. For the third change in the 4x200m and the Medley Relay the takeover zone will be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone.
4. When all or the first portion of a relay race is being run in lanes, an athlete may place one check-mark supplied or approved by the Organising Committee within their own lane and clear of the lines marking the lane (Note: Tape cannot be used for check marks). No other check mark may be used. The Judges shall direct the relevant athlete to adapt or remove any marks not complying with this Rule. If they do not the Judges shall remove them.
5. The relay baton will be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which must be 0.28m to 0.30m. The outside diameter must be 32mm \pm 2mm and it must not weigh less than 50g. It should be coloured so as to be easily visible during the race.
6. (a) A baton will be used for all Relay Races held in the Stadium and will be carried by hand throughout the race. Batons do not have to be numbered but should be of a different colour in neighbouring lanes where possible.
(b) Athletes are not permitted to wear gloves or to place material or substances on their hands in order to obtain a better grip of the baton.
(c) If dropped, the baton must be recovered by the athlete who dropped it. The athlete may leave their lane to retrieve it provided that, by doing so, the athlete does not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after retrieving it, must return at least to the point where it was last in their hand, before continuing in the race. Provided these procedures are adopted where applicable and no other athlete is impeded, dropping the baton may not result in disqualification.
If an athlete does not follow this Rule, the athlete's team will be disqualified.
7. The baton must be passed within the takeover zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete. In relation to the takeover zone, it is only the position of the baton which is decisive. Passing of the baton outside the takeover zone will result in disqualification.
8. Until the moment when the baton is in the hand of only the receiving athlete, lane infringement rules shall be applicable only to the incoming athlete. Thereafter it shall be applicable only to the receiving athlete.
Additionally, athletes, before receiving and/or after handing over the baton, should keep in their lanes or maintain position until the course is clear to avoid obstruction to other athletes. Lane infringement rules (IAAF 163.3 & 4) will not apply to these athletes. If however an athlete impedes a member of another team, including by running out of position or lane at the finish of their leg, obstruction rules (IAAF 163.2) will be applied.
9. If during the race an athlete takes or picks up the baton of another team, the athlete's team will be disqualified. The other team should not be penalised unless an advantage is obtained.
10. Each member of a relay team may run one leg only.
11. Refer to LAVic Rule 612 for Relay team composition, page 48.
12. The 4x100m race will be run entirely in lanes.

- 13.** The 4x200m race will be run in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline (an arched line marked after the bends across all lanes other than one), where athletes may leave their respective lanes (three bends in lanes).
- 14.** The Medley Relay race will be run in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline (an arched line marked after the bends across all lanes other than one), but located at the end of the second bend, where athletes may leave their respective lanes (two bends in lanes).
- 15.** If an athlete does not follow Rule 170.12, 170.13 or 170.14, his team shall be disqualified.
- 16.** For all takeovers, athletes are not permitted to begin running outside their takeover zones, and will start within this zone. If an athlete does not follow this Rule, the athlete's team will be disqualified.
- 17.** In the 4x200m and Medley Relay, the athletes running the final leg will, under the direction of a designated official, place themselves in their waiting position in the order of the start list (inside to out). Once the incoming athletes have passed the breakline, the waiting athletes must maintain their order, and must not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, his team may be disqualified.
- 18.** In any race, when lanes are not being used for the takeover zone, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete so as to impede his progress. In 4 x 200m and Medley Relay, waiting athletes will maintain the order in accordance with Rule 170.17. If an athlete does not follow this Rule, the athlete's team may be disqualified.

SECTION IV – FIELD EVENTS

The IAAF Rules will be observed for all Field Events. Modifications to the Rules will be listed in this section.

RULE 180: GENERAL CONDITIONS

As per IAAF Rule 180, with the following modifications:

IAAF Rule 180.6

...

- 6.** Except for the High Jump, no athlete will have more than one trial recorded in any one round of trials of the competition. In all Field Events, except for the High Jump, where there are more than eight athletes, each athlete will be allowed three trials and the eight athletes with the best valid performances will be allowed **one** additional trial.

In the case of the last qualifying place, if two or more athletes have the same best performances, Rule 180.22 will be applied. If it is thus determined that there has been a tie, the tying athletes will be allowed **one** additional trial.

Where there are eight athletes or fewer, each athlete will be allowed **four** trials. If more than one fails to achieve a valid trial during the first three rounds of trials, such athletes will compete in the subsequent round of trials before those with valid trials, in the same relative order according to the original draw.

In both cases:

- (a)** the competing order for the last round of trials will be in the reverse ranking order recorded after the first three rounds of trials;
- (b)** when the competing order is to be changed and there is a tie for any position, those tying will compete in the same relative order according to the original draw.

Note (i): For Vertical Jumps, see Rule 181.2

Note (ii): If one or more athlete(s) is permitted by the Referee to continue in a competition "under protest" in accordance with Rule 146.5, such athletes shall compete in all subsequent rounds of trials before all others continuing in the competition and if more than one, in the same relative order according to the original draw.

Note (iii): The relevant governing body may specify an alternate number (more or less) of athletes who may have additional trials and provided it is no more than six, the number of such trials.

...

A. VERTICAL JUMPS

RULE 181: GENERAL CONDITIONS – VERTICAL JUMPS

As per IAAF Rule 181, with the following modifications:

IAAF Rule 181.4 & IAAF Rule 181.7

...

4. Unless there is only one athlete remaining and they have won the competition:
- (a) The bar must never be raised by less than 2cm in the High Jump after each round of trials; and
 - (b) The increment of the raising of the bar must never increase; and
 - (c) The bar must be raised after each round of trials in increments depending on the number of athletes remaining in the competition, as per the following table:

No of Athletes	Increment
Greater than 4	5cm
4 or less	2cm

These Rules 181.4(a), (b) and (c) will not apply once the athletes still competing agree to raise it to a Victorian Best Performance height directly.

After an athlete has won the competition, the height or heights to which the bar is raised will be decided by the athlete, in consultation with the relevant Chief Judge or Referee.

Note: This does not apply for a Multi-Events Competition.

In a Multi-Events Competition held under Rule 1, each increase will be uniformly 3cm in the High Jump throughout the competition.

RULE 182: HIGH JUMP

As per IAAF Rule 182, with the following modifications:

IAAF Rule 182.1, IAAF Rule 182.2 (c), IAAF Rule 182.6 & IAAF Rule 182.10

(From October 2018, U9 & U10 athletes will only be permitted to compete using the scissor technique.)

Competition

1. (a) **For U9 age groups:** An athlete must take off from one foot, clear the bar in a predominately vertical position and the first contact made on the landing area must be made by one or both feet.
- (b) **For U10 and above age groups:** An athlete must take off from one foot.
2. ...
- (c) **For U9 age groups:** an athlete also fails if:
 - (i) The athlete's head clears the bar before the leading foot (the foot of the leg closest to the bar at take-off)
 - (ii) The athlete's head is below the level of the buttocks when the buttocks clear the bar
 - (iii) On landing, the first contact with the landing area is not made by one or both feet.

...

Apparatus

6. The distance between the uprights must not be less than 3.62m nor more than 4.06m.

...

Landing Area

10. The following landing areas will be used for the relevant age groups:
- (a) **U9 age groups:** For all competitions, the landing area should measure not less than 5m long x 3m wide x 0.15m-0.3m high behind the vertical plane of the crossbar.
 - (b) **U10 and above age groups:** For all competitions, the landing area should measure not less than 5m long x 3m wide x 0.5m high behind the vertical plane of the crossbar.

Note (i): The uprights and landing area should also be designed so that there is a clearance of at least 0.1m between them when in use, to avoid displacement of the crossbar through a movement of the landing area causing contact with the uprights.

Note (ii): The landing area may be comprised of one or more mats - ideally secured together by means of ring/hook, Velcro or other suitable fastener.

B. HORIZONTAL JUMPS

RULE 184: GENERAL CONDITIONS – HORIZONTAL JUMPS

As per IAAF Rule 184 with the following modifications:

IAAF Rule 184.3, IAAF Rule 184.8 and IAAF Rule 184.10

...

Take-off Board

3. The following take-off boards will be used for the relevant age groups:
- (a) **U9 to U10 age groups:**
 - (i) The take-off board must measure 1.22m x 0.5m
 - (ii) The take-off may be a 1.22 metre x 0.5m piece of carpet, canvas or rubber covered with a thin layer of sand.
 - (b) **U11 and above age groups:**
 - (i) The take-off board must measure 1.22m x 0.2m.
 - (ii) The take-off may be marked by a board sunk level with the runway, or defined by a contrasting colour to the runway surface created by using tape. The foul area may be indicated by a strip of damp sand, plasticine or other similar material.

...

Distance Measurements

8. The following process will be followed to measure the distances for the relevant age groups:
- (a) **U9 to U10 age groups:**
 - (i) The measurement of each jump will be made immediately after the trial. Except in the case of Rule 184.8 (ii), all jumps must be measured from the nearest break in the landing area made by any part of the body to the front edge of the imprint made by the take-off foot.
 - (ii) In the case of an athlete taking off before reaching the take-off area, the jump is measured from the nearest break in the landing area made by any part of the body to the back edge of the take-off area. The measurement must be taken perpendicular to the back of the mat or its extension.
 - (b) **U11 and above age groups:**
 - (i) The measurement of each jump will be made immediately after the trial. All jumps must be measured from the nearest break in the landing area made by any part of the body to the take-off line, or take-off line extended (see Rule 185.1(f)). The measurement must be taken perpendicular to the take-off line or its extension.

...

Wind Measurement

IAAF Rule 184.10 to IAAF Rule 184.12: Wind measurements are not applicable for any competition held under Rule 1.

RULE 185: LONG JUMP

As per IAAF Rule 185 with the following modification:

IAAF Rule 185.4

...

Take-off Line

4. The take-off line should be placed between 0.5m and 3.0m from the nearer edge of the landing area.

...

RULE 186: TRIPLE JUMP

As per IAAF Rule 186 with the following modification:

IAAF Rule 186.3 & additional clause 186.6

...

Take-off Line

3. For all competitions defined in Rule 1, take-off lines will be set at the following distances from the nearer end of the landing area:
5m, 6m, 7m, 8m, 9m, 11m and 13m.
*Note: There will be **NO** 10m or 12m line set.*

...

Changing Take-off Board

6. Athletes may change their take-off board during a competition. Athletes must notify the event officials of the change prior to the commencement of a jump.

C. THROWING EVENTS

RULE 187: GENERAL CONDITIONS – THROWING EVENTS

As per IAAF Rule 187 with the following modifications:

IAAF Rule 187.1 and IAAF Rule 187.2

Official Implements

- In all Competitions as defined in Rule 1, the implements used must comply with LAVic specifications. Only implements which hold a current valid LAVic Verification Certificate may be used. The following table shows the implements to be used by each age group:

Boys				Girls			
Age Group	Implement			Age Group	Implement		
	Shot	Discus	Javelin		Shot	Discus	Javelin
U9	2kg	500g		U9	2kg	500g	
U10	2kg	500g		U10	2kg	500g	
U11	2kg	750g	400g	U11	2kg	750g	400g
U12	3kg	750g	400g	U12	2kg	750g	400g
U13	3kg	1kg	600g	U13	3kg	750g	400g
U14	3kg	1kg	600g	U14	3kg	1kg	400g
U15	4kg	1kg	700g	U15	3kg	1kg	500g

- All implements will be provided by the Organising Committee.

...

RULE 188: SHOT PUT

As per IAAF Rule 188 with the following modifications:

IAAF Rule 188.4 & IAAF Rule 188.5

...

Shot Construction

- The shot must be made of solid iron, brass or any metal not softer than brass, or a shell of metal filled with lead or other material. It must be spherical in shape and the surface must be smooth.
- The shot must conform to the following specifications:

Age Groups	U9, U10, U11, U12G	U12B, U13, U14, U15G	U15B
Nominal Weight	2.000kg	3.000kg	4.000kg
Weight range	Min	2.000kg	4.000kg
	Max	2.025kg	4.025kg
Diameter	Min	75mm	95mm
	Max	90mm	110mm

RULE 189: DISCUS THROW

As per IAAF Rule 189 with the following modifications:

IAAF Rule 189.1 & IAAF Rule 189.2

Discus

1. The body of the discus must be circular in shape, the sides of which must have a flat area with the cross sections of the edge rounded in a true circle. The dimension, construction and total weight must correspond to the requirements of Rule 189.2. The implement may be constructed from the following materials:

- (a) Rubber or synthetic based compound, or
- (b) Plastic or wood with a metal rim.

Each side of the discus must be identical and must have no indentations, projections or sharp edges. The sides must taper in a straight line from the beginning of the curve of the rim to a circle (see Diagram 2).

2. The discus must conform to the following specifications:

Age Groups	U9, U10	U11, U12, U13G	U13B, U14, U15
Nominal weight	500g	750g	1.000kg
Construction materials	Compound	Compound or Plastic / wood with metal rim	
Weight range	Min	500g	750g
	Max	525g	775g
Outside diameter of rim	Min	130mm	154mm
	Max	136mm	157mm
Diameter of metal plate or flat centre area	Min	30mm	35mm
	Max	36mm	42mm
Thickness of metal plate or flat centre area	Min	22mm	26mm
	Max	27mm	30mm
Thickness of metal rim (6mm from edge)	Min	12mm	12mm
	Max	13mm	13mm

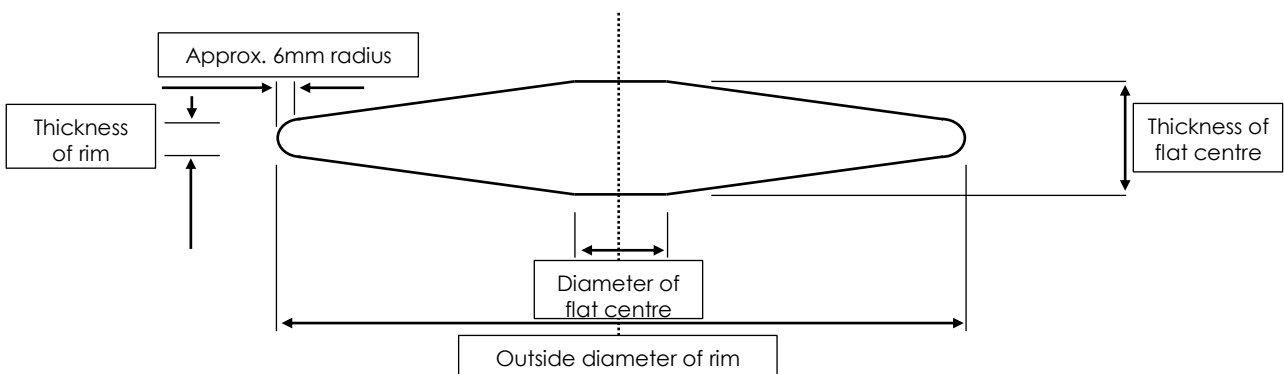


Diagram 2: Discus Specifications

RULE 193: JAVELIN THROW

As per IAAF Rule 193 with the following modifications:

Rule 193.6 to 193.11 is replaced with Rule 193.6

...

Javelin

6. The following table lists the conformance specifications for each nominal weight:

Age Groups		U11, U12, U13G, U14G	U15G	U13B, U14B	U15B
Nominal Weight		400g	500g	600g	700g
Weight Range	Min	400g	500g	600g	700g
	Max	425g	525g	625g	725g
Overall Length (L0)	Min	1.850m	2.000m	2.200m	2.300m
	Max	1.950m	2.100m	2.300m	2.400m
Distance from tip of metal head to centre of gravity (L1)	Min	0.750m	0.780m	0.800m	0.860m
	Max	0.800m	0.880m	0.920m	1.000m

SECTION V – MULTI-EVENTS COMPETITION

RULE 200: MULTI-EVENTS COMPETITION

1. The Multi-Event will consist of between five and eight separate disciplines. Events consisting of five or six disciplines will be held on one day. Events consisting of more than six disciplines will be held on two consecutive days. The following tables outline the disciplines for each age group and the day the discipline will be held (X = One day event, X1 = First day of two day event, X2 = Second day of two day event):

Boys

Discipline	Age Group						
	U9	U10	U11	U12	U13	U14	U15
100m	X	X	X	X	X	X1	X1
800m	X	X	X	X	X	X2	X2
60mH	X	X	X	X			
80mH					X		
90mH						X2	
100mH							X2
High Jump						X2	X2
Long Jump	X	X	X	X	X	X2	X1
Discus	X	X	X	X	X	X1	X1
Javelin							X2

Girls

Discipline	Age Group						
	U9	U10	U11	U12	U13	U14	U15
100m	X	X	X	X	X		
200m						X1	X1
800m	X	X	X	X	X	X2	X2
60mH	X	X	X	X			
80mH					X	X2	
90mH							X1
High Jump						X2	X1
Long Jump	X	X	X	X	X	X2	X2
Shot Put	X	X	X	X	X	X1	X1
Javelin							X2

General

2. The time interval between the completion of one discipline and the start of the next will be at the discretion of the Meeting Manager, in consultation with the Referees.
3. The Rules for each event constituting the competition will apply with the following:
- (a) Field Disciplines:**
- (i) If the number of athletes competing or scheduling considerations dictates:
- may be split across parallel pits or rings or;
 - Different disciplines may be conducted at the same time. but when reciprocated each must occur on the same parallel pit or ring,
- (ii) Except for High Jump, the number of trials per athlete will be three unless advised otherwise by the Organising Committee.

- (iii) For High Jump, an athlete will only be allowed to have a maximum of 8 jumps.
 - If an athlete reaches their maximum of 8 jumps the athlete must stop competing in the event
 - If an athlete has three consecutive failures, regardless of the height at which any of such failures occur, the athlete will be disqualified from further jumping
 - The athlete must nominate which heights they will attempt to clear during the competition
- (iv) For High Jump, a bar height of one metre will be used as the benchmark height to determine the 3cm intervals.

(b) Track Disciplines: Only heats will be conducted with points allocated to the performance obtained in the heat, i.e. finals will not be run.

4. The 800 metres will normally be scheduled as the last discipline conducted for all age groups. If multiple heats are required for an age group, athletes will be seeded so that the last heat contains the athletes leading at the conclusion of the previous event (i.e. heats will be run in the ranking position order as at end of previous event).
5. A Field event is considered to have begun once the first athlete has completed a trial. No athlete may join that field event after this time.
6. Points are awarded for performance and will be allocated to each athlete for each individual discipline using Scoring Tables approved by the Organising Committee.
Note: All tables have a finite lower limit and as a result an athlete may score zero points, the scoring of zero points does not however exclude an athlete from being placed.
7. An athlete failing to attempt to start or make a trial in one of the individual events will not be entitled to receive a place. It will not prohibit the athlete from competing and scoring points in subsequent events.
8. Performances and points will be posted/displayed for public viewing as soon as practicable after the completion of each individual discipline as follows:
 - (a) For the discipline, and
 - (b) As a cumulative total.
9. The winner will be the athlete who obtains the highest cumulative total. In the event of a tie for any final placing athletes will be awarded equal placing.

SECTION VII – RACE WALKING EVENTS

RULE 230: RACE WALKING

1. Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

Judging

2.
 - (a) The Chief Judge at any competition should be the highest graded Judge available.
 - (b) All the Judges will act in an individual capacity and their judgements will be based on observations made by the human eye.
 - (c) There must be one Judge less than number of red cards required for disqualification from any one Centre officiating in the same event. This ensures no one Centre has disqualification power of an athlete.
Note: This rule may be waived if there are insufficient judges available from other Centres.
 - (d) For Track Races, there should normally be a minimum of three to a maximum of six judges including the Chief Judge.
 - (e) For Road Races, there should normally be a minimum of six to a maximum of nine judges including the Chief Judge.

Chief Judge

3.
 - (a) The Chief Walk Judge will allocate the judging positions for each Judge in the race. The Chief Judge will view the start and finish of the race, and may judge from any position during the race.
 - (b) Prior to the start time of each race, the Chief Judge or their appointed assistant will identify themselves to the athletes and explain the technicalities of walk judging.

Yellow Paddle

4. When a judge is not completely satisfied that an athlete is fully complying with Rule 230.1, the judge may, show the athlete a yellow paddle indicating the offence and also call out the athlete's number, and the offence observed e.g. "Caution Number 77 contact". An athlete cannot be shown a second yellow paddle by the same Judge for the same offence. Having shown a yellow paddle to an athlete, the Judge will inform the Chief Judge of the action after the race.
Note: Yellow Paddles may be given anytime during a race.

Red Cards

5. When a Judge observes an athlete failing to comply with Rule 230.1 by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge will for:
 - (a) **U12 and above age groups:** not verbally give a red card to an athlete.
 - (b) **All other age groups:** verbally give a red card to an athlete.
The judge will call out, athlete's number, and the offense observed e.g. "Red Card Number 77 contact". If a Judge believes that an athlete may not have heard the verbal red card, the Judge should repeat the verbal red card at the next sighting of the athlete.
Note: Athletes will not physically be shown a red card
The judge will note the red card on their judging sheet along with their name/signature and hand it to the Chief Judge after the race.
A judge can only red card an athlete once. If a Judge red cards an athlete more than once, only one red card will be accepted by the Chief Judge.

Disqualification

6. (a) The following number of red cards for disqualification will apply for the number of Judges officiating in the race:

NO. OF JUDGES	NO. OF RED CARDS NEEDED FOR DISQUALIFICATION
4 to 6	3
3	2

- (b) At the conclusion of the race, if an athlete is disqualified, the Chief Judge will indicate this to the athlete verbally and give the reason for disqualification. The result of an event will only become final on the clearance of the Chief Judge and Track Referee.

SECTION VIII – ROAD RACES

RULE 240: ROAD RACES

Distances

- The following table outlines the approximate individual leg and total event distances for the relevant age groups:

Age Group	Leg Distance	Total Distance
U9, U10	1.5km	4.5km
U11, U12	2km	6km
U13, U14, U15	3km	9km

Note: These are the optimal distances and may vary depending on the location of the event.

The Course

- The races will be run on made-up roads. However, when traffic or similar circumstances make it unsuitable, the course may be on a bicycle path or footpath alongside the road, but not on soft ground such as grass verges or the like. The start and finish may be within an athletic arena.

The Start

- Where there are more athletes than can be placed in a single row, the first row will be filled with athletes placed in draw order. Second, and as necessary subsequent rows, will also be filled with athletes placed in draw order.

Assistance to Athletes

- No assistance or refreshments will be provided to athletes during the event.

Team Competition

- Road Races will only be conducted in a relay format with teams consisting of three athletes. Once an athlete has completed their leg, they will touch hands with the next athlete to signify the next athlete can start. The next athlete will be lined up within the takeover zone.
- Each member of a relay team may run one leg only.

Protests

- There is no Jury of Appeal. The Referee's decision is final.

SECTION IX – CROSS-COUNTRY RACES

RULE 250: CROSS-COUNTRY RACES

Distances

- The following table outlines the approximate event distances for the relevant age groups:

Age Group	Distance
U9, U10	1.5km
U11, U12	2km
U13, U14, U15	3km

The Course

- The course will be clearly marked with flags. Each side of the course will have a different colour set of flags. The placement of the flags will be such that the next flags in sequence are clearly visible from the previous flags. If the course incorporates a loop which could potentially lead to confusion by the athletes, the entry to such loop will be roped off from the continuation and may be manned by officials who may direct athletes.
- The terrain should be undulating, with no high obstacles, difficult or water logged sections.

The Start

- Where there are more athletes than can be placed in a single row, the first row will be filled with athletes placed in draw order. Second, and as necessary subsequent rows, will also be filled with athletes placed in draw order.

Assistance to Athletes

- No assistance or refreshments will be provided to athletes during the event.
- Except as in Rule 250.5, the Organising Committee may arrange to have a tortoise/hare to direct athletes along the course.

Team Competition

- A team competition will be conducted concurrent with the individual event. The scoring and composition of the team(s) will be as detailed in Rule 250.8

Team Scoring and Composition

- Points will be awarded to athletes in order of finishing as follows:
 - 1st place receiving 1 point,
 - 2nd place receiving 2 points,
 - 63rd place receiving 63 points, etc.
- Points for the first three athletes from a Centre to cross the finishing line will be added to give the total points scored by that team. Subsequent groupings of three will constitute the next team, and so on
- Only the three athletes comprising the team will be eligible for a medal at the State Championship.
- The team with the lowest total points will be declared the winner.
- In the event of a tie for first, second or third place, the team whose third placed athlete scores the lowest points will be awarded the higher placing.

SECTION X – VICTORIAN BEST PERFORMANCE

RULE 260: VICTORIAN BEST PERFORMANCE

1. Victorian Best Performances (VBP) will be maintained for all events conducted at Track & Field, Relay and Multi-Event (including the points score for each age group).
2. For a performance to be accepted as a Victorian Best Performance the following criteria must be observed:
 - (a) The performance must be achieved at any round of a State Championship or other approved LAVic controlled special meeting. This does not include normal Centre meetings, Centre Championships, Open Days or LAA events.
 - (b) The claim for the performance must be submitted on an official form supplied by the Organising Committee; complete with all documentary evidence to the LAVic office within fourteen days after the event (see Rule 260.3 & 260.4).
 - (c) **For Track events:**
 - (i) The track must conform to Rule 140.
 - (ii) The timing must conform to Rule 165.
 - (iii) Where fully automatic timing is being used (see Rule 165.10) only one time needs to be lodged with the VBP claim to be accepted.
 - (iv) If fully automatic timing is not being used (see Rule 165.5 to 165.8), three times must be lodged with the VBP claim to be accepted.
 - (v) Times must be checked and signed by the Chief Photo Finish Operator or the Chief Timekeeper and the Referee of the meeting.
 - (vi) A VBP will only be recognised for athletes or teams who are first across the finish line.
 - (vii) For hand time performances, the performance will be rounded to 0.1 seconds and then standardised to align to a fully automatic time as follows:
 - Distances under 400m: + 0.24 seconds
 - Distances of 400m or 4x100m relay: + 0.14 seconds
 - Distances greater than 400m: No change
 - a standardised time will be indicated with {S} or similar

Note: As of August 2014 all existing VBP Track performances will be standardised using the formulas in Rule 260 (c) (vii) and whichever of the standardised hand time or FAT time performance is lower will be declared the VBP.
 - (d) **For Field events:**
 - (i) All distances and heights must be checked and the recording sheet signed by the Chief Judge and Referee or Referee's delegate.
 - (ii) All implements and measuring apparatus must be verified for compliance with specifications or certified equipment prior to the commencement of the competition program. (Refer to IAAF Rule 137 for process for compliance of approved scientific measuring apparatus e.g. EDM devices)
 - (iii) The performance will be measured either by three Field Judges using a calibrated and certified steel tape or bar or by an approved scientific measuring apparatus, the accuracy of which has been confirmed by a qualified Measurement Judge.
 - (iv) The recording of a Victorian Best Performance requires the Referee to check the manner in which the trial is measured is correct and to verify the measurement of the trial using a certified tape, except where an approved scientific measuring apparatus is being used.
 - (v) Where the measurement of a Long Jump or Triple Jump is within 5cm of the VBP for that event or the measurement of any throws event is within 10cm of the VBP for that event, the measurement must be checked using a certified tape except where an approved scientific measuring apparatus is being used.
 - (e) Wind assistance will not be considered as a factor in determining Victorian Best Performances.

- 3.** A claim for a Victorian Best Performance will be accepted for any individual athlete if it has been accomplished during a mixed competition and the recording sheets conform to Rule 147.
- 4.** Claims for Victorian Best Performance will be accepted for individual events as follows:
 - (a)** Existing Victorian Best Performance: The number of athletes/teams in the event will not be an impediment.
 - (b)** New Event:
 - (i)** There must be at least three athletes/teams participating.
 - (ii)** The VBP will be awarded at the end of the season and will take into account the best performance at all valid competitions listed in Rule 260.2(a).
 - (iii)** Providing the criteria at (i) & (ii) above are met, Organising Committees will submit completed paperwork for new events as if it is a claim for an existing Victorian Best Performance.

RULE 261: EVENTS FOR WHICH VICTORIAN BEST PERFORMANCE RECORDS ARE RECOGNISED

Event	Age Group						
	U9	U10	U11	U12	U13	U14	U15
70m	X	X					
100m	X	X	X	X	X	X	X
200m	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
60m Hurdles	X	X	X	X			
80m Hurdles					X	G	
90m Hurdles						B	G
100m Hurdles							B
200m Hurdles					X	X	
300m Hurdles							X
700m Race Walk	X						
1100m Race Walk		X	X				
1500m Race Walk				X	X	X	X
High Jump	X	X	X	X	X	X	X
Long Jump	X	X	X	X	X	X	X
Triple Jump			X	X	X	X	X
Discus	X	X	X	X	X	X	X
Javelin			X	X	X	X	X
Shot Put	X	X	X	X	X	X	X
Multi-Event	Xv	Xv	Xv	Xv	Xv	Xv	Xv
4x100m Relay	X	X	X	X	X	X	X
Mixed Sex 4x100m Relay	Xv	Xv	Xv	Xv	Xv	Xv	Xv
4x200m Relay	Xv	Xv	Xv	Xv	Xv	Xv	Xv
Mixed Sex 4x200m Relay	MSv	MSv	MSv	MSv	MSv	MSv	MSv
Medley Relay (2x100m, 1x200m, 1x400m)	Xv	Xv	Xv	Xv	Xv	Xv	Xv
Mixed Age Medley Relay (2x100m, 1x200m, 1x400m)	MAv		MAv		MAv		

Legend:

- B** – Boys Only **v** – Lowercase v indicates a non-standard LAA Standard Event.
G – Girls Only Only VBP's maybe claimed for these events.
X – Both Genders ABP's maybe claimed for all other events

■ Event not allowed for that age group

Appendix 1 – LAA STANDARD COMPETITION RULES

The following is a copy of LAA RULE 600.4 extracted from the Standard Rules for Competition of Little Athletics Australia currently in force.

4. Events deemed inappropriate for inclusion at all levels of competition by all affiliated Associations:
- (a) All events over 8km
 - (b) Pole Vault
 - (c) Hammer Throw
 - (d) Steeplechase
 - (e) All events, Track or Field, which are not recommended for any level of competition after having been considered by the LAA for the specified gender/age group(s).

Under 6 to Under 8 Age Groups - Recommended Events and Specifications

The events listed in the table below are the Little Athletics Australia recommended standard events that may be offered to the Under 6 to Under 8 age groups.

Note: Events must not exceed the distances and/or specifications as listed.

Event Type	Under 6	Under 7	Under 8
Sprints	Up to and including 100m	Up to and including 200m	Up to and including 200m
Middle Distance	Up to and including 300m (group start)	Up to and including 500m (group start)	Up to and including 700m (group start)
Hurdles	60m (20cm max)	60m (30cm max)	60m (45cm max)
Relays	Max. single leg Distance - 100m	Max. single leg Distance - 200m	Max. single leg Distance - 200m
Race Walks			Up to and including 700m
Vertical Jumps			High Jump –(scissor technique only using a bar or flexy rope)
Horizontal Jumps	Long Jump (take-off - mat &/or sand only)	Long Jump (take-off - mat &/or sand only)	Long Jump (take-off - mat &/or sand only)
Throws	Discus - 350g	Discus - 350g	Discus - 500g
	Shot - 1kg	Shot - 1kg	Shot - 1.5kg
	Vortex - 300g	Vortex - 300g	Vortex – 300g or Turbo Jav - 300g

Under 6 to Under 8 Age Groups – Events NOT Allowed

The events listed in the table below must not be offered at any level of competition for these age groups.

Event Type	Under 6	Under 7	Under 8
Race Walks	Race Walk of any kind	Race Walk of any kind	Distances > 700m
Vertical Jumps	High Jump of any kind	High Jump of Any kind	High Jump – not using scissor technique
Horizontal Jumps	Triple Jump	Triple Jump	Triple Jump
Throws	Turbo Jav or Javelin	Turbo Jav or Javelin	Javelin

Under 16 Age Group - Recommended Events and Specifications

The events listed in the table below are the Little Athletics Australia recommended standard events that may be offered to the Under 16 age group. These event specifications are based as closely as possible to those of Athletics Australia for the appropriate age groups with the exception of hurdle heights.

Event Type	Boys	Girls
Sprints	Up to and including 400m	Up to and including 400m
Middle Distance	Up to and including 1500m	Up to and including 1500m
Long Distance	Up to and including 3000m	Up to and including 3000m
Hurdles	100m (10 flights, 76cm)	90m (9 flights, 76cm)
	300m (7 flights, 76cm)	300m (7 flights, 76cm)
Relays	4 x 100m	4 x 100m
	4 x 200m	4 x 200m
	4 x 400m	4 x 400m
	4 x Medley (Max leg of 800m)	4 x Medley (Max leg of 800m)
Race Walk	Up to and including 3000m	Up to and including 3000m
Vertical Jumps	High Jump	High Jump
	(Any legal jumping technique)	(Any legal jumping technique)
Horizontal Jumps	Long Jump (board)	Long Jump (board)
	Triple Jump (board)	Triple Jump (board)
Throws	Shot Put - 4kg	Shot Put - 3kg
	Discus - 1kg	Discus - 1kg
	Javelin - 700g	Javelin - 500g

Appendix 2 - DOCUMENT HISTORY

VERSION CONTROL

Date	Version #	Action Taken / Updates
30 June 2016	1.0	Accepted changes when document modified in 15 August 2015. Instituted Version Control with 30 June 2016 document becoming V1.0
26 August 2016	2.0	Incorporates rule changes arising from the LAA Conference in April 2016 and the Competition Rule changes approved at the RAC teleconference on 22 August 2016
17 November 2016	3.0	Addition of Note for Athlete Eligibility for Region Relays. Administrative change for Relay Team sheets.
30 June 2017	4.0	Accepted changes from 22 June 2017.
16 Oct 2017	4.1	IAAF Relay Rule Changes LAVic Specific Relay Rule Changes
27 Nov 2017	4.2	Removal of Technical Committee & update of Appeals Committee Role & Objectives.