

Competition Rule Changes – Season 2018-2019

The following rule changes come into effect at the beginning of the 2018-2019 Summer Track & Field season and apply to all levels of competition from Centre to State. These rules changes are the approved changes from Little Athletics Australia as well as the LAVic specific inclusions. The Competition Rules and Regulations will be updated to reflect these changes. Additionally the State timetables, events and team compositions are being updated and will be released in due course in preparation for the new season.

Age Group Change:

The age groups are based on the athlete's age at the end of the calendar year in which the Track & Field season commences.

For Season 2018-2019, it is the athlete's age as of December 31st 2018 that will determine their age group.

Implement Weight Changes:

Discus:

- **Under 11 Boys** – was 750g, **now 500g**
- **Under 11 Girls** – was 750g, **now 500g**
- **Under 13 Boys** – was 1kg, **now 750g**

Shot Put:

- **Under 12 Boys** – was 3kg, **now 2kg**

Hurdles:

Under 12 – change from 60m to **80m** Hurdles. Same height, spacing remains the same @ 7mts, number of hurdles increase from 6 to 9.

In the following season 2019-2020, the Under 11's will also move from 60m to 80m Hurdles, however with the age group changes; this is delayed for another season.

Starting:

All athletes will be allowed to perform a **Standing Start** for all track events, from **U6 - U16**.

Under 11 athletes may now use starting blocks if performing a crouch start.

Please note: it is recommended that athletes perform a standing start until they are proficient at crouch starts and then the use of blocks. While U11 athletes can use blocks, most athletes struggle with performing correct crouch starts using blocks, until their U13 or U14 year.

Equipment:

High Jump Scissor mats height increases from 150mm – 200mm to 150mm – **300mm**.

This allows for the practice of some Centres to double up the mats to 300mm.

High Jump:

Under 10 athletes are only allowed to perform the scissor technique for a valid High Jump.

From this Season 2018-2019, both **Under 9** & **Under 10** athletes will be required to complete the scissor technique at all levels of competition.

Under 16 athletes:

Competition will be offered at all levels from Centre through to State to the Under 16 athletes. The weights and measures of the Under 16 athletes are the same as the Under 15 standards.

The events offered will be the same as the Under 15 athletes for Multi-Events (Combined Events), Track & Field and Cross Country, including all skill related activities. The Relays will have Mixed 4x100, Mixed 4x200, Boys & Girls Medley events. Details for the Relays will be supplied in a separate Relays document.

Please note: the timetables, team compositions and qualification numbers are being finalised and will be published in due course. Communication will be sent directly to all eligible athletes outlining their competition experience for season 2018-2019 over the coming weeks.

Australian Best Performance (ABP):

Clarified eligible competitions to mean only State or National events. Region events will no longer be accepted as an eligible competition to claim an ABP.

A Victorian Best Performance (VBP) however can be claimed at either a Region or State event.

Time limits:

The athlete's allowable time to **commence** their trial has been adjusted as follows.

The official responsible shall indicate to an athlete that all is ready for the trial to begin, and the period for the trial shall commence from that moment.

	High Jump	Other Field Events
All rounds of competition	30 seconds	30 seconds
When only 2 or 3 athletes left	1 min 30secs	Not applicable
When only 1 athlete left	3 minutes	Not applicable
Consecutive trials	2 minutes	2 minutes

Competition Uniforms:

The meaning of a competition uniform has been clarified to include both the tops and **shorts**.

The rule stating that only Little Athletics branded shorts will be permitted to be worn at Region and State from October 2018, has been removed.

To allow greater flexibility in both colour and Centre identification, while still maintaining an approved competition design, the following rule will now apply from the commencement of the 2018-2019 Track & Field season.

- Only shorts manufactured by the licensed LAVic uniform suppliers can have the **LAVic logo** or the **LAVic & Centre logo / number** printed on them.

Please note: the Centre logo / number by itself is not approved.

To assist Centres / Clubs in implementing this change, there are 3 options available:

1. Plain shorts – local supplier or retail shop, existing Centre / Club colour, No logos.
2. Use current Little Athletics branded shorts in Black and Navy, limited stock in some sizes.
3. Approved shorts from licensed uniform suppliers – there are 2 designs available, running shorts or bike shorts; these are sublimated and can be of custom design to include Centre colours / designs. The LAVic logo will be on the front right hand side. Option to have Centre logo / number on front left hand side. The supplier's logo will appear on the back. The custom design will allow Centres to match their shorts with their singlet / t-shirt / crop top design for an exciting uniform.

The above provides options for Centres / Clubs to either transition to a new concept or maintain their current position and supply. Further details will be advised in the updated Centre uniform booklet, details on designs and pricing will also be supplied.