



ATHLETICS WEST

**2020 ATHLETICS WEST STATE TRACK & FIELD RELAY CHAMPIONSHIPS
12 DECEMBER 2020, WA ATHLETICS STADIUM**

RULES & REGULATIONS

Last Updated 7 December 2020

ATHLETES, CENTRE TEAM MANAGERS, PARENTS & OFFICIALS ARE REQUESTED TO READ THE FOLLOWING VERY CAREFULLY

These Championships will be conducted according to the rules of Athletics West, Little Athletics Australia, Athletics Australia, and World Athletics.

World Athletics Rules: <https://www.worldathletics.org/about-iaaf/documents/book-of-rules>

Little Athletics Australia: <https://littleathletics.com.au/competition/standard-rules-of-competition/>

Athletics West – Little Athletics: <https://www.athleticswest.com.au/about/policies-reports/>

Athletics West – Senior: <https://www.athleticswest.com.au/athletes/track-and-field-season/>

1. UNIFORMS

Little Athletics - All athletes entered in the Championships must wear their approved Centre Uniform. No Club singlets will be allowed.

Open – All athletes entered in the Championships must wear their approved Club Uniform or Athletics West Independent Uniform.

2. COMPETITION BIBS

- i. **Little Athletics Championships:** All athletes must wear their 2020/2021 Season Membership numbers and age group tags as outlined in the Little Athletics Rules of Competition.
- ii. **Senior Athlete Competition:** All athletes must wear their 2020/2021 Season Membership numbers.

NOTE: If this event is a Senior Athletes first competition for the 2020/2021 seasons, bibs will be available from the **Technical Information Centre (TIC)**

Competition bibs must be affixed to the front of their uniform with no less than four pins or sewn to the shirt. The entire bib including sponsorship information must always be visible and no part of the bib shall be folded under the uniform.

Little Athletics Athletes will have ONE (1) competition bib. Senior Competition athletes will have TWO (2) competition bibs and must be affixed to the front and back (except in jumping events where only one is required)

Hip numbers will be provided in the Call Room for all 4 x 200m, 4 x 400m & 4 x Medley Relay Races.

3. CONFIRMATION OF ENTRIES

All Centres entries are deemed to be confirmed on receipt by Athletics West of event entries. Athletes and/or Team Managers are not required to CHECK IN or confirm entries.

Confirmation of entries for each event is the responsibility of each centre.

Entries are to be completed using either of the nomination protocols:

Little Athletics: Results HQ and Google Form

Seniors: <https://www.athleticswest.com.au/events/79421/>

4. SCRATCHINGS

Once entries have closed and you are required to scratch from the event please follow the below process:

- a. Prior to the event: Contact jake@athleticswest.com.au or heath@athleticswest.com.au
- b. Day of event: The Team Manager or athlete must notify the **Technical Information Centre (TIC) Manager** prior to the start time of the first event in your age group/gender.

5. WARM UP & TRAINING

Athletes may warm up on the main track until 09:30am, following that time athletes must warm up outside of the black barriers or behind the grandstand.

General warm up will not be permitted elsewhere in the arena, except for field events once the previous event has finished and you have passed through the Call Room. Athletes will not have access to the main track other than when they are led out from the Call Room prior to their event.

At the conclusion of your event, all athletes **must** leave the main track immediately.

6. CALL ROOM PROCEDURES:

There will be a call room in operation. This is located at the Southern End of the grandstand (Near the 100m start line) and will be split into TWO (2) areas, one for track and one for field.

ALL athletes are required to report into the Call Room prior to **each** event/discipline.

The Call Entry Times at the CALL ROOM are (prior to scheduled event starting times):

- Track Events – 20 mins prior
- Field Events – 35 mins prior

This time allows for marshalling and movements to the competition site. The remainder of the time may be used to complete the warm-up at the competition site where the competition site is not in use (under the supervision of the officials).

ALL athletes must report to the call room on time with their 2020/2021 season competition bibs attached with no less than four (4) pins on the front (Little Athletics Athletes) OR front and back (Senior Competition athletes) of their competition uniform (except for jumping events where Senior competition athletes may choose to wear the bib on either the front or the back).

Where a team / athlete fails to report to the call room prior to the last athlete crossing the Call Room departure line, then the team / athlete shall not be permitted to join the event.

No calls will be made during the event. Calls will only begin if the program falls behind or changes need to be made to the program.

Athlete entry to the call room may not be before the scheduled time due to large number of event processing through.

The Call Room Referee shall apply their discretion when permitting the inclusion of late athletes to an event. In general, inclusion of late athletes will only be permitted in exceptional circumstances (such as a medical emergency – whereby a Medical Certificate by the approved appointed Medical Official is provided). Where this occurs the Call Room Referee shall complete and sign an 'Athlete Late Arrival Notice', citing the reasons for allowing the athlete to compete. The athlete, and the signed notice, are to be taken to the event site and handed to the site Chief Judge. The 'Athlete Late Arrival Notice' shall be submitted with the event results.

In the Call Room athletes will be expected to demonstrate that their competition uniform, singlet and numbers, shoes and other equipment comply with the competition rules.

Spikes are not permitted to be on athletes' feet whilst in the call room unless they are suitably covered.

Athletes will proceed to the start of their event from the Call Room ACCOMPANIED BY A CALL ROOM OFFICIAL OR FIELD EVENT OFFICIAL. Athletes who proceed to the event not accompanied by an official may not be allowed to compete in the event.

If an athlete is already or likely to be competing in another event at the designated call time the athlete or someone on his/her behalf must notify the Call Room of this prior to the designated call time.

7. PERSONAL ITEMS IN CALL ROOM

The Call Room Judges shall permit athletes to take items to site including athlete bags, towels, clothing, shoes (not including shoes exceeding spike sizes for that event), water bottles, drinks, snacks and other items required for the conduct of the event (e.g. high jump athletes may take tape to mark their run up).

Where markers for run ups are supplied by the Organising Committee, personal markers shall not be used on site.

Items not permitted on site include mobile phones, music devices or other similar devices; these are to remain with parent/guardians or in your bag and are not to be taken out during the competition.

8. FALSE START RULES

I. Little Athletics Competition

This event will be conducted under Athletics West – Little Athletics Program Rule TR 16.13 (b) and (c)

TR16.13 (b): U9 – U13 age groups

A maximum of **TWO (2)** false starts per race shall be allowed without disqualification, regardless of which athlete is responsible. Any athlete responsible for a subsequent false start shall be disqualified.

TR 16.13 (c): U14 – U17 age groups

A maximum of **ONE** false start per race shall be allowed without disqualification, regardless of which athlete is responsible. Any athlete responsible for a subsequent false start shall be disqualified.

II. Senior Athletes competition

This event will be conducted under World Athletics Rule TR 16.8

Any athlete (team) responsible for a false start shall be disqualified

9. PROGRESSION TO FINALS (TRACK):

Rules for progression and qualifying rounds are as follows.

For 4 x 100m Relays

4 heats	First per heat plus next 4 fastest to finals
3 heats	First 2 per heat plus next 2 fastest to finals
2 heats	First 3 per heat plus next 2 fastest to finals

The 'next fastest' will be decided on times to 0.01sec. If the times are equal, then the highest placing in the round will determine who will progress to the next round if there is no spare lane available. If athletes are still equal and no spare lane is available, the photo finish will be re-read to 0.001 second if possible. If further ties remain then there will be a coin toss.

The draw shall be made at least **one hour** before the advertised starting time of the event.

In such a case where only 9 teams report to Call Room for Heats, these races will be turned into Straight Finals and will be run at Final Time.

10. U9 & U10 TRACK RELAY CHANGEOVER DISPENSATION

Athletes running the second, third and fourth relay legs shall be placed inside the takeover zone by the officials at the commencement of the race.

Note: Athletes are not required to commence from this position.

The baton should be passed within the takeover zone; however, no disqualification shall occur if the baton is passed outside the takeover zone.

Note: The spirit of the rule is to enable younger athletes to learn the art of baton passing without the pressure of disqualification. Abuse of the spirit of the rule may result in disqualification.

11. EVENTS OFFERED IN LITTLE ATHLETICS FIELD RELAY COMPETITION

The following events will be on offer for the Little Athletics Competition Field Relays.

- U9 Girls & Boys Discus, Shot, Long Jump, Turbo Javelin
- U10 Girls & Boys Discus, Shot, Long Jump, Turbo Javelin
- U11 Girls & Boys Discus, Shot, Long Jump, Triple Jump
- U12 Girls & Boys Discus, Shot, Long Jump, Triple Jump
- U13 Girls Shot, Javelin, Long Jump, Triple Jump
- U13 Boys Discus, Shot, Long Jump, Triple Jump
- U14 Girls & Boys Shot, Javelin, Long Jump, Triple Jump
- U15 Girls & Boys Shot, Javelin, Long Jump, Triple Jump
- U17 Girls Shot, Javelin, Long Jump, Triple Jump
- U17 Boys & Mixed Shot, Discus, Long Jump, Triple Jump

12. FIELD RELAY EVENTS

Each team shall consist of a minimum 2, and maximum of 4 athletes from the same age group and gender.

Athletes shall not compete in more than 2 events within their age group field relay.

Only one member per team shall contest each individual event and all four events must be contested by the team to be eligible for awards.

In throwing events and the horizontal jumps, all athletes will have three (3) trials.

U17 equipment specifications shall apply to the combined U16/17 age group.

Site Officials will define the permitted 'area of competition' for athletes. Athletes shall not leave this area during competition without the permission of the Chief Judge.

On completion of each field event, results are to be immediately taken to the results room for verification.

13. SCORING

Points shall be awarded for each event and combined within the team to achieve an overall point score. The points allocation is not linked to position within each individual event, but based upon performance. i.e. The closer the distance achieved is to the record mark, the more points are awarded.

14. FIELD EVENT COACHING

A marked coaching area will be allocated for each field site. Coaches may only directly coach athletes from within the defined area.

15. FIELD EVENT TIMING:

The following time limits will apply to this event:

	Field Events
All rounds of competitions	60 seconds
When only 2 or 3 athletes left	60 seconds
When only 1 athlete left	N/A
Consecutive trials	2 minutes

16. TRIPLE JUMP MINIMUM MATS

The following minimum mats distances will apply:

Age Group	Board
Under 11 (Men)	5m
Under 11 (Women)	4m
Under 12 (Men)	5m
Under 12 (Women)	5m
Under 13 (Men)	6m
Under 13 (Women)	5m
Under 14 (Men)	6m

Age Group	Board
Under 14 (Women)	6m
Under 15 (Men)	6m
Under 15 (Women)	6m
Under 16 (Men)	6m
Under 16 (Women)	6m
Under 17 (Men)	6m
Under 17 (Women)	6m

17. OPEN EVENTS

The following Open events on offer are as follows:

- 4 x 100m Women & Men
- 4 x 400m Women & Men
- 4 x Distance Medley Relay (1200-800-400-1600) Mixed
- 2 x Long Jump (1 Male & 1 Female)
- 2 x Shot Put (1 Male & 1 Female)

Clubs may enter a (B) team in the Track Relay events but please note these teams will not be eligible for medals.

The Field Relay teams involve two athletes (1 male/1 female) competing in Shot Put (Open weight division) and two athletes (1 male/1 female) competing in Long Jump.

Athletes can compete in both Long Jump and Shot Put.

The club with the highest combined score are the winners.

18. MIXED UNDER 15 – 17 DISTANCE MEDLEY RELAY RULES (200M – 200M – 400M – 800M)

The race must consist of 2 Males and 2 Females from any of the 3 age groups.

Males and Females can run in any order in the race.

The race starts the same as a 4 x 400m relay at the start line.

The second runner will receive the baton at the 4 x 100m Relay Changeover Zone at the 200m start line area.

The third runner would exchange in the standard blue 4 x 400m Relay Changeover Zone at the start line area and then they break to run in lane one at the green break line at the beginning of the back straight (1500m Start Area).

The fourth runner will exchange in the same way they would do a 4 x 400m Relay exchange, but the final runner will do 800 meters.

19. ALL ABILITIES RELAY TEAM ENTRY

All Abilities teams are open to any individual or group of athletes with a physical, learning, or behavioural condition that would prevent them from participating in their own age group team event.

We encourage athletes, whether they have received a specific para-classified or not, to enter for these events. Where required an athlete is welcome to receive support from a parent/family member or carer throughout the event.

Teams must be made up of 4 athletes but can be of different genders and age groups.

Teams can also be made up of athletes from multiple centres to be able to enter a team.

Distances for the All Abilities events will be 4 x 100m & 4 x 200m.

20. 4 x 200m RELAY

The 4x200m Relay events will be run in lanes for the first two legs, as well as that part of the third leg up to the break-line at the start of the back straight (i.e. the line where athletes merge in an 800m race), where athletes may leave their respective lanes and merge to lane 1.

21. PRIVATE IMPLEMENTS

As this event is predominately a Little Athletics Championships and due to the limited availability of accredited Technical Managers, Private Implements will **NOT** be accepted for inclusion at this event.

22. STARTING BLOCKS

Only starting blocks provided by Athletics West are permitted to be used. Private blocks are not permitted.

i. *Little Athletics Championships:*

Starting blocks may be used by athletes in the U11 and above age groups for all races up to and including 400 meters.

ii. *Senior Athlete Competition:*

Starting blocks must be used for all events up to and including 400 meters.

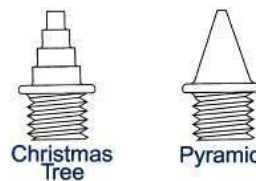
23. SPIKES

Number of Spikes: The number of spikes positioned in the shoe shall not exceed 11 spikes.

Dimension of Spikes: To maximise performance and prevent damage to the Mondo surface, athletes must not use sharp spikes. The only spikes permitted for use on the track are Christmas Tree and Pyramid Shape variety. The spike must be constructed that it will, at least for half of its length closest to the tip, fit through a square sided 4mm gauge.

For all training and competitions at WA Athletics Stadium spikes must conform to the below rules:

<u>Events</u>	<u>Maximum</u>	<u>Type</u>
Track events	7mm	pyramid / Christmas Tree
Pole Vault and Long Jump	9mm	pyramid / Christmas Tree
High Jump & Javelin	12mm for heel	pyramid / Christmas Tree



24. POST EVENT PROCEDURE

All athletes must exit the Field of Play through the Post Event Control area, which is located near the finish line. Officials will direct athletes to this area.

Athletes MUST NOT exit the Field of Play by any method other than through this area.

25. MEDAL PRESENTATIONS

Track Relays

After Track Finals, medal presentations will be made as soon as possible after the event. Medallists will be called to the Medal Presentation by the announcer. Each athlete must wear either their competition singlet or tracksuit top for the victory ceremony.

Field Relays

After the final points score for field events are listed for each age group/gender, medal presentations will be made as soon as possible after the event. Medallists will be called to the Medal Presentation by the announcer. Each athlete must wear their approved Centre Uniform for the victory ceremony. Medals will be awarded to athletes that place first, second and third overall.

Medals can only be presented once 15 minutes has passed following the posting of results online with no protests being lodged.

26. RECORDS

Individual State Records and Australian Best Performances (ABP's) will be recognised where applicable.

Records shall be maintained for the athlete overall individual point score, based on the World Athletics Scoring Tables. Inaugural records will apply for any competition with a new event composition.

27. AWARDS / CENTRE PERPETUAL TROPHIES

Athletes compete as a Team for their Centre for an overall trophy determined by a separate point system.

Team points are to be awarded as follows:

- a. The final points of the top three age/gender competitors per Centre who have competed in all events will be totalled.
- b. The Centre in that age/gender group with the highest points will be awarded 20 points and the next highest 19 points and so on.
- c. The Centre who has the highest amount of points when all age/gender groups are combined will be the winner of the trophy.

28. PROTESTS & APPEALS

Protests must be made by the Team Manager, in writing, on the approved protest form within 15 minutes of the official results being posted. The organising committee shall be responsible for recording the time of posting. The protest must be handed to the Technical Information Centre (TIC) and must be accompanied by a deposit of a \$55 protest fee (\$50 plus \$5 GST). Exact Cash or Cheque ONLY.

When a protest is lodged with the TIC, the name of the protesting Centre and the reason for the protest is to be notified to all Team Managers and the main recording room.

One of two types of reasons will be notified – either on a technicality or on the judge's decision.

The decision will be conveyed to the relevant Team Manager/s prior to being notified to the Team Managers of other Centres. The notification shall be either - dismissed, upheld, or sent to Jury of Appeal.

There shall be a "Right of Appeal" to the Jury, which must be lodged within 15 minutes after the notification of the decision. The Appeal must be in writing and lodged with the TIC with an additional deposit of \$55 (\$50 plus \$5 GST) Exact Cash or Cheque ONLY.

All Team Managers will be notified that an Appeal has been lodged.

To arrive at a fair decision, the Jury of Appeal only, may consult all available evidence including video evidence.

Personal video evidence may only be used if, in the opinion of the Jury of Appeal, it is deemed to be conclusive and clear.

The decision will be conveyed to the relevant Team Manager/Managers prior to being notified to the Team Managers of the other Centres. The notification shall be either – dismissed or upheld.

The protest fee as set by the Association, will be refunded if the protest is upheld by either the Referee or the Jury of Appeal. If the protest is dismissed, the fee will not be refunded. If the protest is deemed frivolous by the Jury of Appeal, the deposit will not be refunded.

29. TEAM MANAGERS

All Centres with competing athletes must have a Team Manager sign in at the Technical Information Centre (TIC) by 9:45am.

30. PROGRAMME CHANGES

Any updates to the timetable will be posted on the Athletics West website at www.athleticswest.com.au

31. POSTPONEMENT OR CANCELLATION OF EVENTS OR COMPETITION

The Competition Director, Meeting Manager & Referees shall consult with the Athletics West Event Directors (Competition & Development Officer and GM, Pathways) as outlined in the LAA Severe Weather Policy to agree and decide if the remainder of the program yet to be conducted shall be postponed, cancelled or relocated due to conditions impacting the safety of athletes and/or Officials at risk.

The Event Directors will decide whether events not conducted on the day shall be conducted at a future date or cancelled for that year.

In the event of the program being abandoned for the day, all events completed, including track events where finalists have been selected, will stand.

If a field event, except High Jump, is not restarted, and all athletes have completed at least half the number of rounds allowed (i.e. 2 out of 4), then the field referee may deem the event to have been finished and final results will be determined based on performances on the completed rounds.

In High Jump where there are four or less athletes remaining in the event when it is stopped, the event will be deemed to have been finished and results based on performances recorded after the last completed round.

In High Jump where the number of remaining athletes exceeds four and the event is restarted then only those athletes who have not been eliminated from further jumping will be eligible to continue in the event. The event restart will have the bar set one increment above the height set for the last full round of jumps completed before the event was stopped. A full round is one which includes an athlete passing their turn by choice.

If a field event, except High Jump as determined above, is restarted, athletes are eligible to complete the event in accordance with the Competition Rules of Athletics West.