

**Athletics South Australia**  
**Track and Field**  
**Rules of Competition and Procedures 2018/19**  
As at 7<sup>th</sup> February 2019

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Competition Rules

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Except where otherwise stated, all Athletics SA competitions are conducted in accordance with the latest IAAF Rules on day of competition.

(IAAF Rules available at <http://www.iaaf.org/about-iaaf/documents/rules-regulations>)

## **General Competition Rules**

### **1. ASA Registration & Competition Number**

- a) Annual ASA athlete registration is valid from the 1<sup>st</sup> October 2018 to the 30<sup>th</sup> September 2019.
- b) As proof of registration, all competing athletes must wear their correct set of competition numbers securely attached to the front and back of their approved club singlet/crop top. The sponsorship logo/name forms part of the number and must be clearly visible.
- c) One Competition Number may be worn only during a jumping event, either on the front or the back of the singlet/crop top.
- d) Athletes without competition numbers will not be allowed to compete.
- e) If competition numbers are lost or damaged, athletes must apply to the Athletics SA office immediately for re-allocation of numbers at a cost of \$10.00 per set.
- f) If an athlete forgets their allocated competition number on event day, ASA Branded Paper replacements are permitted at a cost of \$2 and are only valid for that day of competition.
- g) ASA Paper replacements are not permitted at State Events.
- h) Winners of a State Championship title will be issued with numbers surrounded by a full (open) or half (U20) laurel wreath when registering for the following season.

### **2. Gender**

- a) Athletes must compete in events of their own gender.
- b) In **field events only**, athletes in club competitions may compete in an event of different gender provided they are given special permission by the Competition Manager. To obtain this permission the athlete must notify the Competition Manager via phone or email at least 24 hours before their event. This rule does not apply to any State Championships.
- c) Grounds for special permission are, but not limited to:
  - Advanced notice of late arrival to competition

- Advanced notice of leaving early
  - Key events on at the same time
  - Delay in previous event starting (on the day discretion)
- d) Where there are specific mixed gender events, any athlete can take part unless there is a ratio of gender specified.
- e) Where required in relay events, Females may run in a Men's Relay team and still be classed as a Male relay team. However if a Male runs in a Women's relay team the team will be classed as a Men's team.

### 3. Uniform

- a) Athletes registered with a club must wear the clubs registered uniform and comply with IAAF rules on competition clothing, shoes and numbers, including current ASA registration numbers with sponsorship logos visible
- b) Field athletes may wear skins/leggings provided they are unbranded and free from logos.
- c) First time athletes must wear neutral clothing (preferred black, navy or white – No Fluro) without large logos or advertising.
- d) Little Athletics registered athletes are encouraged to wear their Athletics SA Club Uniform. However if this is not available they must wear their Little Athletics club uniform with their current ASA registration number.
- e) Any instance of an athlete wearing incorrect club uniform will be referred to the Club Manager to resolve. If a Club Manager is not present on the day a letter will be sent to the Club Committee detailing the offence.
- f) Any part of the SA State Uniform MUST NOT be worn in any Athletics SA Club or State competition. This uniform is reserved for National Competition only.

### 4. Spikes & Shoes

- a) The sole and heel of the shoes shall be constructed as to provide for the use of up to 11 spikes.
- b) Competitors in **track events** shall not wear spikes that project more than 7mm (SA Athletics Stadium). These spikes shall have a maximum diameter of 4mm. For details on spikes for Nationals, please read the Rules and Regulations specific to that event and/or host stadium.
- c) **High Jump and Javelin** – Each spike which projects from the heel shall not exceed 9mm (SA Stadium) 12mm (Nationals). These spikes shall have a maximum diameter of 4mm.
- d) Spikes must not be worn for **discus, shot put or hammer** events.
- e) For safety reasons all athletes are required to wear closed footwear.

### 5. Safety

Competitors and Officials must respect IAAF Rules specifically concerned with safety issues especially in Throwing Events:

**a) IAAF Rule 180.2**

*Once a competition has begun, competitors are not permitted to use, for practice purposes:*

- i. the runway or take-off area;

- ii. implements;
- iii. the circles or the ground within the sector with or without implements.

**b) IAAF Rule 187.18**

*After each throwing, implements shall be carried back to the circle or runway and never thrown back.*

**c) IAAF Rule 190.1 and IAAF Rule 192.1**

*All discus/hammer throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and competitors.*

- d) Athletes must be 12 years old on the day of competition to be eligible to take part in the Hammer Throw.
- e) Competitors must not cross the infield area during any athletic competition.
- f) Competitors who need to get to the opposite side of the arena must go around the outside of circular running track. This includes competitors who are making their way to relay changeover zones. Walking across the infield is strictly prohibited.

## **6. Hot Weather Policy**

- a) The Hot Weather Policy uses the forecast published on the Bureau of Meteorology's website at 4.10pm two days before the competition. ([www.bom.gov.au](http://www.bom.gov.au))

- Forecast temperatures of **30 degrees or less** – no change
- Forecast temperatures between **31 and 37 degrees** – possible modifications to distance event programming when temperatures reach the upper end of this range
- Forecast temperatures between **38 and 40 degrees** - competition will move to a more suitable time of day, distance events over 1500m may be cancelled, and officials will be required to have a 10-minute break for each hour of competition
- Forecast temperatures **41 degrees and above** – competition may be postponed until after sunset with a modified program or cancelled

- b) For more information on the Extreme Weather Policy visit the ASA website and select *About / Constitution & Polices*

## **7. Coaching during competition**

- a) At Interclub Competitions, coaches are only permitted to enter the arena for the purpose of coaching their athletes during the warm-up period for their event.
- b) Coaches are not permitted at any time in the arena once their athlete's event has started. They must remain outside the competition area or in the prescribed area, unless they are officiating/helping on the event.
- c) In any Athletics SA Competition coaches who act as officials may give their athletes advice at the competition area in field events provided that it is done quietly and does not interfere with the conduct of the event.

## 8. Appeals

- a) Protests relating to an athlete's eligibility to participate in a competition must be made to the Competition Manager prior to the commencement of the competition. Once the Competition Manager makes a decision, there shall be a right of appeal to the Jury of Appeal. If the matter cannot be settled satisfactorily prior to the competition, the athlete shall be allowed to compete "under protest". Protests concerning the overall conduct of the competition shall be made to the Competition Manager with a right of appeal to the Jury of Appeal.
- b) Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event. Any protest shall, in the first instance, be made verbally to the relevant Referee by the athlete themselves or by someone acting on their behalf. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee makes a decision, there shall be a right of appeal to the Jury.
- c) An appeal to the Jury of Appeal must be made within 30 minutes of the official announcement of the decision made by the Referee. The appeal must be made in writing, signed by an Club Official (eg. Club Manager or Committee Member) on behalf of the athlete, and shall be accompanied by a deposit of \$20.00 which shall be refunded if the appeal is considered reasonable. The written appeal should be submitted to the Competition Manager who shall convene with the Jury of Appeal.
- d) The Jury of Appeal will consist of 3 people.
- e) If the Jury is unable to reach a decision, then the final decision will be made by the Competition Manager with no further right of appeal.

Unless otherwise provided for in these rules, all disputes will be adjudicated upon in accordance with the latest IAAF Competition Rules.

## 9. Records

- a) Competitors whose performances are close to existing Records and who require extra watches or Officials or wind gauge for a record attempt, must advise the appropriate referee at least one hour prior to the commencement of their event.
- b) Where a State Record is broken during a club/state level competition, an application form claiming the record must be completed and signed by the appropriate officials. The form should then be forwarded to the Athletics SA office. This is the responsibility of the Athlete.
- c) Where a State Record is broken during a national/international level competition, an application form claiming the record must be completed and forwarded to the Athletics SA office. No official sign off is required. This is the responsibility of the Athlete.

## 10. Technical Specifications

Hurdle Height and Distances									
	Age Group	Distance in m	No	Height in cm	Distance to 1 <sup>st</sup> Hurdle (m)	Distance Between (m)	Distance to Finish (m)	Holes	Color
Men	Open, U20	400	10	91.4	45	35	40	2	Green
	U18	400	10	84	45	35	40	1	Green
	U16, O35	200	10	76.2	18.29	18.29	17.10	0	Purple
	Open	110	10	106.7	13.72	9.14	14.02	4	Blue
	U20	110	10	99.1	13.72	9.14	14.02	3	Blue
	U18	110	10	91.4	13.72	9.14	14.02	2	Blue
	U16, O35	100	10	84	13	8.5	10.5	1	Yellow
U14	90	9	76.2	13	8	13	0	White	
Women	Open, U20	400	10	76.2	45	35	40	0	Green
	U18	400	10	76.2	45	35	40	0	Green
	U16, O35	200	10	76.2	18.29	18.29	17.10	0	Purple
	Open, U20	100	10	84	13	8.5	10.5	1	Yellow
	U18	100	10	76.2	13	8.5	10.5	0	Yellow
	U16, O35	90	9	76.2	13	8	13	0	White
	U14	80	9	76.2	12	7	12	0	Black

Steeple Specifications			
	Age Group	Distance in m	Barrier Height cm
Men	Open, U20	3000	91.4
	U18	2000	91.4
	U16, O35	2000	76.2
Women	Open	3000	76.2
	U20, U18, O35	2000	76.2

Implement Weights					
	Age Group	Shot Put	Hammer	Discus	Javelin
Men	Open	7.26kg	7.26kg	2kg	800g
	U20	6kg	6kg	1.75kg	800g
	U18, O35	5kg	5kg	1.5kg	700g
	U16, O50	4kg	4kg	1kg	700g
	U14	3kg	3kg	1kg	600g
Women	Open	4kg	4kg	1kg	600g
	U20	4kg	4kg	1kg	600g
	U18, O35	3kg	3kg	1kg	500g
	U16, O50	3kg	3kg	1kg	500g
	U14	3kg	3kg	1kg	400g

- Athletes must throw weight for age implements
- Athletes may use their own personal implement(s) for competition as long as the Technical Manager has certified the implement(s) on the day of competition. All other athletes in the same competition can choose to use these private implements or those provided by Athletics SA.

# Interclub

## 11. Dates of Competition

To view the full calendar of events, please head to the [Athletics SA Calendar](#) webpage.

## 12. Age Groups

Age as of December 31st 2018

U14		U15	U16	U17	U18	U20		OPEN		O35		O50
2006	2005	2004	2003	2002	2001	2000	1999	1998	1984	1983	1969	1968
12	13	14	15	16	17	18	19	20	34	35	49	50+

- a) Junior Athletes must compete in their own age group.
- b) A Junior Athlete is to compete in the appropriate age group based on their age as at the 31 December 2018.
- c) Athletes may only compete in one age group per event per day. *e.g. If in Shot the athlete is an U14 thrower and wants to compete in U16 Shot, they can do so but can't throw in the U14 shot on the same day.*
- d) Athletes competing outside their principal age group will not be eligible for Interclub points.
- e) Athletes who wish to compete out of their appropriate age group, either up or down, need to be seek approval from the Athletics SA Events Manager. To seek approval, an athlete must be able to achieve a performance within 10% of their national qualifying standard for that event and pick up an 'Event Permission Slip' from the function room to take the event each week.  
  
This rule is implemented to ensure that there are not a large number of athletes outside of their age group, which may cause a disadvantaging for those athletes competing within their appropriate age group.
- f) If an athlete in the "Over" Category would prefer to compete in the 'Open' category they can do so but must notify event staff 45 minutes before the start of their first event. Failure to do so will affect results and points will go to their principal 'Over' age group team.

## 13. Members Event Registration

- a) All event registration may be complete online. On-the-day registrations will not be accepted.
- b) Online Event Registration must be completed by 9am on the day of Competition.
- c) Should an athlete who has registered online need to scratch an event on the day, they must do so 45 Minutes before the start of their chosen event

## 14. Athlete Check in

- a) Check-In is located in the Function Room (1<sup>st</sup> Floor) of the SA Athletics Stadium.
- b) All athletes are required to highlight their name to acknowledge they are in the stadium and will be competing.
- c) Alternatively if an athlete would like to withdraw from an event they must scratch their name from that event.
- d) Online TRACK entries are required to 'Check In' for their event on the day of competition. Athletes must confirm their entry 45 mins before their event start time at the registration desk located in the Function Room.
- e) Online FIELD entries need to 'Check In' for their event 10 mins before their event start time. Field athletes do not have to check in at the registration desk.

## 15. Electronic Devices

- a) Mobile phones, iPods, iPads or MP3 Players are not permitted inside the competition area.

## 16. Track Rules

- a) Athletes must check in for the events in which they wish to compete **45 minutes prior** to the advertised starting time for the event to be seeded into heats that relate to the athletes previously recorded times.
- b) Athletes should report to the Starter's Assistants **10 minutes prior** to the start of the first heat of the track event for which they have registered.
- c) No event will start prior to advertised starting time unless all competitors are present and it is safe to do so.

### Starting Blocks

- d) For Interclub track events athletes are encouraged to use starting blocks but it is not compulsory (IAAF Rule 100). If athletes are using blocks, they must use a crouch start and have both hands in contact with the track. 3-point starts are not allowed.

*Please note that at National events, athletes are required to use starting blocks for track events up to and including 400m (including the first leg of the 4x100m, the Medley Relay and 4x400m). Athletics SA has adapted IAAF Rule 100 for starting blocks to be more inclusive for athletes who are unable or don't know how to use blocks.*

### False Starts

- e) For all races any athlete who false starts shall be disqualified.
- f) A disqualified athlete in an Interclub Competition shall be allowed to run in the last heat if there is a lane available, however they will not receive points or be eligible for qualifying standards or records.

### Hurdles

- g) Athletes in hurdle events are required to compete with the hurdle-height and spacing appropriate for their age group. *See Rule 10 for Height specifications.*
- h) It is the responsibility of the athlete to check on the 1<sup>st</sup> January each year, their hurdle-height and spacing appropriate for their National Qualifying age group competition. Heights and spacing's may change for athletes who go up an age group after the 31<sup>st</sup> December.

## Relays

- i) All athletes must nominate their intention to be a part of a relay team **45 minutes** prior to the advertised starting time for the event.
- j) Teams made up of more than one club are allowed, but will not be eligible for club points.
- k) Mixed relay teams are to be made up of 2 Women and 2 Men. There is no specific order that the mixed relays need to run, this is at the discretion of each team.
- l) Teams must report to the Starter's Assistants **10 minutes prior** to the advertised starting time. No event will start prior to the advertised starting time unless all teams are ready.
- m) Teams may change athlete relay positions prior to the team taking its place on the track. No changes can be made once athletes have taken their place.
- n) Clubs may enter as many teams as they like.
- o) Athletes must not move from the lanes until all teams have completed their change, all athletes have passed and it is clear to move from the track.

## **17. Field Rules**

- a) Athletes must be registered for the events in which they wish to compete **prior** to the advertised registration closing time. *Please check closing times and dates of registration as on the day entries are no longer allowed.*
- b) Athletes should 'Check-In' to the event site **10 minutes prior** to the advertised starting time.
- c) Where possible, officials will be present at event sites to permit athletes to begin warming up 10 minutes prior to the advertised starting time of their event. Athletes are not permitted to Warm Up on the competition field unless an official is present.
- d) Due to the programming of field events, an athlete shall be given **three attempts**. The top athletes who produce a result over the stated event standards are eligible for 1 extra attempt. Open athletes are eligible for 3 extra attempts providing there is enough time. *See Rule 15 j*
  - a. Athletes competing out of their appropriate age group ARE NOT eligible for extra throws.
- e) Athletes will be allowed 30 seconds per attempt for all Field Events. This rule does not apply to Pole Vault.
- f) If an athlete has multiple events on at the same time (a clash), the athlete is required to check in and identify themselves to the Event Recorder of all 'clashing' events to receive permission to come back. When the athlete reports back to an event, before its completion, they can then undertake their remaining trials with time permitting. If the competition has ended before the athlete returns, the athlete is not eligible for any additional trials at that time.
- g) Any Hammer thrower in the U14 Age Group or new to the event, must be able to clarify they have had adequate training and are competent in the event. Failure to provide clarification to the officials may result in the athlete being unable to compete.
- h) Anyone under the age of 12 is not permitted to compete in Hammer.



- i) Starting heights for High Jump and Pole Vault are specified in the program. The bar in the High Jump competition will be raised at 5cm intervals until two competitors remain. The bar in Pole Vault competition will be raised at 20cm increments for the first two rises then 15cm thereafter until two competitors remain. If deemed necessary, the Referee has the authority to amend these increments.
- j) Throwers wishing to use their own implements during the season must have these implements certified for competition by the Technical Manager prior to the commencement of their first seasonal event. To ensure sufficient time is available for certification to occur, implements must be lodged with the Technical Manager no less than **90 minutes prior** to the advertised starting time of the first event. Competitors are advised that all other throwers are allowed to use that implement, when in competition.
- k) The standard distances to achieve extra throws are designed to reward the top 3-5 athletes in each age group an extra throw.

### Able Bodied

<b>MEN</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>	<b>U20</b>	<b>Open</b>	<b>O35</b>	<b>WOMEN</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>	<b>U20</b>	<b>Open</b>	<b>O35</b>
<b>Long Jump</b>	4.75	5.80	5.90	6.30	6.30	4.20	<b>Long Jump</b>	4.40	4.85	4.90	5.00	5.05	4.00
<b>Triple Jump</b>	10.00	11.90	12.20	12.30	12.30	9.30	<b>Triple Jump</b>	9.90	10.10	10.10	10.15	10.15	8.00
<b>Discus</b>	23.00	42.00	36.00	27.00	35.00	36.00	<b>Discus</b>	24.00	29.00	29.00	30.00	31.00	24.00
<b>Hammer</b>	28.00	32.00	28.00	25.00	30.00	30.00	<b>Hammer</b>	21.00	25.00	25.00	35.00	40.00	25.00
<b>Javelin</b>	25.00	35.50	43.00	36.50	45.00	40.00	<b>Javelin</b>	25.00	28.50	30.00	20.00	35.00	23.00
<b>Shot</b>	8.00	13.20	11.00	9.00	11.00	11.50	<b>Shot</b>	9.00	10.00	10.00	9.50	9.90	9.00

*\*Extra attempt standards may change at any point in the season*

## 18. Timetables

- a) All timetables can be found on the ASA Website under *Events / Summer Comp Hub*
- b) Should the Hot Weather Policy apply to an event, timetable changes will be displayed on the website and on all social media outlets by 4.30pm 2 days prior to competition.

## 19. Equipment

- a) Blocks supplied by Athletics SA will be the only blocks permitted for use in competition.
- b) For Personal throws equipment see **Rule 15: Field Event Rule (i)**
- c) Should any equipment become broken, cracked or damaged in any way during competition by an athlete they must report the damage immediately to the event official so the item can be removed from competition and replaced

## 20. Interclub Premiership Point Scoring

- a) Only registered ASA club members competing in their correct age group will be eligible to score points during Interclub competition.
- b) There are 10 Age Group Club categories where points can be scored.
- Men's Under 14
  - Women's Under 14
  - Men's Under 16
  - Women's Under 16
  - Men's Under 18
  - Women's Under 18
  - Men's Open (Incorporating U20)
  - Women's Open (Incorporating U20)

- Men's Over 35 (Incorporating O50 & Masters)
- Women's Over 35 (Incorporating O50 & Masters)

c) Individual event points will be allocated on a sliding scale detailed below and added throughout the day to the overall club points:

Position	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
Points	20	18	16	15	14	13	12	11	10	9
Position	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup>	17 <sup>th</sup>	18 <sup>th</sup>	19 <sup>th</sup>	20 <sup>th</sup>
Points	8	7	6	5	4	3	2	1	1	1

d) Total club points for the day of competition will then be converted into Interclub Table Points. The points table is detailed below

Position	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
Total Comp Points	265	201	198	189	181	174	172	156	123	64	50	14
<b>Interclub Points</b>	<b>12</b>	<b>10</b>	<b>8</b>	<b>7</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>1</b>

e) Points will be allocated over the 12 Interclub rounds. The Club with the most Interclub Table Points at the end of the 12 weeks will be deemed the winner.

## 21. Officials and Club Duties

a) Officials and Club duties are available from the Function Room on event days. It is crucial that officials and clubs follow their assigned duties for event days.

# State Championships

## 22. List of State Events

To view the full calendar of events, please head to the [Athletics SA Calendar](#) webpage.

## 23. State Championships Age Groups

Age as of December 31st 2018

U14		U15	U16	U17	U18	U20		OPEN		O35		O50
2006	2005	2004	2003	2002	2001	2000	1999	1998	1984	1983	1969	1968
12	13	14	15	16	17	18	19	20	34	35	49	50+

Age as of December 31st 2019

U14		U15	U16	U17	U18	U20		OPEN		O35		O50
2007	2006	2005	2004	2003	2002	2001	2000	1999	1985	1984	1970	1969
12	13	14	15	16	17	18	19	20	34	35	49	50+

Age groups will be determined by an athlete's age as at 31 December the year of competition

## 24. Timetable of Programmes

- a) Draft timetables for championships will be available to download from the Athletics SA website:

[www.athleticssa.com.au/StateChampsHub](http://www.athleticssa.com.au/StateChampsHub)

- b) All athletes must enter State events promptly online so timetables can be finalised on time.

## 25. How to Enter

- a) Entries for State Championships must be completed online before the advertised cut-off date. All cut off dates can be found in Competition Information on our website.
- b) There will be strictly no entries taken after the advertised cut-off date.
- c) All entries must be done Online at [www.athleticssa.com.au](http://www.athleticssa.com.au)
- d) If online is not feasible for an ASA member, entries can be taken at the ASA office during office times, via post or over the telephone. This method will incur an extra \$2 admin fee.

## 26. Confirmation of Entries

- a) Athletes registering online will receive an instant confirmation of entry to their registered email address.

- b) **Failure to receive a confirmation email means your entry has not been processed.**  
Please double check your entry details before contacting the office.
- c) Athletes registering via post, phone or by coming into the office by close of registration will receive a reference number as confirmation.
- d) Any enquires regarding entries into any championship prior to competition day should be made to the Athletics SA office 8354 3477 or [info@athleticssa.com.au](mailto:info@athleticssa.com.au)

## 27. Athlete Check in

- f) Check-In is located in the Function Room (1<sup>st</sup> Floor) of the SA Athletics Stadium.
- g) All athletes are required to highlight their name to acknowledge they are in the stadium and will be competing.
- h) Alternatively if an athlete would like to withdraw from an event they must scratch their name from that event.
- i) Check in must be complete 45 minutes before the scheduled starting time of any event. This rule will be strictly enforced. Athletes who are late to check in will be scratched.
- j) Athletes may be required to report to a call room/meeting point before their event is due to start. Failure to go to the call room/meeting point may result in disqualification. Athletes will be taken to their event from this area.

## 28. Call room / Meeting Point

**Where applicable the following guidelines should be followed**

- a) All athletes are required to report to the Call Room prior to any event in which they will compete (heats & finals) dressed in their competition uniform and ready to compete.
- b) All Athletes must report to the Call room at least Track - 10 minutes prior to the scheduled time of their event, Field - 20 minutes prior to the scheduled time of their event
- c) Only Athletes and approved Officials will be allowed in the Call Room
- d) Once an athlete has reported to the Call Room they are not permitted to leave until they proceed to the start of the event accompanied by a marshal.
- e) If an athlete is likely to have a clash of events, the athlete must notify the Call Room and fill in a Clash Form listing all clashes.

## 29. Championship Competition Rules

- a) All events will be conducted in accordance with IAAF, Athletics Australia and Athletics SA rules
- b) Uniform will be as per **General Rule 3.**
- c) Coaches as per **General Rule 7.**

## **Age Groups**

- d) Age groups may be combined to provide for more efficient running of the competition.
- e) Athletes may participate in events other than their own age group on the provisos that they also compete in that same event in their own age group at the Championships.
- f) An athlete cannot compete in more than one age group when age groups are combined for an event.
- g) Where age groups are combined for an event, an athlete must compete in their own age group

## **Track**

- h) All athletes are encouraged but not required to use starting blocks for track events up to and including 400m. If athletes are using blocks, they must use a crouch start and have both hands in contact with the track. 3-point starts are not allowed.

*Please note that at National events, athletes are required to use starting blocks for track events up to and including 400m (including the first leg of the 4x100m, the Medley Relay and 4x400m). Athletics SA has adapted IAAF Rule 100 for starting blocks to be more inclusive for athletes who are unable or don't know how to use blocks.*

- i) For track events athletes are encouraged to use starting blocks but it is not compulsory. If athletes are using blocks, they must use a crouch start and have both hands in contact with the track. 3-point starts are not allowed.
- j) Athletes in any hurdle events are required to compete with the hurdle-height and spacing appropriate for their age group as of the 31<sup>st</sup> December in year of competition.
- k) It is the responsibility of the athlete to check on the 1<sup>st</sup> January each year, their hurdle-height and spacing appropriate for their State/National Qualifying age group competition. Heights and spacing's may change for athletes who go up an age group after the 31<sup>st</sup> of December. It is not the responsibility of Athletics SA to inform athletes.

## **Field**

- l) Athletes are required to check their Weights listed prior to competing in any State Event. It is not the responsibility of Athletics SA to inform athletes.
- m) If an athlete has multiple events on at the same time, the athlete is required to check in and identify themselves to the Event Recorder of all events to receive permission to come back. When the athlete reports back to an event, before its completion, they can then undertake the remaining trials with time permitting. If the competition has ended before the athlete returns, the athlete is not eligible for any additional trials at that time.

## **False Start**

- n) A disqualified athlete in a State Competition will be prohibited from running and asked to leave the start line. Only U14 age groups will be allowed one false start.

## **30. Heats and Finals**

- a) Number of heats will be dictated by the final number of entries 5-7 days before the competition.
- b) Progressions from heats to finals will be determined on the day after check in. Refer to the State Championships information on the website.

- c) If heats have insufficient athletes it will then become a final. The final will be run at final time on the timetable.

### **31. Exclusion from participation in Championships**

At all meetings **under IAAF Rule 12.1 (a), (b) and (c)**, except as provided below, a competitor shall be excluded from participation in all further events in the competition, including relays, in cases where:

- a) A final confirmation was given that the athletes would start in an event but then failed to participate so that it was not practical to delete that name officially from the list of starters for that event.
- b) The athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further
- c) Failure to participate includes failure to compete honestly with bona-fide effort. The relevant referee will decide on this and the corresponding reference must be made in the official results. This rule will not apply to combined event individual events.

### **32. Protests**

Please see **Appeals** under **General Rules No. 8**

### **33. Equipment**

- a) Blocks supplied by Athletics SA will be the only blocks permitted for use in competition.
- b) All field equipment must be submitted to the Technical Manager in the equipment shed at least 90 minutes prior to the advertised starting time.
- c) Should any equipment become broken, cracked or damaged in any way during competition by an athlete they must report the damage immediately to the event official so the item can be removed from competition and replaced.

### **34. Electronic Devices**

- b) Mobile phones, iPods, iPads or MP3 Players are not permitted inside the competition area, during State Competitions.
- c) The competition area is defined as The Call Room, The Main Area and the Check in Area.

### **35. Medals & Presentation**

- a) Where possible presentations will occur no more than 15 minutes after the final event has commenced.
- b) Medals will be awarded to the first three ASA registered athletes of each event.
- c) State Titles will be awarded to the first ASA registered members of each event.