

## ATHLETICS REGULATIONS

(a) The Combined Athletics Sports Meetings will be held in September at the most appropriate available venue as decided by the Sports Coordinator's Committee. All arrangements will be organised by the Sports Coordinators' Committee.

(b) Age groupings for boys and girls are taken as at **30<sup>th</sup> June**.

(c) **EVENT LIMITS:**

**Boys** may compete in a maximum of **four events (including relays)**.

No boy may compete in the same event in more than one age group.

**Girls** may compete in a maximum of **four individual** (includes 4x400m) and **one 4x100m relay event**.

No girl may compete in the same event in more than one age group.

(d) **Events conducted are as follows:**

### **In all Age Groups**

100 metres; 200 metres; 400 metres; 800 metres; 1500 metres; 4 x 100 metres ; Hurdles; High Jump; Long Jump; Triple Jump; Shot Put and Discus.

### **Additional Open Events**

Boys 3000 metres (teams and individual), Boys 4 x 800 metres and 4 x 400 metres (boys and girls)

<b>Discus weights (kg)</b>	<b>Boys</b>	<b>Girls</b>
Open, Under 17	1.5	1.0 (all age groups)
Under 16, 15, 14, 13	1.0	

<b>Shot Put weights (kg)</b>	<b>Boys</b>	<b>Girls</b>
Open, U17	5.0	3.0 (all age groups)
Under 16, 15	4.0	
Under 14, 13	3.0	

<b>High Jump starting heights (metres)</b>	<b>Boys</b>	<b>Girls</b>
Open	1.50	1.15
U17	1.45	1.15
U16	1.40	1.10
U15	1.35	1.05
U14	1.25	1.00
U13	1.20	1.00

(e) **Hurdles details**

	<b>Race distance</b> metres	<b>Height</b> cm	<b>Flights</b>	<b>Interval</b> metres	<b>Approach</b> metres	<b>Finish</b> metres
<b>Boys</b>						
Open, U17	110	92	10	9.14	13.72	14.02
Under 16,15	100	84	10	8.5	13.00	10.50
Under 14	90	76	9	8.0	13.00	13.00
Under 13	80	76	9	7.0	12.00	12.00
<b>Girls</b>						
Open, U17	100	76	10	8.5	13.00	10.50
Under 16,15	90	76	9	8.0	13.00	13.00
Under 14,13	80	76	9	7.0	12.00	12.00

(f) **Elimination Heats**

Due to the limited number of lanes for circular events, heats will be necessary to determine ninth place in all 200m; 400m; 4 x100m and 4 x 400m events. Where heats have been necessary, **no points** will be awarded to a school that does not field a team or competitor, fails to finish, or is disqualified in the Elimination heats.

(g) **Scoring**

Where heats have not been necessary, no points will be awarded to a school that does not field a team or competitor, fails to finish, is disqualified. However, in events where elimination heats have been held, schools which do not field a team or competitor, are disqualified or fail to finish **on the day of the championship**, will revert to last position of those remaining in the event, with points awarded accordingly. \*As per (f), no points are awarded to a school that does not field a team or competitor, fails to finish or is disqualified in the Elimination heats.

In Field events, where a competitor fails to register a performance (i.e. does not qualify), no points will be awarded.

**Boys**

1st 9; 2nd 8; 3rd 7; 4th 6; 5th 5; 6th 4; 7th 3; 8th 2; 9th 1

**Girls**

1st 6; 2nd 5; 3rd 4; 4th 3; 5th 2; 6<sup>th</sup> 1

(h) **Uniform**

Stewards will insist that all competitors wear their team uniform as nominated by the school.

- Participants in Field games are **not** permitted to compete in tracksuits.
- Socks, if worn, must be predominantly white or black.
- T-shirts **are not** to be worn beneath school uniforms and **caps are not permitted**.
- Basketball or numbered singlets **are not** permitted to be worn
- Compression garments (e.g. Skins) may be worn, but **must** be skin coloured, black or predominantly match the colour of the school's athletics shorts. These shorts **must be above knee length** and should display minimal branding.
- Shorts **must be worn over all compression garments**, unless nominated as part of the school's athletics uniform.

- (i) Competitors are **not permitted** to use paint on their face/body or display 'body art' (eg. school names or slogans) at any time throughout the event.

(j) **Reporting for Events**

- Competitors in all Track events (other than 4 x 100 metres Relays) should report to the Assistant Starter **ten minutes before** the starting time of their event. It is entirely the responsibility of each school to see that competitors report to the marshaling area in good time.

- In the case of the 4 x 100 metres Relays, competitors will be called to report to the Relay Marshal in the fenced area near the finish line at appropriate intervals.
- Competitors in Field events will be allowed on the arena 5 minutes before the starting time of their event (or as soon as the previous event in that area is concluded), to measure run-ups etc. They must provide their own tapes for this purpose. They must complete their preparation and be ready to compete by the starting time of the event, unless the previous event is running overtime.
- If a student is competing in two events which are close together on the program, he/she should report to the official for both events, then make their way to the earlier event. **Where a competitor fails to report in prior to the commencement of any field event, he/she will forfeit any jumps or throws missed and will not be permitted to have practice throws or run-ups.** Where a competitor has reported correctly prior to the event and subsequently left, he/she will be allowed to return, measure, have two practice run-ups where necessary, and have a full quota of jumps or throws. **THE COMPETITOR MUST RETURN NO LATER THAN 5 MINUTES PRIOR TO THE COMMENCEMENT OF THE NEXT FIELD EVENT IN ORDER TO COMPLETE THEIR ATTEMPTS.** In the High Jump, if the athlete is not present when called to jump, s/he will be considered to have 'passed' at that height.

(k) **Teams Events (Boys only)**

The 3,000 metres Open (3 competitors) and 1,500 metres Under 16, 15, 14 and 13 (2 competitors) are conducted as teams events. Points will be awarded to schools for their overall placing. The finishing positions of the runners for each school with the lowest total will be awarded first place, second lowest second place, and so on, down to ninth position.

If a tie occurs in 1,500 metres team events, the school whose best runner was placed higher shall be placed above the other tied school. If a competitor fails to finish or is disqualified, his school will be placed behind the schools whose full complement of runners completed the race. Points will also be awarded in the Open 3000 metres for the first finisher from each school i.e. it will carry double points.

(l) **Field Events**

Competitors in **Long and Triple Jumps, Shot Put and Discus** will be permitted **three (3)** attempts.

**High Jump**

Schools are reminded that;

- (a) the bar will be raised by 5cm for all competitors for each new height, until four (4) boys and three (3) girls, or fewer remain. Thereafter, the bar will be raised by 2cm increments.
- (b) time limits on competitors will be enforced where required (refer 'Instructions for High Jump Officials' for time limits).

(m) **Starting**

The crouch start must be used for all events up to and including 400 metres. Athletes using starting blocks are not permitted to have someone stand on their blocks to stabilise them.

The IAAF false start rule **will not** be implemented. The rule allowing one false start will be maintained.

(n) **Finishing**

Athletes should be strongly discouraged from theatrical displays of arrogance or petulance before or after crossing the finish line. **An athlete who throws the relay baton after finishing, is liable to disqualification.**

(o) **Equipment**

The shots, discus and relay batons supplied, must be used. Competitors may bring their own starting blocks.