

THE SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION INC.

RULES OF COMPETITION

1 General

1.1 Objects

These Rules set down the requirements for all competitions conducted by or on behalf of the Association and are to be used as a guide to centre competition. All competitions are to be conducted under the rules set down herein.

1.2 Benefit of the Doubt

Where there is any doubt, the benefit of the doubt must go in favour of the athlete.

1.3 Priority of Rules

The following documents collectively define the rules of competition for the association. When determining the applicable rules for a competition, the documents should be consulted in the following order:

- Event specific rules (Conference Folder)
- General Rules of Competition (this document)
- Modified Rules for Little Athletics – Officials Club Handbook
- IAAF Handbook

Where there is a conflict between the documents concerning a particular rule, the highest priority document will be definitive.

1.4 Officials

1. It is a condition of entry for all Association events that:
 - a. The Centre will provide a Centre Recorder to assist with result entry at the requested time
 - b. The Centre will be allocated other officiating duties at the event that are to be filled by parents/guardians and officials from that Centre.
 - c. Failure to do so may result in the Centre being denied entry to future Association events.
2. Officials at each event will be made up of parents and friends of Little Athletes under the guidance of the Chief Officials of the Association.
3. The full support of every parent and their Centre is therefore absolutely essential in making a safe and successful event for the athletes involved.
4. For championship events, parents should not officiate at field events where their children are competing.
5. **Please note that all people officiating at these meetings are volunteers.**

1.5 Age Group Competition

1. Athletes are required to compete in their correct age group in all competitions.
2. Note that where an event is scheduled as a combined age group event, all athletes in the prescribed age groups will be considered as competing in the correct age group.
3. An athlete's age group is determined by their age as at midnight on the 30th September.
4. A child must be 3 years old to be registered in the Tiny Tots age group.
5. A child must be 5 years old before they may be registered in the Under 6 age group.
 - a. Registered Tiny Tots who have turned 5 during the season may participate with the Under 6's at Centre competitions, however will still be classed as Tiny Tots.

1.6 Uniform

All athletes must compete in their full correct centre uniform. **Athletes reporting to their events without correct uniform will not be permitted to compete.** Full uniform (including shoes) must also be worn for all medal presentations. Full uniform consists of:

Centre Top – The top must have the current season's age group badge, registration number and sponsors patch securely attached, with the sponsors logos and numbers clearly visible. **There should be no other badges attached to the top.**

Shorts – Athletes must wear shorts, sports briefs or two-way stretch above the knee shorts (commonly referred to as bike shorts or skins) in their centre's approved colours. The shorts may have a centre logo on the lower left leg. Any other logos must be covered with tape.

Bike shorts may be worn underneath regular running shorts. These shorts will only be accepted as a uniform item when

1. They are above the knee in length
2. They are in the centre nominated colour
3. They do not feature any logos
4. They do not have contrast stitching

Centres must specify the colour of bike shorts permitted to be worn beneath the running shorts. This is to be **one** of

1. The same colour as the centre shorts
2. Black
3. White

The description of the uniform used for determining if an athlete is in the correct uniform is that provided to the Association Office at the time of the annual affiliation of the Centre. All changes to centre uniform must be approved by the Board of Directors.

Athletes requiring alternative uniform items for medical or cultural reasons may request an exemption by writing to the Competition & Technical Director, c/o the Association Office.

1.7 Footwear – Spikes

Shoes are compulsory for **ALL** competitors in **ALL** events.

1.7.1 Definitions

1. Spike(s) – A metal spike inserted into the sole of a spike shoe.
2. Spike shoe - A shoe with screw holes in the sole capable of accepting spikes.
3. Moulded sole - A shoe with plastic or rubber mouldings in the shape of spikes or wedges protruding from the sole of the shoe.

1.7.2 Safety

Spiked shoes should not be worn in the stands or outer areas of the track.

1.7.3 Rules

1. All shoes must be a running style shoe. A running style shoe is one that encloses the foot and is fastened with laces and/or Velcro. Shoes intended as football boots or similar will not be permitted.
2. Athletes in the Under 12 age group and above may wear **spike shoes with spikes fitted** in the following events:
 - a) Track events – 100m, 200m, 400m, 60m Hurdles, 80m Hurdles, 90m Hurdles, 100m Hurdles, 200m Hurdles.
 - b) Field Events - Long, Triple and High Jumps and Javelin.
 - c) Those sections of a relay held wholly in lanes (i.e. all runners in a 4x100m, only the first runner in a 4x400m.)
3. Athletes in the Under 9 to Under 11 age groups may wear **spike shoes with the spikes removed** in the following events:
 - a) Track events – 70m, 100m, 200m, 400m, 60m Hurdles.
 - b) Field Events - Long, Triple and High Jumps, Javelin.
 - c) All runners in a 4x100m relay, the first two runners in a 4x200m relay, and the first runner in a 4x400m relay.
4. Spikes must not exceed 7mm in length.
5. Spikes, spike shoes or moulded sole shoes cannot be worn in the shot put or discus events.
6. Spikes are not permitted for the 800m, 1500m, Walks and those parts of the relays not conducted in lanes. Spike shoes with the spikes removed and moulded sole shoes are permitted in these events,

however if in the opinion of the marshals or start area officials the shoe has elements that may cause injury to other athletes, the athlete will not be permitted to wear the shoe.

7. Blanks may be used in a spike shoe, however if in the opinion of the officials the blank protrudes excessively from the sole of the shoe and may cause injury to other athletes, the athlete will be required to remove the blanks.

1.8 Team Manager

1. For each Association event, each participating Centre must nominate a Team Manager for the duration of the event. A Centre may also appoint an Assistant Team Manager.
2. The name of the Team Manager must be advised to the Arena Manager in writing prior to the start of competition.
3. Note that a Centre will not be allowed to enter a protest for any part of the competition unless the name of the Team Manager has been properly recorded at the required time.
4. If the nominated Team Manager must leave the venue before the end of competition, they must advise the Arena Manager of the name of an Assistant Team Manager who will take their place.
5. All Centres should ensure that athletes/parents are aware of the identity of their Team Manager.
6. The Team Manager is to act as liaison for their Centre officials, and to ensure that any events that the Centre is responsible for are properly staffed.

1.9 Disputes

1. A protest must be advised to the Arena Manager by the nominated Team Manager only, and within 10 minutes of the completion of the event.
2. Any protest must be accompanied by a fee of \$50 which will be forfeited if the protest is found to be frivolous.
3. Any protest must be confirmed in writing to the Arena Manager within 20 minutes of completion of the event on the prescribed form.
4. If a protest cannot be resolved satisfactorily between a protester and the Arena Manager, then either the protester or the Arena Manager may approach the Jury of Appeal for a resolution of the dispute.
5. The Jury of Appeal will resolve any protests submitted to them with both parties able to be heard.
6. If the Arena Manager and/or Jury of Appeal need to interview an athlete regarding a disputed event, the athlete's Team Manager will be permitted to observe the interview at the athlete's request.
7. **The decision of the Jury is final.**
8. Any Queries? ... See the Arena Manager.

1.10 Timekeeping

Two forms of timekeeping will be recognised as official for Association events – Electronic and Hand-held.

1.10.1 Electronic Timekeeping

1. Two methods of electronic timing may be used in Association competitions
 - a. Photo Finish
 - b. Timing Gates
2. Electronic timing will be used for all events up to and including 400m, where possible.
3. Timekeepers will be used on at least first and second place in Championship events for State Best Performance purposes.
4. The official time for the event will be the time recorded by the electronic timing system, which shall be recorded to the 1/100th of a second.
5. Where a performance is a State Best Performance, the official time for that athlete will be the hand held time.
6. Places will be determined by reading the results from the electronic timing system to the 1/1000th of a second. Athletes with the same published time may therefore be awarded different places.
7. Where lane discs are in use, athletes must pick up the disc in their lane at the completion of their event and present this to the trackside recorder. Failing to do so may result in their performance not being recorded for the event.
8. Times recorded by the electronic timing system may be converted to hand-held equivalent times in the following manner:
 - a. If the system is started automatically from the gun, the times will be converted by subtracting a constant factor (0.24 seconds) from each time and then rounding up to the next whole tenth of a second.
 - b. If the system is started manually by a timekeeper, the times will be converted by rounding as per usual hand-held timekeeping rules.

9. Converted times will not be considered for State Best Performance purposes.

1.10.2 Hand-held Timekeeping

The rules for hand-held timekeeping are as per the Modified Rules for Little Athletics – Officials Club Handbook.

1.11 Personal Equipment

1. For the javelin event, athletes may use their own javelins.
2. The javelin must comply with all relevant rules and specifications.
3. The javelin must be submitted to the Association Office one week prior to the competition to allow sufficient time for it to be checked for compliance.
4. The javelin will be included in the pool for that athlete's event. Any athlete in the same event may elect to use the javelin.
5. The Association does not accept any responsibility for damage to personal equipment as a result of it being used in Association events.

1.12 Unacceptable Behaviour

1. Athletes, parents, coaches, officials and spectators are expected to follow the SA Little Athletics Code of Conduct.
2. The Chief Official of an event may warn an athlete who displays unacceptable or unsporting behaviour. Any repetition of that behaviour may lead to the athlete being disqualified.
3. If the offence is of a serious nature then immediate disqualification may occur.
4. In certain circumstances, the Chief Official may request that a parent/guardian of an athlete remain with that athlete for the remainder of an event. The parent may only supervise the athlete, and not provide any form of coaching.
5. The Arena Manager may remove any person from the arena for inappropriate behaviour.

1.13 Australian Best Performances

1. Australian Little Athletics has established a set of standard events that are to be used to recognise Australian Best Performances (ABP).
2. Some of the events conducted by SALAA are ALA "standard events". If an athlete/team exceeds the current ABP at a SALAA Championship event, SALAA will lodge the appropriate claim with ALA.

1.14 Extreme Weather

1. For Association events conducted at Santos Stadium, the following hot weather policy will apply.
 - a. If the temperature forecast by the Australian Bureau of Meteorology, as published at 11:30am on the day prior to the competition is 36°C or above then the competition will be conducted to a Hot Weather program.
 - b. The forecast can be accessed via the Bureau of Meteorology web site (<http://www.bom.gov.au>) shortly after 11:30am, and will be included in ABC radio and news bulletins between 12:00 noon and 4:00pm.
 - c. Note that the program is decided based on the 11:30am forecast. Should any subsequent forecast change the predicted temperature, the program will not be changed again.
 - d. During days of extreme heat, track conditions will be monitored, and further changes may be made to the program to suit the conditions. This includes the possibility of cancelling events.
 - e. To accommodate the program in the shortened time frames, the number of trials conducted in field events may be reduced at the discretion of the Competition & Technical Director.
2. For all other competitions, the Centre responsible for organising the event should formulate an appropriate hot weather policy for the event and publish this to the participants prior to the event.

1.15 Coaching

1. Coaching is the act of providing specific instruction to an athlete. General encouragement of athletes is not considered coaching.
2. Coaching is not permitted within the competition arena, and will lead to the disqualification of the athlete.
3. Coaches may communicate with athletes from outside the arena. Athletes may acknowledge and communicate with their coach, however they must not leave the competition area. Such communication must not disrupt the event in progress.
4. Athletes leaving the competition area without the permission of the official in charge will be deemed to have abandoned the event and will have no further part in the event.

5. Officials will indicate to athletes the limits of the competition area prior to the commencement of the competition.
6. Coaches acting as officials at events may not provide specific instruction to athletes at the event.