



Competition Rules 2013-2014 of Little Athletics Association of Victoria Incorporated Regulation 8

**(Rules of Competition for the Conduct of State Championships
& Guidelines for U6 – U16 athletes at LAVic Affiliated Centres)**

These Rules and instructions are a collection of the relevant Little Athletics Victoria Competition Rules together with rules of the International Association of Athletics Federations (IAAF) as found in the IAAF official handbook. Unless otherwise specified in this regulation the IAAF Rules and Regulations will be used, and applied.

Registration Number: A0003260D

REVISION DATE: 9 July 2013

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COMPETITION RULES
of
LITTLE ATHLETICS ASSOCIATION OF VICTORIA INCORPORATED
Registration Number: A0003260D

PREFACE

Little Athletics competitions in Victoria are conducted in accordance with the Competition Rules of the IAAF currently in force with modifications provided for in these Rules.

Where it has been decided the IAAF Rules are not indicative or correct for athletes in the age groups covered by LAVic, the IAAF Rule or part thereof has been rewritten to reflect the nature and abilities of athletes in the various age groups.

There are also a number of Rules relating to State Championships and their processes which are not covered by IAAF and these have been listed in a separate chapter.

IAAF Chapters 3 – Anti-Doping & Medical and Chapter 4 – Disputes will not be used. The LAVic Grievance procedures will deal with any dispute related to competitions under these Rules where processes have been exhausted through these Rules.

IAAF wording in many Rules relate to National and International situations. Where this occurs they will be interpreted as being State situations.

For Athletes and Officials for competitions covered under these Rules, you will need to have an understanding of BOTH the IAAF Rules booklet and this document.

From time to time the IAAF, Athletics Australia, Little Athletics Australia and Athletics Victoria will release new versions of the Rules or Technical documents. The LAVic Technical Committee will assess these changes and will update these rules to reflect any changes which may occur.

IAAF 2012 – 2013 RULE BOOK

Online copies of the current IAAF 2012 – 2013 Rule Book can be downloaded from the following IAAF Website:

<http://www.iaaf.org>

On the menu at the bottom of the page click OFFICIAL DOCUMENTS. On the IAAF DOCUMENTS LIBRARY page click RULES & REGULATIONS. From here download the Competition Rules 2012-13

or you can go directly to the following page:

<http://www.iaaf.org/about-iaaf/documents/rules-regulations>

LAVic TECHNICAL COMMITTEE

The LAVic Technical Committee is a committee with specific expertise and experience to administer the process of advice and direction where changes to the Technical Rules pertaining to competition are required.

OBJECTIVES

1. To ensure the LAVic Technical Rules reflect the abilities and relevant skills of age groups.
2. To conform the LAVic Technical Rules to the IAAF Technical Rules.
3. To review the LAVic Rules in conjunction with the standard rules document from Little Athletics Australia.
4. To establish changes in trends, materials and technology that may impact the Rules and participants well-being.

STRUCTURE

1. This committee will consist of well-qualified and knowledgeable stakeholders, being representatives from the various Competition, Education, Region and Centre Committees

PROCEDURE

1. All proposed Technical Rule changes will be reviewed by the Technical Committee and any proposed changes for implementation will be presented to the Region Advisory Committee for approval.
2. If the Region Advisory Committee is unable to approve and confirm the proposed changes, or the changes are deemed sensitive in their manner, they will be presented at the next General Meeting of the Association for voting by affiliated Centres.
3. Rules, once approved and confirmed, will be distributed to Regions/Centres.
4. Proposed Technical Rule changes can be submitted to the LAVic Technical Committee for review by:
 - (a) Centres – identified by:
 - Executive Council
 - Centre Team Managers
 - Coaches
 - (b) Regions – identified by:
 - Region Executive
 - Centre Delegates
 - (c) LAVic Board of Management and Standing Committees
 - (d) Individuals
5. The body intending to propose a Technical Rule change can submit their proposal by either:
Mail: Little Athletics Victoria, Locked Bag 1011, Port Melbourne, 3207
Email: office@lavic.com.au
6. The LAVic Technical Committee will acknowledge receipt of the submission and address it as soon as practical.

APPROVED RULE CHANGES SINCE JUNE 2012

RULE	DESCRIPTION	CHANGE	DATE
	New Document		1 August 2012
SECTION 7	Race Walking Events	New Section	17 August 2012
Rule 21.5	Relay Eligibility criteria	Athletes only have to be listed on team sheets at Region to be able to compete at State Championship, not just be a finalist at Region	17 August 2012
LAVic Rules 602.6 & 602.12	Relay & Road Relay Entries	Change "compete" to "enter"	17 August 2012
LAVic Rule 602.9	Team sheet submission change	Team sheets must be submitted up to 45mins before the scheduled start of the first event of a competition – previously 30mins	17 August 2012
LAVic Rule 610.2	No. of substitutes allowed	Changed Mixed Sex to 1 Boy/1 Girl, Mixed Age to 2 of any age group	17 August 2012
LAVic Rules 610.3 – 610.6	Team sheet submission changes, substitute forms, max no. of substitutes	Team Managers can change team sheet up to 45 mins before block of events, describes when substitute form is used, and describe what happens when max number of substitutes has been reached	17 August 2012
Rule 141	Age & Sex Categories	Rewording of incorrect age cut off dates	17 August 2012
Rule 163.3 (b)	The Race	Reinstate discretion of Referee to not necessarily disqualify athletes but adjust their placing. It was omitted by mistake on initial Rule	30 August 2012
Rule 200	Multi-Event disciplines	Alter disciplines to be on different days to align to Heptathlon/Octathlon order where possible for U14, U15 & U16. Clarify which day disciplines are on.	18 October 2012
LAVic Rule 610.12 & 611.5	Region Relay Teams	Change wording to allow more than 2 Centres to combine eg "other Centres" not "another Centre"	16 November 2012
Rule 200.3(iv)	Multi-Event High Jump	The height of 1.00m will be used as the benchmark height to determine the 3cm intervals.	25 January 2013
LAVic Rule 610.2	No. of substitutes allowed	Changed Mixed Sex substitutes to any 2 regardless of gender	25 January 2013
LAVic Rule 700	100m Hurdles	Fix incorrect distance to first hurdle and between hurdle flights	25 January 2013
Rule 166.1 – 166.3	Heat to Final Progressions	Amended Rule 166 to insert omitted Rule from 2011 describing Heat to Final Progressions for Track events up to 800m. Renumbering of Rule 166.1 – 166.4	8 February 2013
Various	Rule Numbering Conventions	Replace IAAF Rule with RULE for all IAAF Rule exceptions to remove confusion	9 July 2013
Rule 21.1 (d) Rule 21.3 – 21.7	Eligibility	<p>Athletes must be financial, must compete at four weekly Centre Competitions by the closing date of entries for Track & Field competitions.</p> <p>If a Centre holds a Centre competition on the same day as a Region or State competition – that competition cannot be used as a qualification for eligibility.</p> <p>Centre competition is better defined.</p> <p>Period of eligible Centre competitions is from the start of the summer season up to the closing date and time of entries.</p> <p>LAVic State & Region competitions cannot be used in lieu of weekly Centre competitions during</p>	9 July 2013

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		<p>the participation period.</p> <p>There are NO exemptions to State competitions. Athletes MUST compete at the Region qualifying competitions when they are held.</p> <p>Athletes can apply LAVic Competition Appeals committee for an exemption to compete at the Region Qualifying event by the closing of entries for the relevant competition.</p>	
Rule 141.1	Age & Sex Categories	U6-U8 Age groups are now defined in the Competition Rules	9 July 2013
Rule 147.1 – 147.3	Mixed Competition	<p>All events may be held as a mixed competition and VBP's can be claimed in these events</p> <p>Athletes can only compete in the scheduled event for their age group and not at another time in another age group.</p>	9 July 2013
Rule 181.4	General Conditions – Vertical Jumps	Change bar increments when 6 or fewer athletes to 2cm increments	9 July 2013
Rule 184.8	General Conditions – Horizontal Jumps (U9-U11)	When an athlete takes off from behind the take-off mat they will now be measured to the back of the mat, perpendicular to where the athlete lands in the pit.	9 July 2013
Rule 186.4	Triple Jump take-off lines	There will be no 10m or 12m boards set for take-off points	9 July 2013
Rule 240.6	Road Races	There will be no jury operating for Road Relays. The Referee's decision will be final	9 July 2013
Rule 260.2 (c) (ii)	Victorian Best Performances	Inclusion of Electronic Device Measurers (EDM) for VBP measurements.	9 July 2013
LAVic Rule 602.14 – 602.16	Entries into State Championship Competitions (Road Relays)	A change of process to align with other competition entry processes.	9 July 2013
LAVic Rule 603.5 – 603.6 & 603.9	Events Conducted At State Championships – (Progressions)	<p>When re-run of an event occurs only the results of the re-run event will be used and not the results of the original race.</p> <p>Publication errors will be referred directly to the LAVic office,</p>	9 July 2013
LAVic Rule 608.1	Team Managers	Centres will be allowed to have more than two accredited Team Managers on application to the Organising Committee of the competition.	9 July 2013
LAVic Rule 609.4	State Track And Field Championship Qualifying Standards (High Jump)	All Region qualifying events will have the starting height 10cm below the State starting height. Athletes will still need to clear the State starting height to be considered for progression.	9 July 2013

CHAPTER 1 – COMPETITIONS

RULE 1: COMPETITIONS

1. The following are Little Athletics Victoria competitions:
 - (a) State Track and Field Championships
 - (b) State Relay Championships
 - (c) State Multi-Event Championships
 - (d) State Cross-Country Championships
 - (e) State Road Relay Championships
 - (f) Region Track and Field
 - (g) Region Relays
 - (h) Region Cross-Country
 - (i) Region Multi-Events
 - (j) Matches between teams representing two or more Regions
 - (k) Invitation Meetings and Competitions as determined by Little Athletics Victoria
2. LAVic will co-ordinate its competition calendar in conjunction with the various Centre, Region, State and National Athletic bodies in order to avoid or minimise conflicts.
3. Each Affiliated Centre within LAVic is allocated to one of the following seven Regions:

EMR	Eastern Metropolitan Region
GCR	Gippsland Country Region
NCR	Northern Country Region
NMR	Northern Metropolitan Region
SMR	Southern Metropolitan Region
WCR	Western Country Region
WMR	Western Metropolitan Region

4. When required by LAVic, Region Organising Committees will conduct qualifying competitions for State Championships.
5. Regions and Centres will have the right to organise Region or Centre competitions and they may organise such other inter Region or inter Centre events as they deem necessary.

RULE 3: REGULATIONS GOVERNING THE CONDUCT OF LAVic COMPETITIONS

1. LAVic may produce regulations governing the conduct of competitions held under the Rules. The regulations may be varied and amended by the LAVic Board of Management as it sees fit.

RULE 4: REQUIREMENTS TO COMPETE IN LAVic COMPETITIONS

1. No athlete may take part in a LAVic Competition unless they are a member of an affiliated Centre.

CHAPTER 2 – ELIGIBILITY

RULE 20: DEFINITION OF AN ELIGIBLE ATHLETE

1. An athlete is eligible to compete if they agree to abide by the Rules and have not been declared ineligible.

RULE 21: ELIGIBILITY

1. To be eligible to compete in a competition an athlete must:
 - (a) Be registered as a Competitive Member, as per Regulation 6 – Registration of Competitive Members,
 - (b) Be registered in their correct age group as per Regulation 6 – Registration of Competitive Members,
 - (c) Be registered by the closing date and time for entries of that competition,
 - (d) Be a financial LAVic Competitive Member by the closing date and time for entries of that competition,
 - (e) Have met any participation requirements applicable to that competition.
2. Each Centre is responsible to LAVic for determining an athlete's correctness of registration.
3. If an ineligible athlete/team competes in a competition that athlete/team will be disqualified from that competition.
4. The following table outlines the participation requirements for athletes to be eligible to compete in events at competitions. Where a competition is not listed in the following table there are no participation requirements:

COMPETITION	REQUIREMENTS
Region Track & Field	Participated in a minimum of four weeks of Centre competition prior to close of entries as determined by the Association.
State Track & Field Championships	Competed as a finalist in the relevant event at the Region Track and Field assigned to the athlete's Centre.
State Relay Championships	Listed on the team sheet as a member of a team that competed at the Region Relays assigned to the Athlete's Centre.

5. Centre Competition is any competition inclusive of all members, excluding Region/State Competitions (or any competition scheduled on these days) and Centre Open Days.
6. If an athlete is unable to meet the participation requirements due to exceptional circumstances the athlete may appeal to the LAVic Competition Appeals Committee to waive this requirement. Appeals must be received prior to the closing date and time of entries of that competition. All documentation relating to the appeal must be forwarded to LAVic by this date and time.
7. There are **NO exemptions** permitted for direct entry into the State Track & Field Championships. All Athletes **must** have competed as a finalist in the relevant event at the Region Track and Field assigned to the athlete's Centre.
8. Except for competitions where age group promotion is permitted athletes will only compete in the age group applicable to their birth date.
9. The designated fine of \$250.00 will be imposed on the Centre for each athlete found to be ineligible to compete at that competition at any time on or after the closing date and time of that competition.

CHAPTER 5 – TECHNICAL RULES

RULE 100: GENERAL

1. All Competitions as defined in Rule 1 will be held under the rules of the IAAF and LAVic and this will be stated in all announcements, advertisements, programmes and printed material.

SECTION 1 – OFFICIALS

RULE 120: OFFICIALS OF THE COMPETITION

1. The Organising Committee of a competition will appoint all officials for all competitions listed in Rule 1 based on nominations submitted by Individuals, Centres, Regions and Special Interest Committees, e.g., Starters and Race Walks Panels.
2. Nomination for a particular position may not guarantee an appointment.
3. The IAAF refers to International Competitions, Officials and Delegates. Where these definitions refer to International or National Bodies, this refers to LAVic.
4. The officials required to conduct a competition are described in the LAVic A-Z of Officials.

SECTION 2 – GENERAL COMPETITION RULES

RULE 140: THE ATHLETES FACILITY

1. Where possible, the venue should comply with the specifications laid out within the IAAF Track & Field Facilities Manual.
2. A certificate must be obtained from a licensed surveyor or similarly qualified person, stating that the track is of the correct dimensions and this certificate must be current.

RULE 141: AGE AND SEX CATEGORIES

1. Competition under these Rules may be divided into age group classifications as follows:
 - (a) U6 Boys and Girls: Any athlete turning 6 years old on or after 1st October in the registration year of the competition.
 - (b) U7 Boys and Girls: Any athlete turning 7 years old on or after 1st October in the registration year of the competition.
 - (c) U8 Boys and Girls: Any athlete turning 8 years old on or after 1st October in the registration year of the competition.
 - (d) U9 Boys and Girls: Any athlete turning 9 years old on or after 1st October in the registration year of the competition.
 - (e) U10 Boys and Girls: Any athlete turning 10 years old on or after 1st October in the registration year of the competition.
 - (f) U11 Boys and Girls: Any athlete turning 11 years old on or after 1st October in the registration year of the competition.
 - (g) U12 Boys and Girls: Any athlete turning 12 years old on or after 1st October in the registration year of the competition.
 - (h) U13 Boys and Girls: Any athlete turning 13 years old on or after 1st October in the registration year of the competition.
 - (i) U14 Boys and Girls: Any athlete turning 14 years old on or after 1st October in the registration year of the competition.
 - (j) U15 Boys and Girls: Any athlete turning 15 years old on or after 1st October in the registration year of the competition.
 - (k) U16 Boys and Girls: Any athlete turning 16 years old on or after 1st October in the registration year of the competition.

RULE 142: ENTRIES

1. Competitions under the Rules are restricted to eligible athletes (See Chapter 2).
2. Eligible athletes may only compete for their Centre, except in the case of relays where athletes may compete in a Region team to which their Centre is allocated

Simultaneous Entries

3. Track events will have priority over field events, thus an athlete may be permitted to be released from a field event to compete in a track event being conducted during the duration of the field event.

The appropriate Chief Judge or Referee may, for one round of trials at a time, or for each trial in the High Jump, allow an athlete to take their trial in an order different from that decided upon by the draw prior to the start of the competition.

Athletes will be allowed to compete in both events providing the athlete is covered by a correctly completed Event Release Form.

An athlete will not be permitted to commence a field event trial after the completion of the first round unless covered by an Event Release Form.

An athlete who leaves a field event without an Event Release Form having been submitted or without the approval of the field event Chief Judge, will not be allowed to continue in the event on return.

A track event will be deemed to be completed when the Chief Finish Marshall or Referee has given the "all clear".

Note: In the case of track finals athletes may not be released from the track event until after the presentation of medals has occurred.

When clash events are expected to start within fifteen minutes of each other athletes should attend the field event Call Room in readiness for that event and ensure the Event Release Form is submitted to the Chief Track Call Room Judge.

Failure to Participate

4. In all Competitions as defined in Rule 1, if an athlete fails to participate in an event it will not preclude them from competing in any other event of the competition.

RULE 143: CLOTHING, SHOES AND ATHLETES BIBS

Clothing

1. LAVic must approve ALL Centre/Region uniforms.
 2. Any change in the colour, style or design of any part of a Centre/Region uniform must be submitted to LAVic for approval, prior to manufacture.
- Note:** From October 2013, all Centre/Region uniform tops or one piece uniforms must be appropriately endorsed with the approved LAVic Logo.
3. All athletes competing at competition listed in Rule 1 must wear a uniform which conforms to the standards as defined in the LAVic Centre Uniform booklet.
 4. Uniforms must not carry any unapproved branding larger than 30mm x 30mm square.
 5. Athletes may wear a second top underneath their approved uniform top. If worn, the top must be plain and the same colour as the predominant colour of the approved Centre top or white and it must conform to Rule 143.4.
 6. Athletes may wear a second pair of shorts underneath their Centre/Region shorts. If worn, they must be plain and the same colour as the approved Centre shorts colour or beige and must conform to Rule 143.4.
 7. Leggings may be worn during Cross-Country or Road Relay competitions only. If worn, they must be plain and the same colour as the approved Centre shorts colour or beige or black and must conform to Rule 143.4.
 8. Except for leggings permitted during Cross-Country and Road Relay competitions, no part of the uniform will extend beyond the top of the knee (i.e. the knee must be completely visible) and specifically for Race Walking events the shorts **must** be **150mm** above the knee when in a kneeling position.
 9. All shorts and leggings must be worn to cover the hipbones.
 10. Shorts with pockets are not permitted.
 11. The Organising Committee will provide lane/team identification where necessary, e.g. lane numbers, wrist bands or other identification.
 12. Failure to comply with uniform standards may result in an athlete being disqualified.

Footwear and Shoes

13. Footwear is compulsory for ALL athletes in ALL events.
14. All athletes competing at competitions conducted under these Rules must wear footwear which conforms to the standards as defined in the LAVic Centre Uniform booklet.
15. The wearing of footwear with blades or cleats constructed of hard plastic will not be permitted.
16. The wearing of spike shoes with one or more permanent spikes will be permitted.
17. All spike shoes must be worn with all holes filled with a complete set of spikes with no more than two blanks/slugs installed.
18. For all surfaces, except for Rule 143.19 below, the length of the spike must not exceed 7mm.
19. Specialist High Jump and Javelin footwear with heel spikes must not exceed 9mm and may only be worn at these events.

20. Only spike designs known as conical or pyramid ("Christmas tree") will be permitted.
21. Spike shoes will only be permitted to be worn in the events listed in the following table:

Age Groups	Track Events	Field Events	Relays	Cross-Country	Road Relays
U9, U10	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed
U11	No spike shoes allowed	High Jump & Javelin only	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed
U12, U13	All events run entirely in lanes	All jump events & Javelin	All events	No spike shoes allowed	No spike shoes allowed
U14, U15, U16	All events except Race Walks	All jump events & Javelin	All events	No spike shoes allowed	No spike shoes allowed

22. For any competition listed in Rule 1 of these rules, the Organising Committee must notify all Centres in writing on official letterhead no later than twenty-eight days prior to the competition any changes to the type of spikes allowed at the competition venue as determined by the Venue Management.
23. Spike shoes must only be worn within the Arena or at the field event venue while the athlete is competing.
24. Improper or incorrect wearing of spike shoes by an athlete detected by officials will be referred to the Referee.
25. Athletes causing unnecessary delays fitting footwear, particularly in the Call Room, will be referred to the Referee and may be subject to disqualification.

RULE 146: PROTESTS AND APPEALS

1. Protests may only be lodged on the following grounds:
 - (a) Apparent failure by officials to correctly apply the rules,
 - (b) Apparent incorrect application of the rules by officials, or
 - (c) Appeal against the decision of the Referee.
2. A protest will only be accepted when made by a Team Manager. The protest must be submitted in writing on an official protest form and lodged with the Communications Controller complete with the prescribed fee prior to the "Closing time" as follows:
 - (a) "Closing time" is defined as fifteen minutes after receipt of event results being noted by the Communications Controller or fifteen minutes after the event results (including individual disciplines of the Multi-Event), finalist lane draws or final scores have been posted for public viewing.
 - (b) Calling of Team Manager: "Closing time" is defined as fifteen minutes after the call is first made over the public address system.
3. No protest against the decision of Walk Judges will be accepted; however protests relating to track infringements may be lodged in accordance with Rule 146.1.
4. Following a protest, no deliberation on the protest will take place until the Referee notifies the Team Manager of each Centre involved. The Team Managers of the Centres involved in the protest will be informed of any decision that is reached prior to any public announcement.
5. If the Competition is operating with both Jury of Appeal and a Referee, the decision of the Referee will be final, except when a protest against the Referee's decision is lodged. In this case the decision of the Jury of Appeal will be final.
6. When a protest or other matter is referred to the Jury of Appeal for decision, the Referee must supply all relevant information that is available including any reason(s) in writing for the decision to the chair of the Jury or their representative. In no case will any person, athlete(s)/team(s), official(s) or parent(s) approach the Jury of Appeal other than by invitation.
7. The protest fee will be retained if the protest is considered frivolous by the Referee or Jury of Appeal.

RULE 147: MIXED COMPETITION

1. Mixed events between boys and girls and different age groups may be permitted at the discretion of the Organising Committee.
2. Athletes must only compete in an event at the scheduled time for that age group.
3. In the case of mixed events (Track or Field) being scheduled, Victorian Best Performances may be claimed.
4. Where mixed competitions are conducted separate result sheets must be used and results declared for each sex and age group

RULE 150: VIDEO RECORDING

1. Video recording will not be used to verify athlete performances or be used as evidence by the Referee or Jury of Appeal in relation to protests.

SECTION 3 – TRACK EVENTS

RULE 161: STARTING BLOCKS

1. Starting blocks provided by the Organising Committee may be used for all races up to and including the 400 metres (including the first leg of all relays) by all athletes in the U12 and above age groups, except where this contravenes any rule(s) made by the Organising Committee and/or Venue Manager on the use of starting blocks. Any advice issued by the Venue Manager must be in writing on an official letterhead.

RULE 162: THE START

1. The start of a race will be denoted by a line 5cm in width. In all races not run entirely in lanes the start line will be curved, so that all the athletes start the same distance from the finish.
2. The commands used by the starter will be:
 - (a) For events up to and including 400 metres and all Relay events:
 - "On your marks"
 - "Set"
 - When all athletes are steady, the audible starting device will be activated.
 - (b) For events longer than 400 metres:
 - "On your marks"
 - When all athletes are steady, the audible starting device will be activated.
3. On the command "On your marks" or "Set", as the case may be, all athletes must without delay assume their full and final set position.
4. If the Starter is not satisfied that all athletes are ready for the start to proceed, the Starter will order all athletes to stand up and the start procedure will recommence.
5. Any athlete making a false start will be warned. Any athlete who is responsible for a false start will be disqualified as follows:
 - (a) U9 athlete: for three false starts.
 - (b) In all other cases: for two false starts.
6. The Starter or Recall Starter, who is of the opinion that the start was not a fair one, will recall the athletes by using an audible starting device.
7. In relay events the contacting of the ground by the baton when held in the hand in a crouch starting position will not be subject to penalty.

False Starts

8. The following will/may constitute a false/unfair start:
 - (a) Failure to comply with Rule 162.5 after a reasonable time,
 - (b) An athlete through action or noise disturbs other athletes in the race after the command "On your marks",
 - (c) If an athlete leaves their mark after the words "On your marks" or "Set" as the case may be, and before the actual sound of the starting device,
 - (d) The Starter will warn any athlete(s) who, in their opinion, were responsible for the false start. This may result in more than one athlete being warned. If the unfair start is not caused by an athlete, no warnings will be given.

Note: In practice, when one or more athletes make a false start, others are inclined to follow and strictly speaking, an athlete who does so follow has also made a false start.

 - (e) Using a starting technique that is not appropriate for the age group and/or event,
 - (f) The dropping of a relay baton by an athlete during a start of a relay event will not constitute a false or unfair start.

Starting Techniques

9. Standing Start: Except as specified for crouch start, a standing start may be used by all athletes in all events.

10. Crouch Start: Except where it is physically or medically impossible/impracticable for an athlete to use this technique, a crouch start will be used for all races up to and including the 400 metres (including the first leg of all relays) by all athletes in the U12 and above age groups.
- (a) One knee must be in contact with the ground in the "On your marks" position.
 - (b) In a crouch start, with or without starting blocks, both hands must be in contact with the ground when the athlete is in the "Set" position.

RULE 163: THE RACE

As per IAAF Rule 163, with the following exceptions:

IAAF Rule 163.3 (b) (last sentence), IAAF Rule 163.8 to IAAF Rule 163.13

- 3 (b) ...Except as stated in IAAF Rule 163.4, if the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that an athlete has violated this Rule, then the Referee may disqualify the athlete or change the order of finishing on the Judges result sheet.

IAAF Rule 163.8 to IAAF Rule 163.13: Wind measurements are not applicable for any competition held under Rule 1.

RULE 165: TIMING AND PHOTO FINISH

1. Two alternative methods of timekeeping will be recognised:
 - (a) Hand Timing obtained from watches or electronic gates with a manual start.
 - (b) Fully Automatic Timing obtained from either photo finish systems or electronic gates with automatic start.
2. The time will be taken to the moment at which any part of the body of an athlete (i.e. the torso as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.
3. Times for all athletes will be recorded.

Hand Timing

4. Timekeepers will use manually operated electronic timers with digital readouts. All such timing devices are termed "watches" for the purpose of the Rules.
5. Watches will be started by the timekeepers and all times recorded will be deemed manual.
6. The time must be taken from the flash/smoke of the audible starting device.
7. Three official timekeepers (one of whom must be the Chief Timekeeper) and one or two additional timekeepers will record the performance of the first athlete(s) across the finish line. The performances recorded by the additional timekeepers' watches will not be considered unless one or more of the official timekeepers' watches fails to record the performance correctly, in which case the additional timekeepers' watch will be called upon, in such order as has been decided previously, so that in all the races, three watches should have recorded the official time for the first athlete(s) crossing the finish line.
8. With the three watches used, if only two of the watches agree, the performance shown by the two watches will be the official time. If all three watches disagree, the middle performance will be the official time.

Electronic Timing System – Manual Start

9. The timing system will be started manually in close proximity to the timekeepers and all times recorded will be deemed manual.

Fully Automatic Timing and Photo Finish System

10. Where a fully automatic minimum dual beam or equivalent electronic timing system is in use (i.e. the timing system is automatically activated by the starting device and each athlete's/team's time is automatically recorded as they cross the finish line) the finishing order, providing times are not equal (see Rule 126.2), will be determined using the official times and all times recorded will be deemed electronic.

Timing Systems in Heats

11. Only one system of timing will be in operation for all heats of each track event/discipline for any single age group.

RULE 166: SEEDINGS, DRAWS AND QUALIFICATIONS IN TRACK EVENTS

Rounds and Heats

1. For all track events up to and including 400m and Relays, the first placegetter in each heat plus the next fastest will make up a final of no more than eight. When there are equal fastest times that exceed eight, placing will take precedence.
2. For 800m events, the first two placegetters in each heat plus the next fastest to reach a full field shall progress to the final.
3. For all 800m events the maximum number of athletes shall not exceed sixteen.

Draw for Lanes

4. Lane Draws will be random, except as follows:
 - (a) The final of track events up to and including 400m, and Relay Events when preceded by heats, will be seeded in the following manner to make up a final of no more than eight:
 - (i) The four highest ranked athletes/teams will be randomly drawn for lanes 3, 4, 5 & 6.
 - (ii) The fifth and sixth ranked athletes/teams will be randomly drawn in lanes 7 & 8, and;
 - (iii) The seventh and eighth ranked athletes/teams will be randomly drawn in lanes 1 & 2.
 - (b) For 800m, up to two athletes may be allocated to each lane in accordance with the Call Room sheet.
 - (c) In the event that two or more athletes/teams have equal times and places, the allocation of lanes for only those athletes/teams will be random for the lanes in question, e.g., three athletes/teams tied for third place will be randomly drawn for lanes remaining from the assignment of the lanes to the two highest ranked athletes/teams and the lane not assigned to the lowest three ranked athletes/teams.
 - (d) For events longer than 400m where only a single round (final) is required, lanes/starting positions will be drawn by lot.

RULE 167: TIES

As per IAAF Rule 167, except with the following exception:

IAAF Rule 167.2 (last sentence)

2. ...Where there is a tie for the last qualifying position for a subsequent round based on time or place, the tying athletes will not be progressed to the next round.

RULE 168: HURDLE RACES

1. The hurdle must be made of metal with the top bar made of wood or other suitable material. Hurdles must consist of two feet and two uprights supporting a cross-bar (see Diagram 1).
2. The hurdle cross-bar must be adjustable in height. The cross-bar must be 65-75mm high, 10-30mm wide and between 1170 and 1200mm in length. The end of the cross-bar must project 25mm to 75mm outside the hurdle frame upright.
3. The approach side of each cross-bar must be painted white and black in colour or with other strong distinctive contrasting colours (and also in contrast with the surrounding environment). The contrasting stripes must be 270-280mm from the mid-point of the cross-bar and must be 95-105mm wide.
4. The hurdle must be so designed that it will just resist a force of 2-3 kilograms, applied at the top edge of the cross-bar.

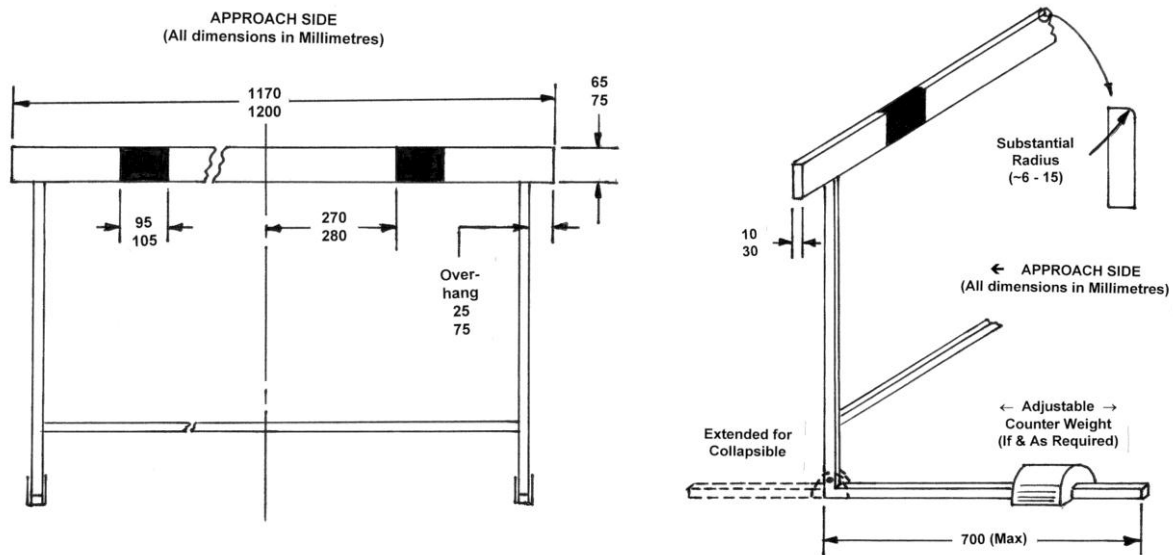


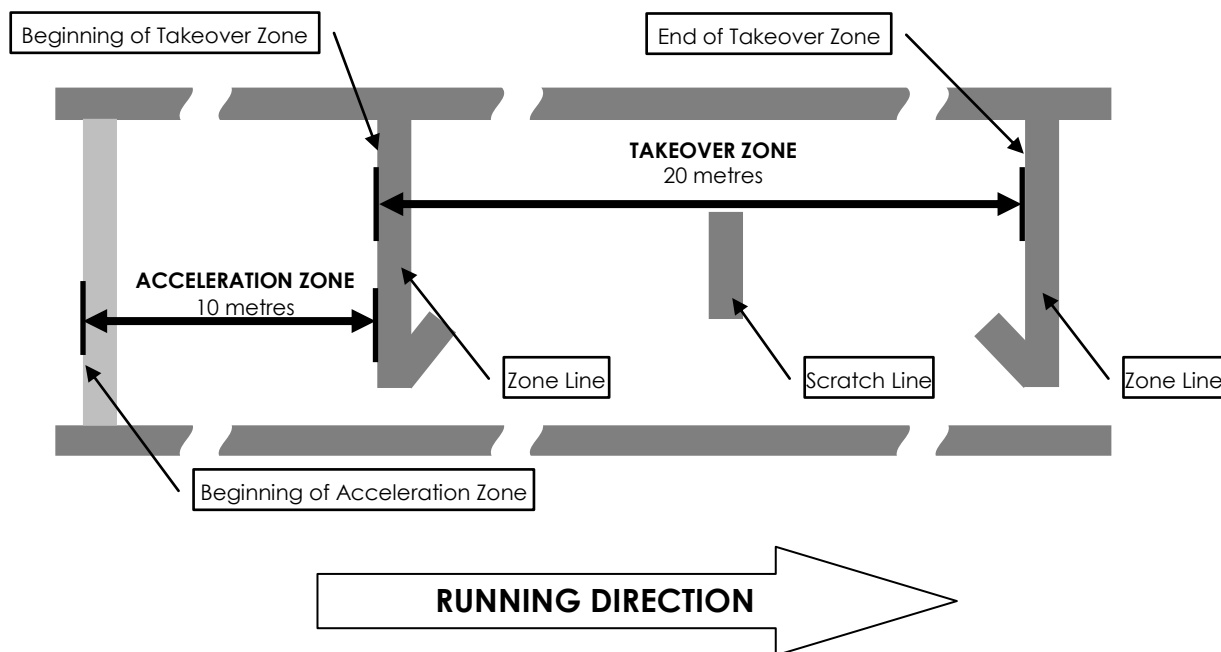
Diagram 1 : Hurdle Specifications

5. Each hurdle must be placed on the track so that the feet will be on the side of the approach by the athlete. The hurdle must be placed on the track so that the edge of the cross-bar nearest the approaching athlete coincides with the track mark nearest the athlete.

Note: For collapsible type hurdles the feet maybe extended past the uprights

6. All races must be run entirely in lanes and each athlete must remain entirely within their own lane throughout the race. An athlete who trails a foot or leg alongside any hurdle, or jumps any hurdle not in their own lane or in the opinion of the Referee, deliberately knocks down any hurdle by hand or foot will be disqualified. The unintentional knocking down of hurdles may not disqualify nor prevent a record being set.
7. Refer to LAVic Rule 700: Equipment Specifications, for hurdle heights and track placement of hurdles for all age groups.

RULE 170: RELAY RACES



Takeover Zone

1. Lines 5cm wide will be drawn 10m before and after the scratch line to denote the takeover zone within which lines the baton must be passed.
2. The takeover zone will start and finish at the edges of the zone lines nearest the start line in the running direction.

Acceleration Zone

3. The acceleration zone is indicated by a distinctive mark ten metres before the beginning of the takeover zone where the receiving athlete may begin to accelerate prior to commencing the baton change.
4. The acceleration zone is only used during laned baton changes.
5. The acceleration zone may only be used in the U12 and above age groups. The receiving athlete must take up their starting position WITHIN the takeover zone or acceleration zone as permitted.
6. The acceleration zone will not be used in the U9 to U11 age groups. The receiving athlete must take up their starting position WITHIN the takeover zone.

Breakline

7. The breakline is the point where the athletes may leave their respective lanes and cross to the inside of the track. It may be marked by:
 - (a) Bunting (or a banner) strung across the track, or
 - (b) Flags or cones, clearly visible to the athletes, on the inside and outside of the track, or
 - (c) Cones or similar markers placed on each line defining the lanes, or
 - (d) A combination of (a), (b) and (c).
8. The position of the breakline will be:
 - (a) 4 x 200m: at the beginning of the back straight on the third leg of the race.
 - (b) Medley: at the beginning of the front straight on the third leg of the race.

The Race

9. An athlete must not run more than one section (leg) of a relay race.
10. The baton must only be carried in the hand during the race.
11. If the baton is dropped it must be recovered by the athlete who dropped it. If an athlete other than the athlete, who dropped the baton, recovers the baton, the team may be

disqualified. The athlete may leave their lane if necessary to retrieve the baton provided they do not impede another athlete (See Rule 163 and IAAF Rule 163.3)

Check Marks

- When all or the first portion of a relay race is being run in lanes, athletes may place one check-mark (supplied or approved by the Organising Committee) within the athletes own lane and clear of the lines marking the lane. No other check-mark may be used.

All Baton Changes

- The passing of the baton must take place within the takeover zone. The passing of the baton commences when it is first touched by the receiving athlete and is complete at the moment it is in the hand of the receiving athlete only. The position of the baton is decisive, not the athlete's body, head, feet or legs.
- Prior to the race being under the Starter's control an athlete will be given reasonable time to set their check mark and take up their starting position. Any athlete who wastes time will be warned and if the warning is ignored is liable to disqualification.
- Once the race is under the Starter's control an athlete is liable to be disqualified if they exit the rear of the takeover or acceleration zone.
- Officials must not physically assist athletes during baton changes.

Laned Baton Changes

- Incoming athletes, on completing the baton change, must stay in their lanes until told by the Chief Marshall to clear the track.

Unlaned Baton Changes

- Receiving athletes will be lined up in lane draw order on the outside of the track in a position three metres inside the line denoting the beginning of the takeover zone. The position will be indicated by the placement of cones on the inside and outside of the track.
- Receiving athletes are then responsible for positioning themselves within the takeover zone in the same order as the incoming athletes at the breakline.
- Incoming athletes, on completing the baton change, must clear the track quickly endeavouring to ensure that no interference is caused to other athletes.

Baton Structure

- The baton must be a single piece smooth hollow tube, circular in cross-section made of a rigid material. Batons should be coloured to enhance visibility.
- The following table lists the conformance specifications for each individual relay baton:

Diameter		Length		Weight	
Min	Max	Min	Max	Min	Max
30mm	34mm	280mm	300mm	70gm	80gm

Assistance To Athletes

- Any assistance provided to athletes, e.g. pacing, by pushing-off or other methods, may lead to team disqualification.

Reporting Procedure For Officials

- Infringements observed by any officials will be noted on a pre-printed form. These forms will be collected by the Referee to enable the Referee to adjudicate on the infringement.

SECTION 4 – FIELD EVENTS

The IAAF Rules will be observed for all Field Events. Exceptions to the Rules will be listed in this section.

RULE 180: GENERAL CONDITIONS

As per IAAF Rule 180, with the following exception:

IAAF Rule 180.5

5. For the final three trials there **will be no re-ranking** of athletes i.e. athletes will continue to compete in the same order as the first three rounds of trials.

A. VERTICAL JUMPS

RULE 181: GENERAL CONDITIONS

As per IAAF Rule 181, with the following exceptions:

IAAF Rule 181.4 & IAAF Rule 181.7

4. Unless there is only one athlete remaining and they have won the competition:
 - (a) The bar must never be raised by less than 2cm in the High Jump after each round of trials; and
 - (b) The increment of the raising of the bar must never increase; and
 - (c) The bar must be raised after each round of trials in increments depending on the number of athletes remaining in the competition, as per the following table:

No of Athletes	Increment
Greater than 6	5cm
6 or less	2cm

These Rules 181.4(a), (b) and (c) will not apply once the athletes still competing agree to raise it to a Victorian Best Performance height directly.

After an athlete has won the competition, the height or heights to which the bar is raised will be decided by the athlete, in consultation with the relevant Chief Judge or Referee.

Note: This does not apply for a Multi-Events Competition.

In a Multi-Events Competition held under Rule 1, each increase will be uniformly 3cm in the High Jump throughout the competition.

7. The distance between the uprights must not be less than 3.62m nor more than 4.06m.

RULE 182: HIGH JUMP

As per IAAF Rule 182, with the following exceptions:

IAAF Rule 182.6 & IAAF Rule 182.10

6. The distance between the uprights must not be less than 3.62m nor more than 4.06m.
10. The landing area should measure not less than 4.5m x 2m, and may have an optional recess of not more than 0.5m x 0.5m for the positioning of uprights.

B. HORIZONTAL JUMPS

RULE 184: GENERAL CONDITIONS – HORIZONTAL JUMPS

As per IAAF Rule 184 with the following exceptions:

IAAF Rule 184.3, IAAF Rule 184.8 and IAAF Rule 184.10

Take-off Board

3. The following take-off boards will be used for the relevant age groups:
- (a) **U9 - U11 Athletes**
 - (i) The take-off board must measure 1.22m x 0.5m
 - (ii) The take-off may be a 1.22 metre x 0.5m piece of carpet, canvas or rubber covered with a thin layer of sand.
 - (b) **U12 - U16 Athletes**
 - (i) The take-off board must measure 1.22m x 0.2m.
 - (ii) The take-off may be marked by a board sunk level with the runway, or defined by a contrasting colour to the runway surface created by using tape. The foul area may be indicated by a strip of damp sand, plasticine or other similar material.

Distance Measurements

8. The following process will be followed to measure the distances for the relevant age groups:
- (a) **U9 - U11 Athletes**
 - (i) The measurement of each jump will be made immediately after the trial. Except in the case of Rule 184.8 (ii), all jumps must be measured from the nearest break in the landing area made by any part of the body to the front edge of the imprint made by the take-off foot.
 - (ii) In the case of an athlete taking off before reaching the take-off area, the jump is measured from the nearest break in the landing area made by any part of the body to the back edge of the take-off area. The measurement must be taken perpendicular to the back of the mat or its extension.
 - (b) **U12 - U16 Athletes**
 - (i) The measurement of each jump will be made immediately after the trial. All jumps must be measured from the nearest break in the landing area made by any part of the body to the take-off line, or take-off line extended (see Rule 185.1(f)). The measurement must be taken perpendicular to the take-off line or its extension.

Wind Measurement

10. Wind measurements will not be taken into consideration

RULE 185: LONG JUMP

As per IAAF Rule 185 with the following exception:

IAAF Rule 185.4

Take-off Line

4. The front edge of the take-off board should be not less than 0.5m and not more than 3.0m from the front edge of the landing area.

RULE 186: TRIPLE JUMP

As per IAAF Rule 186 with the following addition:

IAAF Rule 186.4 & 186.6

Take-off Line

4. For all competitions defined in Rule 1, take-off lines will be set at the following distances from the nearer end of the landing area:

4m, 5m, 6m, 7m, 8m, 9m, 11m and 13m.

Note: There will be **NO** 10m or 12m line set.

Change of Take-off Board

6. Athletes may change their take-off board during a competition. Athletes must notify the event officials of the change prior to the commencement of a jump.

C. THROWING EVENTS

RULE 187: GENERAL CONDITIONS – THROWING EVENTS

As per IAAF Rule 187 with the following exceptions:

IAAF Rule 187.1, IAAF Rule 187.2 & IAAF Rule 187.4 (c)

Official Implements

- In all Competitions as defined in Rule 1, the implements used must comply with LAVic specifications. Only implements which hold a current valid LAVic Weight Verification Certificate may be used. Refer to Rule 188, Rule 189 & Rule 193 for equipment dimensions and tolerances and also LAVic Rule 700: Equipment Specifications for specific weights for age groups.
- All implements will be provided by the Organising Committee.

Assistance

4.
- (c) Athletes must not use any substances on their hands or the throwing implement to obtain a better grip on the throwing implement.

RULE 188: SHOT PUT

As per IAAF Rule 188 with the following exceptions:

IAAF Rule 188.4 & IAAF Rule 188.5

The Shot

- The shot must be made of solid iron, brass or any metal not softer than brass, or a shell of metal filled with lead or other material. It must be spherical in shape and the surface must be smooth.
- It must conform to the following specifications:

Age Group	Nominal Weight	Diameter	
		Min	Max
U9, U10, U11, U12 G	2.000kg	75mm	90mm
U12 B , U13, U14 G , U15 G , U16 G	3.000kg	85mm	100mm
U14 B , U15 B , U16 B	4.000kg	95mm	110mm

Shot Put Weight Tolerance: -0.000 to +0.025kg

RULE 189: DISCUS THROW

As per IAAF Rule 189 with the following exceptions:

IAAF Rule 189.1 & IAAF Rule 189.2

The Discus

1. The body of the discus must be circular in shape, the sides of which must have a flat area with the cross sections of the edge rounded in a true circle. The dimension, construction and total weight must correspond to the requirements of Rule 189.2. The implement may be constructed from the following materials:

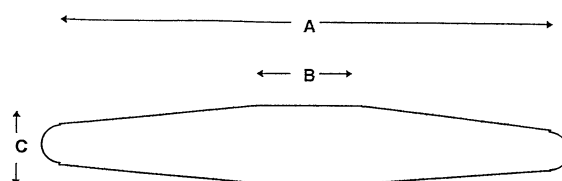
- (a) Rubber or synthetic based compound, or
- (b) Plastic or wood with a metal rim.

Each side of the discus must be identical and must have no indentations, projections or sharp edges. The sides must taper in a straight line from the beginning of the curve of the rim to a circle (see Diagram 2).

2. The discus must conform to the following specifications:

Age Group	Nominal Weight	Construction	Dimensions					
			A		B		C	
			Min	Max	Min	Max	Min	Max
U9 & U10	500g	Compound	130mm	136mm	30mm	36mm	22mm	27mm
U11, U12, U13G	750g	Compound; Plastic or wood with metal rim	154mm	157mm	35mm	42mm	26mm	30mm
U13B, U14, U15, U16	1kg	Compound; Plastic or wood with metal rim	180mm	183mm	50mm	58mm	37mm	40mm

Discus Weight Tolerance: -0.000 to +0.025kg



Weight	Diameter (D)	Thickness (T)	Flat (F)	Radius (R)
500 g	134 – 139 mm	22 – 27 mm	N/A	5 mm
750 g	154 – 156 mm	27 – 35 mm	N/A	5 mm
1 kg	180 – 182 mm	37 – 39 mm	50 – 57 mm	6 mm

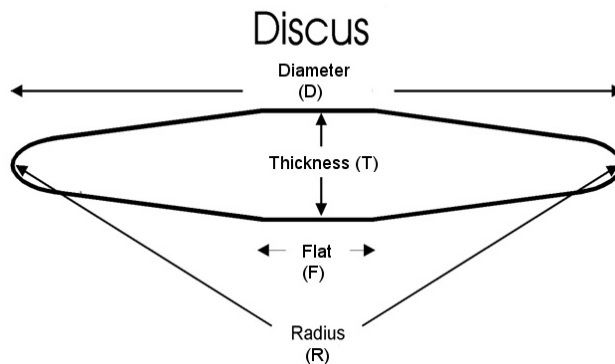


Diagram 2: Discus Specifications

RULE 193: JAVELIN THROW

As per IAAF Rule 193 with the following exceptions:

Rule 193.6

The Javelin

6. The following table lists the conformance specifications for each nominal weight:

Age Group	Nominal Weight	Dimensions			
		Weight		Overall Length	
		Min	Max	Min	Max
U11, U12, U13G, U14G	400g	400g	425g	1850mm	1950mm
U15G, U16G	500g	500g	525g	2000mm	2100mm
U13B, U14B, U15B	600g	600g	625g	2200mm	2300mm
U16B	700g	700g	725g	2300mm	2400mm

Javelin Weight Tolerance: -0.000 to +0.025kg

SECTION 5 – MULTI-EVENTS COMPETITION

RULE 200: MULTI-EVENTS COMPETITION

1. The Multi-Event will consist of between five and eight separate disciplines. Events consisting of five or six disciplines will be held on one day. Events consisting of more than six disciplines will be held on two consecutive days. The following tables outline the disciplines for each age group and the day the discipline will be held (**X** = One day event, **X1** = First day of two day event, **X2** = Second day of two day event):

Boys

Discipline	Age Group							
	U9	U10	U11	U12	U13	U14	U15	U16
100m	X	X	X	X	X	X	X1	X1
800m	X	X	X	X	X	X	X2	X2
80mH	X	X	X	X	X			
90mH						X		
100mH							X2	X2
High Jump						X	X2	X2
Long Jump	X	X	X	X	X	X	X1	X1
Discus	X	X	X	X	X	X	X1	X1
Shot Put								X1
Javelin							X2	X2

Girls

Discipline	Age Group							
	U9	U10	U11	U12	U13	U14	U15	U16
100m	X	X	X	X	X			
200m						X	X1	X1
800m	X	X	X	X	X	X	X2	X2
80mH	X	X	X	X	X	X		
90mH							X1	X1
High Jump						X	X1	X1
Long Jump	X	X	X	X	X	X	X2	X2
Shot Put	X	X	X	X	X	X	X1	X1
Javelin							X2	X2

General

2. The time interval between the completion of one discipline and the start of the next will be at the discretion of the Meeting Manager, in consultation with the Chief Referee.
3. The Rules for each event constituting the competition will apply with the following:
- (a) Field Disciplines:**
- (i)** May be split across parallel pits or rings if the number of athletes competing or scheduling considerations dictates.
- (ii)** Except for High Jump, the number of trials per athlete will be three unless advised otherwise by the Organising Committee.
- (iii)** For High Jump, an athlete will only be allowed to clear a maximum of three heights. The athlete must nominate which three heights they will attempt to clear during the competition. If an athlete has successfully cleared three heights the athlete must stop competing in the event.

- ||
- (iv) For High Jump, a bar height of one metre will be used as the benchmark height to determine the 3cm intervals.
 - (b) **Track Disciplines:** Only heats will be conducted with points allocated to the performance obtained in the heat, i.e. finals will not be run.
4. The 800 metres will be scheduled as the last discipline conducted for all age groups. If multiple heats are required for an age group, athletes will be seeded so that the last heat contains the athletes leading at the conclusion of the previous event (i.e. Heats will be run in the ranking position order as at end of previous event).
 5. A Field event is considered to have begun once the first athlete has completed a trial. No athlete may join that field event after this time.
 6. Points are awarded for performance and will be allocated to each athlete for each individual discipline using Scoring Tables approved by the Organising Committee.
Note: All tables have a finite lower limit and as a result an athlete may score zero points, the scoring of zero points does not however exclude an athlete from being placed.
 7. An athlete failing to attempt to start or make a trial in one of the individual events will not be entitled to receive a place. It will not prohibit the athlete from competing and scoring points in subsequent events.
 8. Performances and points will be posted/displayed for public viewing as soon as practicable after the completion of each individual discipline as follows:
 - (a) For the discipline, and
 - (b) As a cumulative total.
 9. The winner will be the athlete who obtains the highest cumulative total. In the event of a tie for any final placing athletes will be awarded equal placing.

SECTION 7 – RACE WALKING EVENTS

RULE 230: RACE WALKING

1. Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

Judging

2.
 - (a) The Chief Judge at any competition should be the highest graded Judge available.
 - (b) All the Judges shall act in an individual capacity and their judgements shall be based on observations made by the human eye.
 - (c) To be eligible for selection Race Walk Judges should have as a minimum:
 - (i) **State Competitions:** a "B" Grade qualification and be actively judging at Region competitions.
 - (ii) **Region Competitions:** a "C" Grade qualification and be actively judging at Centre competitions.
 - (d) There must be one Judge less than number of reports required for disqualification from any one Centre officiating in the same event. This ensures no one Centre has disqualification power of an athlete.

Note: This rule may be waived at Region competitions if there are insufficient judges available from other Centres.

 - (e) For Track Races, there should normally be a minimum of three to a maximum of seven judges including the Chief Judge.
 - (f) For Road Races, there should normally be a minimum of six to a maximum of nine judges including the Chief Judge.

Chief Judge

3.
 - (a) The Chief Walk Judge will allocate the judging positions for each Judge in the race. The Chief Judge will view the start and finish of the race, and may judge from any position during the race.
 - (b) Prior to the start time of each race, the Chief Judge or their appointed assistant will identify themselves to the athletes and explain the technicalities of walk judging.

Yellow Paddle

4. When a judge is not completely satisfied that an athlete is fully complying with Rule 230.1, the judge should, where possible, show the athlete a yellow paddle indicating the offence and also call out the athlete's number, use the term "caution" and the offence observed e.g. "Number 77 caution contact". An athlete cannot be shown a second yellow paddle by the same Judge for the same offence. Having shown a yellow paddle to an athlete, the Judge will inform the Chief Judge of the action after the race.

Note: Cautions may be given anytime during a race.

Reports (Red Cards)

5. When a Judge observes an athlete failing to comply with Rule 230.1 by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge will for:
 - (a) **U9 - U10 Athletes:** verbally report (red card) athletes. The judge will call out, athlete's number, use the term "report" and the offense observed e.g. "Number 77 report contact". If a Judge believes that an athlete may not have heard the verbal report, the Judge should repeat the verbal report at the next sighting of the athlete.
 - (b) **U11 - U15 Athletes:** not verbally report (red card) athletes.
The judge will note the report (red card) on their judging sheet along with their name/signature and hand it to the Chief Judge after the race. An athlete can only be reported (red carded) by a judge once. If a Judge reports (red cards) an athlete more than once, only one report (red card) will be accepted by the Chief Judge.

Note: Athletes will not physically be shown a red card – this is just new terminology

Disqualification

6. (a) The following number of reports (red cards) for disqualification will apply for the number of Judges officiating in the race:

NO. OF JUDGES	NO. OF REPORTS (RED CARDS) NEEDED FOR DISQUALIFICATION
4 to 7	3
3	2

- (b) At the conclusion of the race, if an athlete is disqualified, the Chief Judge will indicate this to the athlete verbally and give the reason for disqualification. The result of an event will only become final on the clearance of the Chief Judge and Track Referee.

SECTION 8 – ROAD RACES

RULE 240: ROAD RACES

Distances

- The following table outlines the approximate individual leg and total event distances for the relevant age groups:

Age Group	Leg Distance	Total Distance
U9, U10	1.5km	4.5km
U11, U12	2km	6km
U13, U14, U15	3km	9km

Note: These are the optimal distances and may vary depending on the location of the event.

The Course

- The races will be run on made-up roads. However, when traffic or similar circumstances make it unsuitable, the course may be on a bicycle path or footpath alongside the road, but not on soft ground such as grass verges or the like. The start and finish may be within an athletic arena.

The Start

- Where there are more athletes than can be placed in a single row, the first row will be filled with athletes placed in draw order. Second, and as necessary subsequent rows, will also be filled with athletes placed in draw order.

Assistance to Athletes

- No assistance or refreshments will be provided to athletes during the event.

Team Competition

- Road Races will only be conducted in a relay format with teams consisting of three athletes. Once an athlete has completed their leg, they will touch hands with the next athlete to signify the next athlete can start. The next athlete will be lined up within the takeover zone.

Protests

- There is no Jury in place. The Referee's decision is final.

SECTION 9 – CROSS-COUNTRY RACES

RULE 250: CROSS-COUNTRY RACES

Distances

1. The following table outlines the approximate event distances for the relevant age groups:

Age Group	Distance
U9, U10	1.5km
U11, U12	2km
U13, U14, U15	3km

The Course

2. The course will be clearly marked with flags. Each side of the course will have a different colour set of flags. The placement of the flags will be such that the next flags in sequence are clearly visible from the previous flags. If the course incorporates a loop which could potentially lead to confusion by the athletes, the entry to such loop will be roped off from the continuation and may be manned by officials who may direct athletes.
3. The terrain should be undulating, with no high obstacles, difficult or water logged sections.

The Start

4. Where there are more athletes than can be placed in a single row, the first row will be filled with athletes placed in draw order. Second, and as necessary subsequent rows, will also be filled with athletes placed in draw order.

Assistance to Athletes

5. No assistance or refreshments will be provided to athletes during the event.
6. Except as in Rule 250.5, the Organising Committee may arrange to have a tortoise/hare to direct athletes along the course.

Team Competition

7. A team competition will be conducted concurrent with the individual event. The scoring and composition of the team(s) will be as detailed in Rule 250.8

Team Scoring and Composition

8. Points will be awarded to athletes in order of finishing as follows:
- 1st place receiving 1 point,
 - 2nd place receiving 2 points,
 - 63rd place receiving 63 points, etc.
9. Points for the first three athletes from a Centre to cross the finishing line will be added to give the total points scored by that team. Subsequent groupings of three will constitute the next team, and so on
10. Only the three athletes comprising the team will be eligible for a medal at the State Championship.
11. The team with the lowest total points will be declared the winner.
12. In the event of a tie for first, second or third place, the team whose third placed athlete scores the lowest points will be awarded the higher placing.

SECTION 10 – VICTORIAN BEST PERFORMANCE

RULE 260: VICTORIAN BEST PERFORMANCE

1. Victorian Best Performances (VBP) will be maintained for all events conducted at Track & Field, Relay and Multi-Event (including the points score for each age group).
2. For a performance to be accepted as a Victorian Best Performance the following criteria must be observed:
 - (a) The performance must be achieved at any round of a State Championship or other approved LAVic controlled special meeting. This does not include normal Centre meetings, Centre Championships, Open Days or LAA events.
 - (b) The claim for the performance must be submitted on an official form supplied by the Organising Committee; complete with all documentary evidence to the LAVic office within fourteen days after the event (see Rule 260.3 & 260.4).
 - (c) For Track events:
 - (i) The track must conform to Rule 140.
 - (ii) The timing must conform to Rule 165.
 - (iii) Where fully automatic timing is being used (see Rule 165.10) only one time needs to be lodged with the VBP claim to be accepted.
 - (iv) If fully automatic timing is not being used (see Rule 165.5 to 165.8), three times must be lodged with the VBP claim to be accepted.
 - (v) Times must be checked and signed by the Chief Photo Finish Operator or the Chief Timekeeper and the Referee of the meeting.
 - (vi) A VBP will only be recognised for athletes or teams who are first across the finish line.
 - (vii) For events less than or equal to 400m where a fully automatic timed performance is better than an existing hand timed performance, the fully automatic timed performance will become the Victorian Best Performance and from that point onwards hand timed records for that event will no longer be recognised or maintained. For events greater than 400m either fully automatic time or hand time performances will be recognised.
 - (d) For Field events:
 - (i) All distances and heights must be checked and the recording sheet signed by the Chief Judge and Referee or Referee's delegate.
 - (ii) All implements and apparatus (electronic distance measurement (EDM), tapes, shots, discus, javelins, high jump bars) must be verified for compliance with specifications or certified equipment prior to the commencement of the Championship program.
 - (iii) The recording of a Victorian Best Performance requires the Referee to check the manner in which the trial is measured is correct and to verify the measurement of the trial using a certified tape, unless an EDM is being used.
 - (iv) Where the measurement of a Long Jump or Triple Jump is within 5cm of the VBP for that event or the measurement of any throws event is within 10cm of the VBP for that event, the measurement must be checked using a certified tape.
 - (e) Wind assistance will not be considered as a factor in determining Victorian Best Performances.
3. Except for Field Events conducted as provided in Rule 147, no claim for a Victorian Best Performance will be accepted for any individual athlete if it has been accomplished during a mixed competition.
4. Claims for Victorian Best Performance will be accepted for individual events as follows:
 - (a) **Existing Victorian Best Performance:** The number of athletes/teams in the event will not be an impediment.
 - (b) New Event:
 - (i) There must be at least three athletes/teams participating.

- (ii) The VBP will be awarded at the end of the season and will take into account the best performance at all valid competitions listed in Rule 260.2(a).
- (iii) Providing the criteria at (i) & (ii) above are met, Organising Committees will submit completed paperwork for new events as if it is a claim for an existing Victorian Best Performance.

RULE 261: EVENTS FOR WHICH VICTORIAN BEST PERFORMANCE RECORDS ARE RECOGNISED

Event	Age Group							
	U9	U10	U11	U12	U13	U14	U15	U16
70m	X	X	X	X				
100m	X	X	X	X	X	X	X	
200m	X	X	X	X	X	X	X	
400m	X	X	X	X	X	X	X	
800m	X	X	X	X	X	X	X	
1500m			X	X	X	X	X	
60m Hurdles	X	X	X	X				
80m Hurdles	X	X	X	X	X	G		
90m Hurdles						B	G	
100m Hurdles							B	
300m Hurdles					X	X	X	
1100m Walk	X	X						
1500m Walk			X	X	X	X	X	
High Jump	X	X	X	X	X	X	X	
Long Jump	X	X	X	X	X	X	X	
Triple Jump	X	X	X	X	X	X	X	
Discus	X	X	X	X	X	X	X	
Javelin			X	X	X	X	X	
Shot Put	X	X	X	X	X	X	X	
Multi-Event	X	X	X	X	X	X	X	X
4 x100m Relay	X, MS	X, MS	X, MS	X, MS	X, MS	X, MS	X, MS	X, MS
4 x 200m Relay	X, MS	X, MS	X, MS	X, MS	X, MS	X, MS	X, MS	X, MS
Medley Relay	X, MA	X, MA	X, MA	X, MA	X, MA	X, MA	X, MA	X, MA

Legend:

B – Boys Only	MS – Mixed Sex
G – Girls Only	MA – Mixed Age (U9-U11, U12-U13, U14-U16)
X – Both Genders	Shaded Areas – Event not held for that age group or a different number of qualifiers for age groups.

CHAPTER 6 – LAVic SPECIFIC RULES

LAVic RULE 601: STATE CHAMPIONSHIPS

- LAVic will conduct the following State Championships with qualifying competitions as indicated:

Championship	Qualifying Competition
State Relay Championships	Region Relays
State Track & Field Championships	Region Track & Field
State Multi-Event Championships	No qualifying competition
State Cross-Country Championships	No qualifying competition
State Road Relay Championships	No qualifying competition

LAVic RULE 602: ENTRIES INTO STATE CHAMPIONSHIP COMPETITIONS

All State Championship Competitions

- The submission and payment of entries will be determined by LAVic.
- Entries will close at the date and time set by LAVic.
- Late entries or incorrect entries may not be accepted.
- The Organising Committee will set the maximum number of athletes or teams allowed to compete in each event.

State Track & Field Competitions

- For State Track & Field Competitions athletes will be limited to enter a maximum of four events.

State Relay Competitions

- For State Relay competitions athletes will be limited to enter in a maximum of three events.
- Centres may enter teams for any of the events conducted.
- Regions may enter teams for some age group events.
- For each competition, Centres/Regions must submit the names of athletes comprising each team for each event to the Organising Committee at least forty-five minutes prior to the start of the first event of the competition. Where a Centre or Region has multiple teams in any event, each team must be identified by "A", "B", etc.
- The Centre/Region Secretary, President or Team Manager must validate and sign Centre/Region team sheets.
- The designated fine of \$250.00 may be imposed on the Centre/Region for each team found to be competing in breach of the eligibility of team formation requirements.

State Road Relay Competitions

- For State Road Relay competitions athletes will be limited to enter in one event only.
- Centres may enter teams for any of the events conducted.
- For each competition, Centres/Regions must submit the names of athletes comprising each team for each event to the Organising Committee prior to closing date and time of entries.
- The Centre/Region Team Manager must validate and sign Centre team sheets at the conclusion of each event.
- The designated fine of \$250.00 may be imposed on the Centre/Region for each team found to be competing in breach of the eligibility of team formation requirements.

State-Cross-Country Competitions

- Team entries will not be required to be submitted. Teams will be determined based on the individual placing of athletes in the event.

LAVic RULE 603: EVENTS CONDUCTED AT STATE CHAMPIONSHIPS

1. The following table lists the events held for State Championships:

	Event	Age Group								Qualifiers Per Region	Maximum Field Size
		U9	U10	U11	U12	U13	U14	U15	U16		
Track And Field	70m	X	X	X	X					1	24
	100m	X	X	X	X	X	X	X		1	24
	200m	X	X	X	X	X	X	X		1	24
	400m	X	X	X	X	X	X	X		1	24
	800m	X	X	X	X	X	X	X		1	16
	1500m			X	X	X	X	X		1	24
	60m Hurdles	X	X	X	X					1	24
	80m Hurdles	X	X	X	X	X	G			1	24
	90m Hurdles						B	G		1	24
	100m Hurdles							B		1	24
	300m Hurdles					X	X	X		1	24
	1100m Walk	X	X							1	24
	1500m Walk			X	X	X	X	X		1	24
	High Jump	X	X	X	X	X	X	X		1	24
	Long Jump	X	X	X	X	X	X	X		1	24
	Triple Jump	X	X	X	X	X	X	X		1	24
	Discus	X	X	X	X	X	X	X		1	24
	Javelin			X	X	X	X	X		1	24
	Shot Put	X	X	X	X	X	X	X		1	24
	Relays	4 x100m	X	X	X	X	X	X	X		2
MS			MS	MS	MS	MS	MS	MS		2	24
									MS	1	8
4 x 200m		X	X	X		X	X	X	X	2	24
					X	X	X	X		1	16
		MS	MS	MS	MS	MS	MS	MS	MS	1	8
Medley	X	X	X	X	X	X	X		1	8	
		MA		MA		MA			1	8	
Multi-Event	Multi-Event	X	X	X	X	X	X	X	X	No qualifying competitions.	
Cross-Country	1.5km CC	X	X								
	2km CC			X	X						
	3km CC					X	X	X			
Road Relays	3 x 1.5km	X	X								
	3 x 2km			X	X						
	3 x 3km					X	X	X			

Legend:

B – Boys Only	MS – Mixed Sex
G – Girls Only	MA – Mixed Age (U9-U11, U12-U13, U14-U16)
X – Both Genders	Shaded Areas – Event not held for that age group or a different number of qualifiers for age groups.
Qualifiers Per Region – The number of athletes/teams from each region in each event that automatically qualify for the State Championship in that event, and have attained any qualifying standards that may be set for that event.	
Maximum Field Size – The maximum number of athletes/teams permitted for a field for each event. The field is made up of the qualifiers per region and athletes/teams progressed across all regions.	

Progressions to State Championships

2. The names of athletes eligible to be progressed to a State Championship event must be submitted to LAVic as determined by LAVic.
3. The details on Automatic Qualifiers and Performance Progressions for each specific State Championship event are detailed in LAVic Rule 603.1.
4. When qualifying competitions are held, an athlete/team will only be progressed in an event to the State Championship by having competed as a finalist in the event at the qualifying competition of the Region to which their Centre has been allocated.
5. In the case where a re-run of an event has occurred only the results of the re-run event will be used.
6. In the case of ties for automatic qualifying positions to the State Championship a run-off/jump-off may be required to establish place only. The original performances will be used for the determination of progressions.
7. LAVic will combine the results from all qualifying competition events for that State Championship event to determine the athletes/teams to be progressed for that event.
8. Centres must advise the LAVic office if an athlete/team who has been progressed to the State Championship for any given event, does not intend to participate in that event.
9. In the case of a publication error the matter will be referred to the LAVic.
10. If there are insufficient entries, or in the event that places and performances are equal only clear progressions will be progressed, i.e. a field may be less than the allowed maximum field size.

Automatic Qualifiers for State Championship

11. At qualifying rounds of State Championships the Organising Committee must continue to conduct the event until there is clear placing for the permitted number of automatic qualifiers. Only those athletes/teams involved in the tie will continue to compete.

Substitution of Athletes/Teams at State Championships

12. If an athlete/team that has qualified to participate in a State Championship event is unable to compete in the event due to illness or injury, the Centre must notify the LAVic office, who will select a substitute athlete/team for that event.
13. Only eligible athletes/teams who meet the progression criteria for that event are eligible for substitution.
14. The next athlete/team on performance across all qualifying competitions who has met the progression criteria for that event will be invited to compete.
15. If the invitation is declined, the invitation will be progressively extended in turn to the next eligible athlete/team. No more than three invitations per event will be offered.

LAVic RULE 604: POSTPONEMENT OR CANCELLATION OF EVENTS OR COMPETITION

1. Once a competition has commenced the Referee in consultation with the Meeting Manager and Event Chief Officials will have sole responsibility to decide if events are to be postponed, cancelled or relocated due to conditions being such that safety of athletes and/or Officials is at risk. This will apply to individual events or the remainder of the programme yet to be conducted.
2. Events effecting ALAC Selections (U13 Australian Teams Championship and U15 Multi-Event Championship) must be re-scheduled first where specific events or the programme is postponed.
3. The Organising Committee will decide whether events not conducted on the day are conducted at a future date or cancelled for that year.
4. In the event of the programme being abandoned for the day, all events completed, including track events where finalists have been selected, and completed rounds of field events, will stand.
5. If a field event, except High Jump, is restarted, athletes are eligible to complete the event in accordance with the Competition Rules.

6. If a field event, except High Jump, is not restarted, and all athletes have completed at least half the number of rounds allowed, then that event will be deemed to have been finished, and results will be based on performances over the completed rounds only.
7. In a High Jump event where there are six or less athletes in the event when it is stopped, then the event will be deemed to have been finished and results based on performances recorded after the last completed round.
8. Where the number of athletes exceeds six and the event is restarted then only those athletes who have not been disqualified 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.

Note: The Event Chief Judge may allow each athlete up to two practice trials at various heights before the event restarts.

LAVic RULE 605: PRESENTATIONS

1. For each State Track and Field Championship Event Final:
 - (a) Medals will be presented to the first three placegetters;
 - (b) Ribbons will be presented to fourth to eighth placegetters.
2. For each State Relay Championship Event Final:
 - (a) Medals will be presented to the first three placegetters.
3. For each State Cross-Country Championship Individual Event Final:
 - (a) Medals will be presented to the first three placegetters.
 - (b) Ribbons will be presented to fourth to eighth placegetters.
4. For each State Cross-Country Championship Team Event Final:
 - (a) Medals will be presented to the first three placegetters.
5. For each State Road Relay Championship Event Final:
 - (a) Sashes will be presented to the first three placegetters.
6. For State Invitation Events:
 - (a) Ribbons will be presented to first three placegetters.
7. Medals or Ribbons will not be presented to placegetters in the individual disciplines of the Multi-Event.
8. Approved Centre Uniforms must be worn at the presentation ceremony.

LAVic RULE 606: DISPENSATION FROM APPLICATION OF THE RULES

1. Dispensation from the application of the Competition Rules will not be granted to any athlete except by the Board of Management, and any such dispensation will be:
 - (a) Announced to all Team managers at the beginning of the competition, and
 - (b) May be appealed by any Team Manager to the Jury of Appeal.

LAVic RULE 607: EQUIPMENT

General

1. The Organising Committee will provide all equipment, apparatus and implements for all competitions.

Fully Laned Track Events

2. Fully Automatic (including automatic start) electronic timing systems must be used at all competitions conducted under Rule 1.

Implements

3. Regions are required to have their field event equipment weighed and certified to LAVic specifications prior to each competition.

LAVic RULE 608: TEAM MANAGERS

1. Centres and Regions may appoint up to two accredited Team Managers for competitions conducted under Rule 1 for which athletes/teams are competing. The Organising Committee may allow more than two accredited Team Managers from a Centre or Region. The names and other contact details of the Team Managers must be submitted to the Organising Committee at least seven days prior to the event.
2. At each competition, accredited Team Managers must report to the Communications Controller, sign the attendance register and receive their official identification. This identification must be worn at all times to ensure that only accredited Team Managers gain entry to the Arena in case of a clash of events or for official discussions with the Referee, Meet Manager, Jury of Appeal or Communications Controller.

LAVic RULE 609: STATE TRACK AND FIELD CHAMPIONSHIP QUALIFYING STANDARDS

1. Except for the following events there are no qualifying standards that need to be met:

High Jump

2. The following table indicates the starting height for each age group at the State Track and Field Championship final:

Age	U9	U10	U11	U12	U13	U14	U15
Boys	0.95m	1.10m	1.15m	1.25m	1.30m	1.40m	1.45m
Girls	0.90m	1.00m	1.10m	1.15m	1.25m	1.30m	1.35m

3. Athletes who fail to clear at least the height listed in LAVic Rule 609.2 for their age group at Region Track and Field competitions will not automatically qualify or be progressed to the State Track and Field Championship Final.
4. Region Qualifying competition starting heights will be set at 10cm below the State Final starting heights for each age group defined in Rule 609.2

Race Walks

5. Athletes who equal or better the time listed in the table below for their age group at Region Track and Field competitions will be automatically eligible to be progressed to the State Track and Field Championship Final.

Age Group	Distance	Time
U9	1100m	8 mins 50 secs
U10	1100m	8 mins 20 secs
U11	1500m	10 mins 50 secs
U12	1500m	10 mins 35 secs
U13	1500m	9 mins 45 secs
U14	1500m	9 mins 30 secs
U15	1500m	9 mins 30 secs

6. Where a full field does not exist, the Organising Committee will have the discretion to progress athletes who fail to meet these times.

LAVic RULE 610: RELAY TEAMS**Team Composition**

- For the purposes of team composition, a competition includes all rounds of Region Relays and all rounds of the State Relay Championship.
- The composition of teams permitted for the various relay events are listed in the following table:

Event	Age Group	Team Composition	Max. Number of Substitutes
4 x 100m	U9 - U15 B & G	4	1
	U9 - U16 MS	2 x Boys, 2 x Girls	2
4 x 200m	U9 - U15 B & G	4	1
	U9 - U16 MS	2 x Boys, 2 x Girls	2
Medley	U9 - U15 B & G	4	1
	U9 - U11 MA	1 x U9, 1 x U10, 2 x U11	2
	U12 - U13 MA	2 x U12, 2 x U13	2
	U14 - U16 MA	1 x U14, 1 x U15, 2 x U16	2

Legend:

B – Boys Only	G – Girls Only	MS – Mixed Sex	MA – Mixed Age
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- After the initial submission of teams and prior to a team commencing to compete in a competition, changes to the names of athletes in a team can be made up to forty-five minutes prior to the scheduled start time of first event of an event block.
- Once a team lists up to the maximum number of substitute athletes on their team sheet they can only use those athletes in the composition of the team. They cannot then substitute any additional athletes.
- Once a team has started to compete in a competition and the team has not listed their maximum number of substitutes on their team sheet, additional athletes may be used as substitutes in the composition of the team up to the maximum number of substitutes as listed in the table in LAVic Rule 610.2. An Athlete Substitution Form must be completed and can be submitted up to thirty minutes prior to the scheduled start of the event the team will be competing in.
- Athletes substituted out of the team can be substituted back into the team in subsequent rounds without penalty. Athletes substituted out of a team can compete in another team in the same event in subsequent rounds once the team they were in is eliminated. If a team does not follow this Rule, it will be disqualified.

Note: Athletes are only allowed to enter in a maximum of three events; however they are allowed to compete in more than one team in an event regardless of age group. As an example, if an athlete has been entered in a team in each of the U9 4x100m, U9 4x200m & U9 Medley they will not be able to be used as substitutes in the MS U9 4x100m, MS U9 4x200m or MA U9-U11 Medley, *but may be used as a promoted substitute in the U10 4x100m in subsequent rounds after the U9 4x100m team has been eliminated.*

- Once a team has been eliminated, not disqualified, from a competition, the athletes from that team may be used as substitutes for other teams in the same event in subsequent rounds of the competition.
- If a team has been disqualified from a competition, only the four athletes who comprised the team in the race that was disqualified will not be permitted to compete in any other team for the same event. If a team does not follow this Rule, it will be disqualified.
- If a dispute arises as to the eligibility of any athlete in a team to compete, the following will take place:
 - The event will be run at the advertised time with the listed teams and the Team Manager of the team in dispute will be informed that the team may be disqualified if it is subsequently found that any athlete in the team was ineligible to compete.

- (b) In the event of a re-run, the same four athletes for each team that competed in the original race must compete in the re-run, in the same legs as the original race.
- 10. Any other exceptions will be considered on the day.
- 11. The designated fine of \$250.00 per team may be imposed on the Centre/Region for each team found to be competing in breach of the eligibility of team composition requirements.

Region Teams

- 12. A Centre within a Region which has less than six registered athletes in an age group may combine with other Centres within the Region to form a Region team in that age group. Each team will be subject to the following:
 - (a) Athletes must only compete in their registered age group, i.e. No age group promotions are permitted.
 - (b) Substitute athletes can only be selected from the Centres involved in the Region team.
 - (c) Region teams will not be formed for the Mixed Age Medley event.
 - (d) The team must wear the relevant Region uniform in accordance with these Rules.

Age Group Promotion

- 13. Except for an athlete promoted to a higher age group, athletes must only compete in events listed for the age group in which they are registered.
- 14. An athlete who is promoted to a higher age group for one event must remain in the higher age group for that event in all rounds of the competition. The athlete may still compete in their registered age group for any other event.
- 15. Athletes cannot be promoted into the U9 age group.
- 16. Athletes can be promoted as follows:
 - (a) U9 to U12 age groups - one age group only
 - (b) U13 to U15 age groups - one or more age groups
- 17. If a Centre does not have sufficient athletes in an age group to form a team for:
 - (a) U10 to U13 Age Groups: The team will consist of three athletes from the one age group and a maximum of one athlete promoted up one age group.
 - (b) U14 to U16 Age Groups: The team may consist of any combination of age groups providing at least one athlete in the team must be in the age group for which the team is entered and no athlete will have been promoted more age groups than permitted in LAVic Rule 610.15, e.g. an U16 team may comprise an U16, an U15, an U14 and an U13 athlete.
- 18. A promoted athlete must be listed on the team sheet as a promoted athlete.

LAVic RULE 611: ROAD RELAY TEAMS

Team Composition

- 1. For all age groups, Road Relay team composition will consist of three athletes of the same gender.
- 2. If a dispute arises as to the eligibility of any athlete in a team to compete, the following will take place:
 - (a) The event will be run at the advertised time with the listed teams and the Team Manager of the team in dispute will be informed that the team may be disqualified if it is subsequently found that any athlete in the team was ineligible to compete.
 - (b) In the event of a re-run, the same three athletes for each team that competed in the original race must compete in the re-run, in the same legs as the original race.
- 3. Any other exceptions will be considered on the day.
- 4. The designated fine of \$250.00 per team may be imposed on the Centre/Region for each team found to be competing in breach of the eligibility of team composition requirements.

Region Teams

5. Centres within a Region which has less than six registered athletes in an age group may combine with other Centres to form a composite team in that age group upon application to the Organising Committee. Each team will be subject to the following:
 - (a) Athletes must only compete in their registered age group, i.e. No age group promotions are permitted.
 - (b) The team must wear the relevant Region a uniform in accordance with these Rules.

Age Group Promotion

6. Except for an athlete promoted to a higher age group, athletes must only compete in events listed for the age group in which they are registered.
7. Athletes cannot be promoted into the U9 age group.
8. Athletes in the U9 to U14 age groups can be promoted a maximum of two age groups.
9. A Centre team may consist of any combination of age groups providing at least one athlete in the team must be in the age group for which the team is entered and no athlete will have been promoted more age groups than permitted.
10. A promoted athlete must be listed on the team sheet as a promoted athlete.

CHAPTER 7 – LAVic EQUIPMENT SPECIFICATIONS

LAVic RULE 700: EQUIPMENT SPECIFICATIONS

Some of the events and age groups in the following tables are not held for competitions listed in Rule 1. Where these events are held it is recommended that the relevant Organising Committee uses these specifications as listed.

Hurdles

Distance	Age Group	Flights	Height of Hurdles	Distance To 1st Hurdle	Distance Between Hurdles	Distance to Finish
60m	U9	6	45cm	12m	7m	13m
	U10, U11	6	60cm	12m	7m	13m
	U12	6	68cm	12m	7m	13m
80m	U9	9	45cm	12m	7m	12m
	U10, U11	9	60cm	12m	7m	12m
	U12	9	68cm	12m	7m	12m
	U13, U14 G	9	76cm	12m	7m	12m
90m	U14 B , U15 G , U16 G	9	76cm	13m	8m	13m
100m	U15 B , U16 B	10	76cm	13m	8.5m	10.5m
300m	U13, U14, U15, U16	7	68cm	50m	35m	40m

Field Implements

Boys				Girls			
Age Group	Event			Age Group	Event		
	Shot Put	Discus Throw	Javelin Throw		Shot Put	Discus Throw	Javelin Throw
U9	2kg	500g	-	U9	2kg	500g	-
U10	2kg	500g	-	U10	2kg	500g	-
U11	2kg	750g	400g	U11	2kg	750g	400g
U12	3kg	750g	400g	U12	2kg	750g	400g
U13	3kg	1kg	600g	U13	3kg	750g	400g
U14	4kg	1kg	600g	U14	3kg	1kg	400g
U15	4kg	1kg	600g	U15	3kg	1kg	500g
U16	4kg	1kg	700g	U16	3kg	1kg	500g