



August 18, 2011

## Little Athletics Chelsea Track Events Rules

Extract from LA Vic Regulation 8, Section 8 Starting and Section 9 and Track Events, October 2010

### Spirit of Competition

#### LAC encourages athletes to:

**Participate**- be involved no matter what their level of performance is;

**Try their best**- athletes are competing against their own previous performances;

**Have fun**- if athletics is fun it is rewarding and they will continue to participate.

#### LAC encourages parents and Officials to:

**Be fair**- little athletics is children's sport and is about having fun not winning;

**Acknowledge effort**- athletics is very complicated and most athletes try their very best despite their performance;

**Think of safety**- athletics can be dangerous and children may not always be aware of the dangers around them;

**Seek assistance**- speak to a Committee member or Official for guidance or assistance.

### Competition Rules for Track Events

#### 8.2 STARTING

##### 8.2.1 General

**(a)** All races shall be started by the activation of an audible starting device.

**(b)** The commands used by the starter shall be:

**(i)** For events up to and including 400 metres and all relay events:

"On your marks", and

"Set", and,

when all athletes are steady, the starting device shall be activated.

**(ii)** For events longer than 400 metres:

"On your marks", and,

when all athletes are steady, the audible starting device shall be activated.

**(c)** On the command "On your marks" or "Set", as the case may be, all athletes shall without delay assume their full and final set position.

**(d)** If the Starter is not satisfied that all athletes are ready for the start to proceed, the Starter shall order all athletes to stand up and the start procedure shall recommence.

**(e)** Any athlete making a false start (see CR: 8.2.2) shall be warned. Any athlete who is responsible for a false start may be disqualified as follows:

**U9 and younger athletes:** for three (3) false starts.

**In all other cases:** for two (2) false starts.

**(f)** The Starter or Recall starter, who is of the opinion that the start was not a fair one, shall recall the athletes by using an audible starting device.

##### 8.2.2 False/Unfair Starts

**(a)** The following shall / may constitute a false/unfair start:

**(i)** Failure to comply with CR: 8.2.1 (c) after a reasonable time,

**(ii)** An athlete through action or noise disturbs other athletes in the race after the command "On your marks".

(iii) 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,

(iv) The Starter shall 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 shall 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.

(v) Using a starting technique (see CR: 8.2.3) that is not appropriate for the age group and/or event.

### **8.2.3 Starting Techniques**

(a) **Standing Start:** Except as specified for crouch start (see (b) below) may be used by all athletes in all events.

(b) **Crouch Start:** Except where it is physically or medically impossible/impracticable for an athlete to use this technique, a crouch start shall be used by all athletes in the Under 12 to Under 16 age groups for all Track events at Track and Field Championship (up to and including the 400 metre event).

(i) One (1) knee must be in contact with the ground in the "on your marks" position.

(ii) In a crouch start, with or without starting blocks, both hands shall be in contact with the ground when the athlete is in the "set" position.

### **8.3 MORE THAN ONE ROW OF ATHLETES**

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

### **8.4 LEAVING THE TRACK DURING A RACE**

(a) An athlete after voluntarily leaving the track or course shall not be allowed to continue in the race.

## **SECTION 9 - TECHNICAL RULES - TRACK EVENTS**

### **9.3 STARTING BLOCKS**

(a) Starting blocks provided by LAC may be used by all athletes in the U12 and above age groups for all track events up to and including the 400 metres. (Also see below for local rules).

### **9.4 CHECK MARKS**

(a) Athletes in track events may not use check marks or place objects on or alongside the running track for their assistance.

### **9.6 RUNNING IN LANES**

(a) In all events run in lanes, athletes shall keep in their allocated lane from start to finish. This shall also apply to any event where a portion only is run in lanes as follows:

(i) 60mH, 81mH, 90mH, 100mH and 300mH, 50m, 70m, 100m, 150m, 200m, 400m.

(iii) The 800m event shall be run in lanes as far as the break line marked after the first bend where athletes may leave their respective lanes; alternatively the 800m can be run entirely without designated lanes.

(iv) The 1500m event does not have designated lanes.

### **9.7 RUNNING OUT OF LANES**

(a) If an Official considers that an athlete, having run out of the designated lane, intentional or otherwise, has gained an unfair material advantage, or disadvantaged another athlete, then the Official may disqualify the athlete or change the order of finishing on the Judges result sheet.

### **9.8 COMPETING IN A HEAT / LANE OTHER THAN THE ONE ALLOCATED**

(a) An athlete shall not compete in a heat other than the one to which the athlete is allocated, except if circumstances arise which in the opinion of the Official justifies such alteration.

(b) An athlete shall not compete in a lane other than the one to which the athlete is allocated, except if circumstances arise (e.g., lane(s) unduly covered by water) which in the opinion of the Official and Event Manager justifies such alteration.

(i) If such a circumstance arises, and there are sufficient vacant lanes available to cater for the affected athlete(s), they shall be given the option to run in the vacant lanes (see also CR: 3.1(b)).

## 9.9 HURDLES

### 9.9.2 Competition

(a) All races shall be run in lanes and each athlete shall 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 may be disqualified. The unintentional knocking down of hurdles shall not disqualify nor prevent a record being set.

### 9.9.3 Hurdle Placement, Heights and Distances

(a) 60 Metre Hurdles - (Six Flights) Yellow Track Markings

AGE-B/G	HEIGHT	RUN - IN	SPACING	RUN - OUT
7 - 9	45cm	12m	7m	13m
10 - 11	60cm	12m	7m	13m
12	68cm	12m	7m	13m

(b) 81 Metre Hurdles - (Nine Flights) Black Track Markings

AGE-B/G	HEIGHT	RUN - IN	SPACING	RUN - OUT
8 - 9	45cm	12m	7m	13m
10 - 11	60cm	12m	7m	13m
12	68cm	12m	7m	13m
13	76cm	12m	7m	13m
14 G	76cm	12m	7m	13m

(c) 90 Metre Hurdles - (Nine Flights) Red Track Markings

AGE	HEIGHT	RUN - IN	SPACING	RUN - OUT
14 B	76cm	13m	8m	13m
15 G	76cm	13m	8m	13m
16 G	76cm	13m	8m	13m

(d) 100 Metre Hurdles - (Ten Flights) White Track Markings

AGE	HEIGHT	RUN - IN	SPACING	RUN - OUT
15 B	76cm	13m	8.5m	10.5m
16 B	76cm	13m	8.5m	10.5m

(e) 300 Metre Hurdles - (Seven Flights) Green Track Markings

AGE B/G	HEIGHT	RUN - IN	SPACING	RUN - OUT
13 - 15	68cm	50m	35m	40m

## Local rules and variations for Track Events at Little Athletics Chelsea

### Starting Blocks

When spikes are worn in a track event the athlete must use starting blocks. Athletes shall be responsible for ensuring that starting blocks are prepared.

### Track Markings

The track plinth markings are different colours to those used by LA Vic and other Centres. All start markings are white, except for the laned-800m start markings which are orange.

August 18, 2011

### **Use of spikes in Track Events at Little Athletics Chelsea**

Athletes must wear footwear in accordance with LA Vic, regulation 8.

Spikes may be worn at LAC by under 12 -16 athletes.

Spikes may only be worn at LAC when competing in the events listed below:

**-a laned track event of 400m or less;** long jump; triple jump.

The maximum spike length is 7mm and the spike design must be a type approved by LA Vic.

Spikes shall only be worn within the arena or at the field event venue while the athlete is competing, i.e. in the competition area(s).

Spikes can be dangerous and it is expected that Senior athletes will use them responsibly. Accordingly, improper or incorrect wearing of spikes by an athlete detected by Officials shall be referred to the Centre Committee and may be subject to disqualification of the athlete or removal of the athlete's privilege to wear spikes at the Centre.