



# **Competition Regulations**

for the conduct of the

## **2024 Coles Australian Little Athletics Championships - ALAC**

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Version 1.3

## Preface

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The Coles Australian Little Athletics Championships are conducted in accordance with the Standard Rules for Competition of Little Athletics Australia Limited (LAA) and these Regulations.

LAA uses World Athletics (WA) and World Para Athletics (WPA) rules as the basis for the rules and makes modification to suit the ages, nature and abilities of all athletes participating in Little Athletics.

These Competition Regulations are specific to the 2024 Coles Australian Little Athletics Championships – ALAC and contain processes that assist in providing a consistent and safe program to all participants.

## Contents

LAA Rule 701: Coles Australian Little Athletics Championships - ALAC .....	4
General .....	4
Entries.....	5
Teams .....	5
Age Groups.....	6
Substitute Athletes .....	7
Withdrawing Athletes – U14 & U15 Athletes – Track & Field .....	7
Claiming an Australian Best Performance - ABP or Meet Record.....	7
Coaching during Competition & Warm Up .....	7
Teams Area.....	8
Call Room Closing Times.....	8
Timing and Judging System .....	8
Multi-Class Assistants/Guide Runners .....	9
LAA Rule 702: Protests .....	9
LAA Rule 703: Event Clashes .....	9
LAA Rule 704: Uniform, Bibs and Footwear .....	10
LAA Rule 705: Events for the U13 Athletes.....	10
U13 Athletes – 16 events:.....	10
U13 Multi-Class Athletes – 8 events:.....	13
LAA Rule 706: Events for the U15 Combined Events Athletes.....	13
U15 Combined Events Athletes - 7 events:.....	13
LAA Rule 707: Events for the U14 and U15 Athletes.....	14
U14 Athletes – 14 events:.....	14
U15 Athletes – 14 events:.....	14
U14 and U15 Multi-Class Athletes – 8 events: .....	16
LAA Rule 708: Presentations .....	17
U13 Athletes and U13 Multi-Class Athletes:.....	17
U14 Athletes and U14 Multi-Class Athletes:.....	17
U15 Athletes and U15 Multi-Class Athletes:.....	17
U15 Combined Events Athletes: .....	18
LAA Rule 709: ALAC Point Scoring .....	18
U13, U14 and U15 Athletes, including U15 Combined Events Athletes .....	18
Appendix: Document History.....	20

# Competition Regulations

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## LAA Rule 701: Coles Australian Little Athletics Championships - ALAC

### General

1. The Coles Australian Little Athletics Championships (ALAC) will be conducted in accordance with the Standard Rules for Competition of Little Athletics Australia Limited (LAA), these Competition Regulations, and other Policies as applicable.
2. The Australian Little Athletics Championships will be held each year and will comprise of a competition for Athletes in the U13, U14 and U15 age groups, including Multi-Class. The separate age groups will determine the rules and regulations that are applicable.
  - (a) The U13 age group, including U13 Multi-Class, is a Track & Field Teams competition where athletes are representing their Member Association, each athlete is eligible to gain points from events towards a total team point score.
  - (b) The U14 age group, including the U14 Multi-Class, is an Individual Track & Field Championships, where athletes are representing their Member Association. Each athlete is also eligible to gain points from events towards a total team point score.
  - (c) The U15 age group, including the U15 Multi-Class, is an Individual Track & Field Championships, where athletes are representing their Member Association. Each athlete is also eligible to gain points from events towards a total team point score.
  - (d) The U15 Combined Events Championship - is a Teams competition where athletes are representing their Member Association. Athletes are competing for Team points.
3. The Multi-Class Classifications will be for all age groups.
  - (a) Hearing – T/F01
  - (b) Visual – T/F11-13
  - (c) Intellectual – T/F20 - T/F21
  - (d) Physical – RR1-3, T/F32-38, T/F40-46, T47, T/F51-54, F55-57, T/F61-64
4. Multi-Class athletes will compete separately in each age group in Track and Field events, unless otherwise scheduled, due to athlete entries.
5. The Multi-Class Baseline Points Scoring system will be used to determine the results of all Multi-Class events.
6. **LAA will appoint a Technical Delegate who has the responsibility:**
  - (a) To ensure that the competition is run in accordance with the LAA Standard Rules of Competition, these Regulations, other Policies, and will act as the Event Director.
  - (b) To develop the competition schedule.
  - (c) To ensure the competition venue offers the correct conditions in respect of safety and dimensions for the conduct of the Championship whilst simultaneously providing a suitable spectacle for the promotion of the sport.
  - (d) To approve all equipment to be used at Competition and Warm up venues.
  - (e) To approve the appointment of Officials.
  - (f) To approve the Result, Timing and Scoring systems for the Competition.
  - (g) To validate the Competition entries.
  - (h) To conduct the Technical meetings and briefings with Teams.
  - (i) In conjunction with the Competition Director, conduct the briefing with the Technical Officials.
  - (j) To validate and approve the overall results of the Competition.
  - (k) To provide an ongoing assessment of the conduct of ALAC.

7. **LAA will appoint a Competition Director who:**

- (a) Plans the technical organisation of the competition in conjunction with the Technical Delegate.
- (b) Is fully aware of the Regulations and Policies and functioning of the IT systems.
- (c) Ensures the plan is executed before and during the competition.
- (d) Ensures the accurate preparation and publication of the Call Room schedule.
- (e) Ensures any technical problems are resolved or an alternate solution put in place.
- (f) Will conduct the meeting with the Technical Officials in conjunction with the Technical Delegate.
- (g) Directs the interaction between Teams Management and maintains contact with all the Technical Officials, including the Start Coordinator prior to each race.
- (h) Will manage all appointed Technical Officials during the competition.
- (i) Coordinates the activities of the Announcers, Presentation Team, and Broadcasters in the presentation of the Competition.
- (j) Will deal with any matter that is referred to them for consideration.

### **Entries**

8. Entries to the ALAC Competition must be submitted to the LAA Office on the specified forms by the date & time as defined by LAA.
9. Athletes can only compete in their correct age group.
10. U15 athletes can only compete in either the U15 Track & Field Championships or the U15 Combined Events Championships, not both.
11. Multi-Class athletes must have a Provisional or Full Classification, which is recognised by the relevant organisation. Proof of classification may be requested by LAA, if there is any doubt on the status of the classification.
12. Multi-Class athletes can only compete in one classification for Track events, and one classification for Field events.
13. Multi-Class athletes may only compete in the Multi-Class events. Once selected as a Multi-Class athlete, an athlete will not be allowed to compete in any other event.

### **Teams**

14. All athletes must be a current registered financial member with their Member Association (MA) in accordance with the Constitution and Rules / Regulations of their Association.
15. **U13 athletes and U13 Multi-Class athletes**
  - (a) Each Member Association will be entitled to enter a Team of up to thirty-two (32) athletes and eight (8) Multi-Class athletes:
    - U13 Teams - up to 16 boys and 16 girls.
    - U13 Multi-Class Teams - up to 8 athletes. Gender mix shall be at the MA's discretion.
  - (b) Athletes are selected based on criteria approved by the Member Association.
  - (c) Each Member Association may enter one U13 Team per gender in the 4 x 100m Relay and one U13 Team per gender in the 4 x Swedish Medley Relay.
  - (d) U13 athletes may compete in a maximum of 6 events, including both Relays.
  - (e) U13 Multi-Class athletes can compete in a maximum of 6 events.
  - (f) Each Member Association can have a maximum of 2 athletes per event for both the U13 and U13 Multi-Class events.
  - (g) The Heats and Final(s) of the same track event are deemed to be one event.

**16. U14 athletes and U14 Multi-Class athletes**

- (a) Each Member Association will be entitled to enter a Team of up to fifty-six (56) athletes and sixteen (16) Multi-Class athletes:
  - U14 Athletes - up to 28 boys and 28 girls.
  - U14 Multi-Class Athletes - up to 16 athletes. Gender mix shall be at the MA's discretion.
- (b) Athletes are selected by the Member Association according to their process, based on the selection criteria determined by Coles Little Athletics Australia.
- (c) U14 athletes may compete in a maximum of 6 events.
- (d) U14 Multi-Class athletes can compete in a maximum of 6 events.
- (e) Each Member Association can have a maximum of 2 athletes per event for both the U14 and U14 Multi-Class events.
- (f) The Heats and Final(s) of the same track event are deemed to be one event.
- (g) Athletes can compete in all events that they have qualified in based on the selection criteria, up to the maximum number of events.

**17. U15 athletes and U15 Multi-Class athletes**

- (a) Each Member Association will be entitled to enter a Team of up to fifty-six (56) athletes and sixteen (16) Multi-Class athletes:
  - U15 Athletes - up to 28 boys and 28 girls.
  - U15 Multi-Class Athletes - up to 16 athletes. Gender mix shall be at the MA's discretion.
- (b) Athletes are selected by the Member Association according to their process, based on the selection criteria determined by Coles Little Athletics Australia.
- (c) U15 & U15 Multi-Class athletes may compete in a maximum of 6 events.
- (d) Each Member Association can have a maximum of 2 athletes per event for both the U15 and U15 Multi-Class events.
- (e) The Heats and Final(s) of the same track event are deemed to be one event.
- (f) Athletes can compete in all events that they have qualified in based on the selection criteria, up to the maximum number of events.

**18. U15 Combined Events athletes**

- (a) Each Member Association will be entitled to a Team of up to two (2) athletes:
  - U15 Heptathlon - up to 1 boy and up to 1 girl.
- (b) Athletes are selected based on criteria approved by the Member Association.

## **Age Groups**

19. Each Member Association must certify to LAA prior to competition that all members of the Team meet the age requirements as specified. The Technical Delegate has the authority to request proof of age of any athlete, if so required.
20. **U13 athletes and U13 Multi-Class athletes**
  - (a) All athletes must be twelve (12) years of age as at midnight on 31 December immediately prior to ALAC.
21. **U14 athletes and U14 Multi-Class athletes**
  - (a) All athletes must be thirteen (13) years of age as at midnight on 31 December immediately prior to ALAC.
22. **U15 athletes and U15 Multi-Class athletes**
  - (a) All athletes must be fourteen (14) years of age as at midnight on 31 December immediately prior to ALAC.

### **Substitute Athletes**

23. After the closing date for entries, an athlete may be substituted in the U13 Team or U15 Combined Events Team up until two (2) days prior to the **first** day of competition. Notification must be received by the LAA Office, within the timeframe advised.
24. From two (2) days prior to the first day of competition, an athlete in the U13 Team can only be substituted in an event by an athlete already named in the U13 Team.
25. From two (2) days prior to the first day of competition, an athlete in the U15 Combined Events Team can only be substituted by an athlete already named in the U15 Track & Field Team, however they cannot compete in both, and must choose prior to the first event of the competition.
26. Where an U13 athlete is to be substituted for an event an athlete substitution form must be completed and submitted to the Team Liaison prior to the closing time of the Call Room of that event.
27. U13 athletes that have been substituted into an event, can only compete up to the maximum number of events.
28. Where an U15 Combined Events athlete is to be substituted into the competition, an athlete substitution form must be completed and submitted to the Team Liaison prior to the first event of the competition. The athlete will be scratched from all U15 Track & Field events, once the substitution has been submitted.

### **Withdrawing Athletes – U14 & U15 Athletes – Track & Field**

29. After the closing date for entries, an athlete in the U14 or U15 Track & Field events may withdraw from any event up until two (2) days prior to the **first** day of competition. Notification must be received by the LAA Office, within the timeframe advised.
30. From two (2) days prior to the first day of competition, U14 or U15 athletes that wish to withdraw from an event, must advise the Teams Liaison prior to the closing time of the Call Room of that event.

### **Claiming an Australian Best Performance - ABP or Meet Record**

31. The following will apply for athletes claiming an Australian Best Performance.
  - (a) U13 registered athletes can claim an U13 age group ABP.
  - (b) U14 registered athletes can claim an U14 age group ABP.
  - (c) U15 registered athletes can claim an U15 age group ABP.

**Note 1:** Only the highest placed athlete / Team in an event may claim the ABP for that age group in that event.

**Note 2:** Multi-Class ABP are not currently recognised.
32. A permanent record of best performances set for each event at an ALAC will be kept and will be known as a Meet Record. Athletes who equal or better an ALAC Meet Record will be issued with a certificate.
  - (a) Multi-Class results will be used to set the benchmark for Meet Records only.

### **Coaching during Competition & Warm Up**

33. **U13 athletes and U13 Multi-Class athletes**
  - (a) U13 athletes are only permitted to receive coaching advice from accredited and approved Team Management. Coaching areas will be inside the field of play, close to the event.
  - (b) The athlete may view a device used by the Team Management, inside the coaching area only.
  - (c) Private coaches and parents are not permitted to provide coaching advice.

34. **U15 Combined Events athletes**

- (a) U15 Combined Events athletes are only permitted to receive coaching advice from accredited and approved Team Management. Coaching areas will be inside the field of play, close to the event.
- (b) The athlete may view a device used by the Team Management, inside the coaching area only.
- (c) Private coaches and parents are not permitted to provide coaching advice.

35. **U14 & U15 athletes and U14 & U15 Multi-Class athletes**

- (a) **U14 & U15 athletes and U14 & U15 Multi-Class athletes only**, will be permitted to receive coaching advice from either the accredited Team Management or Private Coaches.
- (b) Coaching areas will be inside the field of play, close to the event for Team Management, or at dedicated coaching areas on the fence line for private coaching.
- (c) The athlete may view a device used by the Team Management or Coach, inside the coaching area only, where the athlete is receiving advice.

36. The Warmup track and facilities is open to all parents and private coaches.

### **Teams Area**

37. Access to the Teams Area is controlled and is managed by both LAA and the Team Management.

- (a) **U13 athletes and U13 Multi-Class athletes** are restricted to the Teams area and Warm up Track. Only supplied food and drink from the Team Management can be brought into the Teams area.
- (b) **U14 & U15 athletes and U14 & U15 Multi-Class athletes, including U15 Combined Events athletes**, can move in and out of the Teams area, as determined by the Team Management, however, only supplied food and drink from the Team Management can be brought into the Teams area.
- (c) Parents or carers of Multi-Class athletes with accreditation supplied by LAA, will be permitted to access the Teams area, however, only supplied food and drink from the Team Management can be brought into the Teams area, unless approved by the Team Management for special dietary requirements.
- (d) Private coaches and parents are not permitted to enter the Teams area.

### **Call Room Closing Times**

38. Athletes must be in the applicable Call Room prior to the closing time for each event as below, for all age groups.

- (a) **Jumps Events: 25mins** prior to the Jumps Event scheduled time.
- (b) **Throws Events: 20mins** prior to the Throws Event scheduled time.
- (c) **Track Events: 15mins** prior to the Track Event scheduled time.

39. Multi-Class Assistants / Guide Runners must present with their athletes at the times listed for the Call Room closing times.

### **Timing and Judging System**

40. The primary timing and judging system for ALAC will be a fully automatic timing and photo finish system and have a certificate of accuracy issued within 4 years of the competition.



### **Multi-Class Assistants/Guide Runners**

41. Teams / Athletes must provide their own Assistants/Guide runners for competitions.
42. The names and the roles of each Assistant / Guide runner, and the athlete they are assisting, must be supplied to LAA seven (7) days prior to the start of Competition.
  - (a) A maximum of one (1) assistant / guide runner is permitted per day per athlete.
43. Teams shall use their own discretion and set rules for, off the field of play, for assistants based upon the needs of individual athletes.
44. On the field of play assistants must have a clear understanding of the rules for competition. Any breach of a rule by an assistant may result in the athlete being disqualified in that event.
45. Assistants are only permitted to provide assistance to the athletes as required, they cannot coach the athlete from within the seating area. Any coaching must be done from within the dedicated coaches' area only, otherwise the athlete is subject to disqualification.
46. Guide Runners must have a clear understanding of the rules for competition. Any breach of a rule by a guide runner may result in the athlete being disqualified in that event.
47. Assistants must be suitably attired and wearing sports type shoes (runners/joggers). They must be clearly identifiable by wearing a bright coloured vest and accreditation supplied by LAA. The Teams Liaison will supply the vest and accreditation according to the approved list. The vest and accreditation must be returned to the Teams Liaison at the end of each day's events.
48. Guide Runners must wear a plain short-sleeved t-shirt with no branding, unless supplied with a top by the MA, and must be clearly identifiable by wearing a bright coloured vest provided by LAA. They are permitted to wear spike shoes during the race. The Teams Liaison will supply the vest according to the approved list. The vest must be returned to the Teams Liaison at the end of each day's events.
49. Guide Runners may be required to wear hip numbers for place judging.
50. Assistants/Guide Runners must present to the Call Room with athletes and will be subjected to all checks as per the competition rules.

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### **LAA Rule 702: Protests**

1. The protest must be handed to the Administration Manager, accompanied by a deposit of \$50. The A\$50 will be refunded if the protest is upheld by either the Referee or the Jury of Appeal. If the protest is dismissed by the Referee, dismissed, or deemed frivolous by the Jury of Appeal, the A\$50 will not be refunded. The Team Manager will be issued with a tax invoice for presentation to their Member Association.

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### **LAA Rule 703: Event Clashes**

1. After the close of entries, a Clash Summary Report will be created by LAA and sent to Team Management in the week of ALAC.
2. The Clash Summary Report will be used by a Clash Manager and Clash Marshal to move athletes from event to event, without the need for Team Management to interact with the athletes or Officials.
3. Each Field Event Chief Official will have a copy of the Clash reports, and will ensure the athletes have as many attempts, or warm up attempts as possible, prior to leaving the Field event, under the supervision of the Clash Marshal.

4. Athletes can compete out of order and out of round in all rounds. Athletes can also warm up out of order.
5. It is not permitted for an athlete to have two or more consecutive trials (except for seated throws), nor can an athlete demand to have a trial that has been missed.
6. The first three rounds of trials must be completed, and a final eight determined prior to any other subsequent rounds of trials being commenced.
7. In High Jump where a clash occurs, the Chief Judge may allow the athlete to compete out of order. The athlete re-joins the competition at the current height of the bar.
8. Clashes that may occur on the day of the competition, due to athlete substitutions or other factors, are to be submitted to the Teams Liaison, prior to the Call Room closing time of the event.

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#### **LAA Rule 704: Uniform, Bibs and Footwear**

1. Each Team will compete in the uniform as approved by LAA.
2. Athletes may wear a short-sleeved t-shirt under their competition singlet; however, it must be plain white or the same colour as the competition top, and have no branding showing, other than the approved suppliers logo.
3. Athletes may wear bike / compression pants underneath their competition shorts, however only non-branded bike / compression pants, or with the logo of the approved supplier, can be worn. The colour of these bike / compression pants must be the same as the competition shorts or black.
4. Compression pants with non-approved branding, or contrast stitching cannot be worn. Taping over logos is not permitted.
5. No part of the uniform shorts shall extend beyond the top of the knee.
6. Track suit pants cannot be worn in competition.
7. Athletes will be allowed to wear any competition socks (including compression socks); however, all socks must be below knee height. Compression socks must not have any branding, or only have a small logo. All socks must be designed to be non-objectionable with LAA having the ability to determine final suitability.
8. Any venue specific rules in relation to the type and maximum length of spikes will be advised by LAA at least one (1) month prior to the ALAC event.
9. Each athlete will be provided with two bibs which during the competition, must be worn visibly on the front and back, except in the jumping events, where one bib may be worn on the front only. Athletes' surnames instead of numbers will be used on the bibs. If numbers are used, they shall correspond with the number allocated to the athlete on the start list.

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#### **LAA Rule 705: Events for the U13 Athletes**

##### **U13 Athletes – 16 events:**

1. 100 metres, 200 metres, 400 metres, 800 metres, 1500 metres, 80 metre Hurdles, 200 metre Hurdles (5 flights), 1500 metres Race Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin, 4 x 100 metres Relay and 4 x Swedish Medley Relay (100m, 300m, 200m, 400m).
2. **100m, 200m, 80m Hurdles, 200m Hurdles**
  - (a) There will be two (2) heats consisting of an athlete from each Team in each heat. Selection for each heat will be drawn by lot and within each heat, lane allocation will be drawn by lot.

(b) There will be one (1) final of eight (8) athletes. Progression to the Final will be only the winner from each heat and the next fastest six (6) performances.

**Note:** The final may consist of more than eight (8) athletes if a tie for the last qualifying position based on time occurs. Refer to LAA Rules.

(c) Where there is a tie for the last qualifying position based on time, across all heats, all athletes will be progressed to the final. If that is not practicable, lots shall be drawn to determine which athlete(s) will be progressed to the final.

**Note:** Times from Photo Finish read to the 1/1000<sup>th</sup> sec, will be used to separate athletes.

(d) Only those athletes who qualify for the final will compete in the final, regardless of if any other athlete scratches from the Final.

(e) Lane allocation for the final will be based on the ranking of performance only. The following three (3) draws will then be made to determine lane allocation:

(i) The Top 4 ranked athletes will be randomly drawn in lanes 3, 4, 5, 6.

(ii) The 5th & 6th ranked athletes will be randomly drawn in lanes 7 & 8.

(iii) The 7th & 8th ranked athletes will be randomly drawn in lanes 1 & 2.

**Note:** If there are fewer or more than 8 lanes or lanes 2 to 9 only are being used, the above lane draws will alter accordingly.

(f) Where there is a tie in performance from the qualifying heats, a ballot between the tied athletes will be used to determine the seeding for lane allocation in the final.

(g) Where eight or less athletes are at the Call Room at the time the Call Room closes for the event, the event will be conducted as a Final at the time that the Heat was scheduled. Only those athletes that originally marshalled for the event will be allowed to compete in the final once the Call Room has closed for that event.

(h) Final placing and points allocation will be based on performances from the final and then the remaining ranked performances from the heats.

### 3. **400m**

(a) The events will be conducted as a series of two (2) Timed Finals.

(b) The seeding will be based on the ranking of each athlete's performance achieved at their Association's preceding 400m final, or where an athlete did not compete in that event, their season's best performance shall be provided. If no performance is provided, athletes will be ranked last.

(c) The final with the lowest ranked athletes will be run first and the final with the highest eight (8) ranked athletes will be run last.

(d) Within each final, lane allocation will be seeded, as per Rule 705.2 (e).

(e) Final placing and points allocation will be based on the performances from all finals.

### 4. **800m**

(a) The event will be conducted as one (1) Final.

(b) Athletes will be drawn by lot into lanes for the 800m. Where there are more than 8 athletes in the 800m, there may be more than one athlete in a lane. (As per track lanes allocation table)

### 5. **4x100m Relay, 4 x Swedish Medley Relay (100m, 300m, 200m, 400m)**

(a) Teams will be drawn by lot into lanes.

### 6. **1500m, 1500m Race Walk**

(a) The event will be conducted as one (1) Final.

(b) Athletes will be drawn by lot into starting positions.

7. **9 Lane Track Lane Allocations – SA Stadium Track has 9 lanes**

(a) Lane allocation for the 800mts. The higher hip numbered athletes will be placed on the right-hand side of the lower hip numbered athlete at the start of the race.

		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9
8 athletes	Inside	--	2	3	4	5	6	7	8	9
	Outside									
9 athletes	Inside	1	2	3	4	5	6	7	8	9
	Outside									
10 athletes	Inside	1	2	3	4	5	6	7	8	10
	Outside								9	
11 athletes	Inside	1	2	3	4	5	6	8	9	11
	Outside						7		10	
12 athletes	Inside	1	2	3	4	6	7	9	10	12
	Outside				5		8		11	
13 athletes	Inside	1	2	4	5	7	8	10	11	13
	Outside		3		6		9		12	
14 athletes	Inside	1	2	4	5	7	8	10	11	13
	Outside		3		6		9		12	14
15 athletes	Inside	1	2	4	5	7	9	11	12	14
	Outside		3		6	8	10		13	15
16 athletes	Inside	1	3	5	6	8	10	12	13	15
	Outside	2	4		7	9	11		14	16

8. **Field Events General**

(a) All events will be conducted on one pit or circle only, they will not be split across multiple pits or circles.

(b) Plasticine indicator boards will not be used.

9. **Long Jump**

(a) There will be one (1) take off board, at SA Stadium it is 2mts from the edge of the pit.

10. **Triple Jump**

(a) The Triple Jump shall have a minimum of three (3) take off boards.

(b) The distances will be 7m, 9m and 11m.

11. **High Jump**

(a) The starting height for High Jump shall be:

(i) **U13 Girls:** 1.20m

(ii) **U13 Boys:** 1.30m

(b) The height of the bar is raised by 5cm increments until there are six (6) athletes remaining. The height of the bar is then raised by 2cm increments.

(c) When only one (1) athlete remains, that athlete may choose the increments.

12. **Number of Trials**

(a) In Field events, except for High Jump, each athlete will have three (3) trials.

- (b) The Top 8 athletes after the 3 trials, will have one (1) additional trial.
- (c) The last trial will be in reverse order to the places after the three (3) trials.
- (d) Final placing and points will be based on the performances of all trials.

**U13 Multi-Class Athletes – 8 events:**

- 13. 100 metres, 200 metres, 400 metres, 800 metres, Long Jump, Shot Put, Discus, Javelin.
- 14. **Track Events**
  - (a) All track events will be Timed Finals or Final only.
  - (b) Track chairs must be used for all track events for Sport Classes T32-34 and T51-54. Standard day chairs are not permitted for any track events.  
The wearing of helmets for Sport Classes T32-34 and T51-54 is compulsory in all track Wheelchair and Race Running races. All helmets must meet the relevant safety standard.  
**Note:** Where there are less than the full number of athletes entered, or there are requirements for the use of only alternate lanes, the Technical Delegate has the discretion to re-seed heats.
- 15. **100m, 200m, 400m, 800m**
  - (a) Selection for each Final if required, will be drawn by lot.
  - (b) Lane allocation will be drawn by lot.
  - (c) Final placing and points allocation will be based on the percentage performances from all Finals using the Baseline Scoring Tables.
- 16. **Long Jump**
  - (a) There will be one (1) take off board, marked 1mt from the edge of the pit.
  - (b) Athletes in the T11-12 Classification, use a 1.00mt x 1.22mt mat covered with damp sand or similar, where the foot imprint can be observed.
- 17. **Seated Throws**
  - (a) All seated throws events will be conducted from a site with tie down devices.
  - (c) An athlete may use a standard day wheelchair to compete in throws. LAA takes no responsibility for any damage caused to a chair through being restrained.
  - (d) All seated throws events will have four (4) consecutive trials for each athlete.
- 18. **Number of Trials**
  - (a) In all Field events, each athlete will have four (4) trials only.
  - (b) There will be no change to the competition order for the fourth round.
  - (c) Final placing and points allocation will be based on the percentage performances using the Baseline Scoring Tables for all Field events.

**LAA Rule 706: Events for the U15 Combined Events Athletes**

**U15 Combined Events Athletes - 7 events:**

- 1. The events conducted for the Heptathlon shall be:

BOYS		GIRLS	
Day 1	Day 2	Day 1	Day 2
100m Hurdles	Javelin	90m Hurdles	Long Jump
Discus	High Jump	High Jump	Javelin
100m	800m	Shot Put	800m
Long Jump		200m	

2. Each athlete will be allocated points for their best performance in each of the seven (7) separate events in accordance with the Scoring Table for Combined Events.
3. The Boys Heptathlon Event points will be calculated by using the Men's tables for 100m, 110m Hurdles, 800m, High Jump, Long Jump, Discus and Javelin.
4. The Girls Heptathlon Event points will be calculated by using the Women's tables for 200m, 100m Hurdles, 800m, High Jump, Long Jump, Shot Put and Javelin.
5. The Rules for each event constituting the competition will apply with the following exceptions:
  - (a) **100m, 200m, 90m Hurdles, 100m Hurdles**
    - (i) All Track events are Heats only.
    - (ii) Lane allocation will be drawn by lot.
  - (b) **High Jump**
    - (i) A bar height of one (1) metre will be used as the benchmark to determine the athlete's starting height, in 3cms intervals from one metre.
    - (ii) Each bar increment will be at 3cms intervals, throughout the entire competition.
  - (c) **Number of Trials**
    - (i) In Field events, except for High Jump, each athlete will have three trials only.
6. An athlete failing to attempt to start or make a trial in one of the seven (7) separate events will not be entitled to receive an individual medal. It will not prohibit the athlete from competing and scoring points in subsequent events.
7. If two or more athletes achieve an equal number of points for any place in the competition, it shall be determined as a tie.

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### **LAA Rule 707: Events for the U14 and U15 Athletes**

#### **U14 Athletes – 14 events:**

1. 100 metres, 200 metres, 400 metres, 800 metres, 1500 metres, Girls - 80 metre Hurdles, Boys - 90 metre Hurdles, 200 metre Hurdles (5 flights), 1500 metres Race Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.

#### **U15 Athletes – 14 events:**

2. 100 metres, 200 metres, 400 metres, 800 metres, 1500 metres, Girls - 90 metre Hurdles, Boys - 100 metre Hurdles, 300 metre Hurdles (7 flights), 1500 metres Race Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
3. **100m, 200m, 80m / 90m / 100m Hurdles, 200m / 300 Hurdles**
  - (a) There will be up to two (2) Heats.
  - (b) The seeding will be based on the ranking of each athlete's performance achieved at their Member Association's 2024 State Track & Field Championships, or where an athlete did not compete in that event, their season's best performance shall be provided. If no performance is provided, athletes will be ranked last.
  - (c) There will be one (1) Final of eight (8) athletes.
  - (d) Progression to the Final will be 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> from each Heat, plus the next fastest two (2) performances from across all Heats.

**Note:** The final may consist of more than eight (8) athletes if a tie for the last qualifying position based on time occurs. Refer to LAA Rules.

  - (e) Where there is a tie for the last qualifying position based on time, across all heats, all athletes will be progressed to the final. If that is not practicable lots shall be drawn to determine which athlete(s) will be progressed to the final.

**Note:** Times from Photo Finish read to the 1/1000<sup>th</sup> sec, will be used to separate athletes.

- (f) Only those athletes who qualify for the final will compete in the final, regardless of if any other athlete scratches from the final.
- (g) Lane allocation for the final will be based on the ranking of performance only. The following three (3) draws will then be made to determine lane allocation:
  - (i) The Top 4 ranked athletes will be randomly drawn in lanes 3, 4, 5, 6.
  - (ii) The 5<sup>th</sup> & 6<sup>th</sup> ranked athletes will be randomly drawn in lanes 7 & 8.
  - (iii) The 7<sup>th</sup> & 8<sup>th</sup> ranked athletes will be randomly drawn in lanes 1 & 2.

**Note:** If there are fewer or more than 8 lanes or lanes 2 to 9 only are being used, the above lane draws will alter accordingly.
- (h) Where there is a tie in performance from the qualifying heats, a ballot between the tied athletes will be used to determine the seeding for lane allocation in the final.
- (i) Where eight or less athletes are at the Call Room at the time the Call Room closes for the event, the event will be conducted as a Final at the time that the Heat was scheduled. Only those athletes that originally marshalled for the event will be allowed to compete in the final once the Call Room has closed for that event.

4. **400m**

- (a) The events will be conducted as a series of up to two (2) Timed Finals.
- (b) The seeding will be based on the ranking of each athlete's performance achieved at their Member Association's 2024 State Track & Field Championships, or where an athlete did not compete in that event, their season's best performance shall be provided. If no performance is provided, athletes will be ranked last.
- (c) The final with the lowest ranked athletes will be run first and the final with the highest eight (8) ranked athletes will be run last.
- (d) Within each final, lane allocation will be seeded, as per Rule 707.3 (g).
- (e) Final placing will be based on the performances from all finals.

5. **800m**

- (a) The event will be conducted as one (1) Final.
- (b) Athletes will be drawn by lot into lanes for the 800m. Where there are more than 8 athletes in the 800m, there may be more than one athlete in a lane. (As per track lanes allocation table).

6. **1500m, 1500m Race Walk**

- (a) The event will be conducted as one (1) Final.
- (b) Athletes will be drawn by lot into starting positions.

7. **9 Lane Track Lane Allocations- SA Stadium Track has 9 lanes**

- (a) The table in Rule 705.7 will be used, which sets out which lanes the athletes will be allocated to in the 800m. The higher hip numbered athletes will be placed on the right-hand side of the lower hip numbered athlete at the start of the race.

8. **Field Events General**

- (a) All events will be conducted on one pit or circle only, they will not be split across multiple pits or circles.
- (b) Plasticine indicator boards will not be used.

9. **Long Jump**

- (a) There will be one (1) take off board, at SA Stadium it is 2mts from the edge of the pit.

10. **Triple Jump**

- (a) The Triple Jump shall have a minimum of two (2) take off boards.
- (b) The distances will be 9m and 11m.

11. **High Jump**

(a) The starting height for High Jump shall be:

- |                       |       |                         |       |
|-----------------------|-------|-------------------------|-------|
| (i) <b>U14 Girls:</b> | 1.25m | (iii) <b>U15 Girls:</b> | 1.30m |
| (ii) <b>U14 Boys:</b> | 1.35m | (iv) <b>U15 Boys:</b>   | 1.40m |

(b) The height of the bar is raised by 5cm increments until there are six (6) athletes remaining. The height of the bar is then raised by 2cm increments.

(c) When only one (1) athlete remains, that athlete may choose the increments.

12. **Number of Trials**

(a) In Field events, except for High Jump, each athlete will have three (3) trials.

(b) The Top 8 athletes after the 3 trials, will have one (1) additional trial.

(c) The last trial will be in reverse order to the places after the 3 trials.

(d) Final placing will be based on the performances of all trials.

**U14 and U15 Multi-Class Athletes – 8 events:**

13. 100 metres, 200 metres, 400 metres, 800 metres, Long Jump, Shot Put, Discus, Javelin.

14. **Track Events**

(a) All track events will be Timed Finals or Final only.

(b) Track chairs must be used for all track events for Sport Classes T32-34 and T51-54. Standard day chairs are not permitted for any track events.

(c) The wearing of helmets for Sport Classes T32-34 and T51-54 is compulsory in all track Wheelchair and Race Running races. All helmets must meet the relevant safety standard.

**Note:** Where there are less than the full number of athletes entered, or there are requirements for the use of only alternate lanes, the Technical Delegate has the discretion to re-seed heats.

15. **100m, 200m, 400m, 800m**

(a) Selection for each Final if required, will be drawn by lot.

(b) Lane allocation will be drawn by lot.

(c) Final placing will be based on the percentage performances from all Finals using the Baseline Scoring Tables.

16. **Long Jump**

(a) There will be one (1) take off board, marked 1mt from the edge of the pit.

(b) Athletes in the T11-12 Classification, use a 1.00mt x 1.22mt mat covered with damp sand or similar, where the foot imprint can be observed.

17. **Seated Throws**

(a) All seated throws events will be conducted from a site with tie down devices.

(b) An athlete may use a standard day wheelchair to compete in throws. LAA takes no responsibility for any damage caused to a chair through being restrained.

(c) All seated throws events must have four (4) consecutive trials for each athlete.

18. **Number of Trials**

(a) In all Field events, each athlete will have four (4) trials only.

(b) There will be no change to the competition order for the fourth round.

(c) Final placing will be based on the percentage performances using the Baseline Scoring Tables for all Field events.



### **LAA Rule 708: Presentations**

1. Approved Member Association uniforms must be worn at all presentation ceremonies.
2. Where the event is cancelled due to extreme weather, as per the Extreme Weather Policy, if 50% of events have been completed the Trophy winners will be presented as per the current points in Meet Manager. If less than half of the events have been completed, then no Trophies will be awarded.

### **U13 Athletes and U13 Multi-Class Athletes:**

3. The following Trophies will be awarded using point scoring as per LAA Rule 709:
  - (a) The Trevor Billingham Trophy: for the Team with the highest overall points score. Points are awarded to all the U13 athletes and U13 Multi-Class athletes.
  - (b) The Alan Triscott Trophy: for the Team with highest overall points adjusted score.
  - (c) The winning Teams will receive a replica of the Perpetual Trophies to keep.

**Note:** The winner of the Trevor Billingham Trophy is excluded from the Alan Triscott final points structure. The same Team cannot win both Trophies.
4. Medals for U13 athletes will be presented to the first three placegetters in each Track Final and Field event, or after all Timed Finals have been conducted and overall results confirmed.
5. Medals for U13 athletes will be presented to the first three Teams placegetters in each Relay Final.
6. Medals for the U13 Multi-Class athletes will be presented to the first three placegetters in each Track Final and Field event, after the conversion of percentages from the Baseline scoring tables.
7. A Team medal will be presented to the athletes of the Winning Team of each Trophy.

### **U14 Athletes and U14 Multi-Class Athletes:**

8. The following Trophy will be awarded using an adjusted point score as per LAA Rule 709.
  - (a) The Dick Healey Trophy: for the Team with the highest overall points adjusted score.
  - (b) The winning Team will receive a replica of the Perpetual Trophy to keep.
9. Medals for U14 athletes will be presented to the first three placegetters in each Track Final and Field event, or after all Timed Finals have been conducted and overall results confirmed.
10. Medals for the U14 Multi-Class athletes will be presented to the first three placegetters in each Track Final and Field event, after the conversion of percentages from the Baseline scoring tables.
11. A Team medal will be presented to the athletes of the Winning Team of the Trophy.

### **U15 Athletes and U15 Multi-Class Athletes:**

12. The following Trophy will be awarded using an adjusted point score as per LAA Rule 709.
  - (a) New Trophy: for the Team with the highest overall point adjusted score.
  - (b) The winning Team will receive a replica of the Perpetual Trophy to keep.
12. Medals for U15 athletes will be presented to the first three placegetters in each Track Final and Field event, or after all Timed Finals have been conducted and overall results confirmed.
13. Medals for the U15 Multi-Class athletes will be presented to the first three placegetters in each Track Final and Field event, after the conversion of percentages from the Baseline scoring tables.
14. A Team medal will be presented to the athletes of the Winning Team of the Trophy.

### U15 Combined Events Athletes:

15. The following Trophy will be presented using point scoring as per LAA Rule 709:
  - (a) The Life Members Trophy: for the Team that has the highest overall point score.
  - (b) The winning Team will receive a replica of the Perpetual Trophy to keep.
16. Medals for U15 athletes will be presented to the first three placegetters with the highest cumulative points total across all events.
17. Medals will not be presented to placegetters in the individual events of the Combined Events.
18. A Team medal will be presented to the athletes of the Winning Team of the Trophy.

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### LAA Rule 709: ALAC Point Scoring

#### U13, U14 and U15 Athletes, including U15 Combined Events Athletes

1. **Points Allocation:**
  - (a) Point scores for all athletes will be calculated by accumulating the total points allocated to each athlete in each individual event and each Team in each Relay event, where conducted. The following table lists the points allocated to each place:
  - (b) For events where there are Heats and a Final, points from first (1st) to eighth (8th) position will be based on placing from the Final. Points from ninth (9th) position onwards will be based on ranking athlete's performances from the Heats.
  - (c) For events where there are Timed Finals, points are based on the overall places once all results are confirmed.
  - (d) Athletes / Teams who are DQ, DNS, DNF or NM will not receive any points.
  - (e) In the event of a tie after relevant countbacks have been applied, the points allocated to the tied placing will be as per the final place. Points will **not** be added together and divided by the number of athletes that have tied.
  - (f) Relay events will be awarded the same points scored in individual events.

PLACE	POINTS	PLACE	POINTS
1 <sup>st</sup>	<b>15</b>	9 <sup>th</sup>	<b>6</b>
2 <sup>nd</sup>	<b>13</b>	10 <sup>th</sup>	<b>5</b>
3 <sup>rd</sup>	<b>12</b>	11 <sup>th</sup>	<b>4</b>
4 <sup>th</sup>	<b>11</b>	12 <sup>th</sup>	<b>3</b>
5 <sup>th</sup>	<b>10</b>	13 <sup>th</sup>	<b>2</b>
6 <sup>th</sup>	<b>9</b>	14 <sup>th</sup>	<b>1</b>
7 <sup>th</sup>	<b>8</b>		
8 <sup>th</sup>	<b>7</b>		

2. **Multi-Class Points Allocation:**

(a) Points scores for Multi-Class athletes events will be calculated using individual results based on the final percentage per event for each classification from the Baseline Table. The following tables list the points allocated:

**Track Events:**

TOTAL %	POINTS	TOTAL %	POINTS	TOTAL %	POINTS	TOTAL %	POINTS
85 +	15	73 - 75	10	58 - 61	6	30 - 39	2
82 - 84	13	70 - 72	9	54 - 57	5	0 - 29	1
79 - 81	12	66 - 69	8	50 - 53	4		
76 - 78	11	62 - 65	7	40 - 49	3		

**Field Events:**

TOTAL %	POINTS	TOTAL %	POINTS	TOTAL %	POINTS	TOTAL %	POINTS
55+	15	39 - 42	10	23 - 26	6	9 - 11	2
51 - 54	13	35 - 38	9	19 - 22	5	0 - 8	1
47 - 50	12	31 - 34	8	15 - 18	4		
43 - 46	11	27 - 30	7	12 - 14	3		

**Appendix: Document History**

<b>Date</b>	<b>Version #</b>	<b>Purpose/Change</b>
April 2023	1.0	Document created to incorporate new structure of ALAC. Australian Teams Championships – ATC Australian Junior Athletics Championships – AJAC Australian Combined Events Championships - ACEC
August 2023	1.1	Updated document to reflect changes in ALAC structure, naming conventions and addition of U15 athletes in the Track & Field events.
October 2023	1.2	Updated Team Medal presentations to only athletes of the Winning Team.
February 2024	1.3	Updated Technical Delegate and Competition Director duties. Added Rule 708.2 regarding cancellation of events and presentation of Trophies.