



Competition Regulations

for the conduct of the

2025 Coles Australian Little Athletics Championships - ALAC

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Version 1.6

Preface

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 2025 Coles Australian Little Athletics Championships – ALAC and contain processes that assist in providing a consistent and safe program to all participants.

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Competition Regulations

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 U14 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.
 - (c) The U15 age group, including U15 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.
 - (d) The U15 Combined Events is a Combined Events Teams Competition, where athletes are representing their Member Association, each athlete is eligible to gain points from events towards a total team point score.
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 – T/F32-38, T/F40-46, T47, T/F51-54, F55-57, T/F61-64, T71-72
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, and Call Room 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 meetings with Team Management and briefings with Teams.
 - (i) If required, assist the Competition Director, in the briefing with the 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, in conjunction with the Technical Delegate.
- (e) Ensures any technical problems are resolved or an alternate solution put in place.
- (f) Will conduct the meeting with the Officials.
- (g) Directs the interaction between Teams Management and maintains contact with all the Officials, including the Start Coordinator prior to each race.
- (h) Will manage all appointed 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 Competition or the U15 Combined Events, 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 thirty-two (32) and eight (8) Multi-Class athletes:
 - U14 Athletes - up to 16 boys and 16 girls.
 - U14 Multi-Class Athletes - 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 U14 Team per gender in the 4 x 100m Relay and one U14 Team per gender in the 4 x Swedish Medley Relay.
- (d) U14 athletes may compete in a maximum of 6 events, including both Relays.
- (e) U14 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 U14 and U14 Multi-Class events.
- (g) The Heats and Final(s) of the same track event are deemed to be one event.

17. U15 Athletes and U15 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:
 - U15 Athletes - up to 16 boys and 16 girls.
 - U15 Multi-Class Athletes - 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 U15 Team per gender in the 4 x 100m Relay and one U15 Team per gender in the 4 x Swedish Medley Relay.
- (d) U15 athletes may compete in a maximum of 6 events, including both Relays.
- (e) U15 Multi-Class athletes may compete in a maximum of 6 events.
- (f) Each Member Association can have a maximum of 2 athletes per event for both the U15 and U15 Multi-Class events.
- (g) The Heats and Final(s) of the same track event are deemed to be one event.

18. U15 Combined Events Athletes

- (a) Each Member Association will be entitled to a Team of up to four (4) athletes:
 - U15 Combined Events - up to 2 boys and up to 2 girls.
- (b) Athletes are selected based on criteria approved by the Member Association.
- (c) Each Member Association may enter one Mixed U15 Team in the 4 x 100m Invitational Relay. Athletes must be those competing in the Combined Events only.

Age Groups

- 19. Each Member Association must certify all Athletes meet the age requirements. The Technical Delegate has the authority to request proof of age, if so required.
- 20. **U13 Athletes and U13 Multi-Class Athletes**
 - (a) 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) 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) 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 **Team**, in all age groups, 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 can only be substituted in **an event**, in all age groups, by an athlete already named in the 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 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. All 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 – U13, U14 & U15 Athletes

29. After the closing date for entries, an athlete, in all age groups **that is not being substituted**, may withdraw from any, or all events 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, in all age groups, if an athlete withdraws from an event **without being substituted**, they must advise the Teams Liaison prior to the closing time of the Call Room of that event.

Claiming an Australian Best Performance - ABP or ALAC 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.

Note 2: Multi-Class ABP are not currently recognised.

 - (a) A permanent record of best performances set for each event at an ALAC will be kept and will be known as a Meet Record.
 - (b) Meet Records for Multi-Class Athletes are based on the Baseline Percentage.

Note 3: Member Associations Records cannot be measured / verified or checked at any time during ALAC.

Coaching during Competition & Warm Up

32. **U13, U14 & U15 athletes including Multi-Class & U15 Combined Events**
 - (a) **All athletes** 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.
 - (d) Seated Athletes in Multi-Class that have their chair tied down, can receive coaching directly at the throwing circle, between trials, within the applicable time limits.
33. The Warmup track and facilities is open to all parents and private coaches. An Official will be in charge of the Warmup facility, everyone must abide by their directions.

Teams Area

34. Access to the Teams Area is controlled and is managed by both LAA and the Team Management.
- (a) **All 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.
 - (b) 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.
 - (c) Private coaches and parents are not permitted to enter the Teams area.

Check In

35. Athletes do not Check In at ALAC.

Call Room Closing Times

36. Athletes must be in the applicable Call Room prior to the closing time for each event as below, for all age groups, including the U15 Combined Events, for every event.
- (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.
37. Multi-Class Assistants / Guide Runners must present with their athletes at the times listed for the Call Room closing times.

Timing and Judging System

38. 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 Athlete Assistants/Guide Runners

39. Teams / Athletes must provide their own Assistants/Guide runners for Competitions.
40. 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.
41. Teams shall use their own discretion and set rules for, off the field of play, for Assistants based upon the needs of individual athletes.
42. On the field of play Athlete Assistants must have a clear understanding of the rules for Competition. Any breach of a rule by an Athlete Assistant may result in the athlete being disqualified in that event.
43. Athlete 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.

44. 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.
45. Athlete Assistants must be suitably attired and wearing sports type shoes (runners/joggers). They must be clearly identifiable by wearing a bright Purple 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.
46. 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.
47. Guide Runners may be required to wear hip numbers for place judging.
48. Assistants/Guide Runners must present to the Call Room with athletes and will be subjected to all checks as per the Competition rules.

LAA Rule 702: Protests

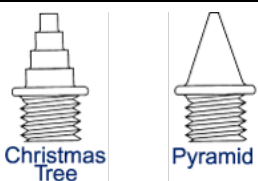




1. The protest must be handed to the Administration Manager, by the Team Manager only. The fee is \$50 which will be raised as a tax invoice to the Member Association, which only the Team Manager has approval to accept.
2. The tax invoice will be refunded if the protest is upheld by either the Referee or the Jury of Appeal. If the protest is dismissed by the Referee, or by the Jury of Appeal, the tax invoice will not be refunded, unless in extenuating circumstances.

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. A Clash Manager and Clash Marshal will use the Clash Summary Report 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 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.

LAA Rule 704: Uniform, Footwear, and Bibs

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, unless approved by the Competition Director on the day of the event, and only in extenuating circumstances in certain events only.
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. Below is specific to the 2025 ALAC held at SA Athletics Stadium.
 - (a) Athletes in the U13, U14 and U15 age groups can wear spikes in all Track Events, except Race Walking. Spikes can also be worn in all Jump Events, and Javelin.
 - (b) Shoes can only have 2 blanks / slugs installed, with all holes filled.
 - (c) The maximum allowable spike length is **7mm for Track events, 9mm for Field events**.
 - (d) **Christmas Tree, Pyramid** and **2 Step HJ / Jav** spikes shown are only permitted.
 - (e) **Needle, Pin** or **Modified Christmas Tree** spikes, and other variations are Not permitted.

Christmas Tree & Pyramid		High Jump / Javelin Spike		
 Christmas Tree Pyramid				
4 - step Permitted		2 -step 1 short & 1 long - Permitted		
Needle	Pin/Tartan Needle	Modified Christmas Tree / Compression		
				
All sizes	All sizes	3-step	3- step	4-step 4 -step 4-step
Not Permitted	Not Permitted	Not Permitted		

- (f) A crouch start, or a standing start may be used by the Starting athlete.
- (g) Athletes wearing spikes cannot do a crouch start without using blocks.

9. Each athlete will be provided with two bibs which during the Competition, must be worn visibly on the front of the torso, and on the back, except in the jumping events, where one bib may be worn on the front of the torso only. Athletes' surnames instead of numbers will be used on the bibs.
10. In the Race Walking events, athletes will be supplied with four adhesive labels with numbers that correspond to the start list. Larger numbered labels will be worn on the front and back, with smaller labels worn on the left and right hip.
11. Hip numbers will be used for all unlaned events, or events not entirely run in lanes.

LAA Rule 705: Events for the U13, U14 & U15 Athletes

U13 Athletes – 16 events:

1. 100 metres, 200 metres, 400 metres, 800 metres, 1500 metres, 80 metre Hurdles, 200 metre Hurdles (5 flights), 1500m Race Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin, 4 x 100m Relay, Swedish Medley Relay (100m, 300m, 200m, 400m).

U14 Athletes – 16 events:

2. 100 metres, 200 metres, 400 metres, 800 metres, 1500 metres, Girls - 80 metre Hurdles, Boys - 90 metre Hurdles, 200 metre Hurdles (5 flights), 1500m Race Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin, 4 x 100m Relay and Swedish Medley Relay (100m, 300m, 200m, 400m).

U15 Athletes – 16 events:

3. 100 metres, 200 metres, 400 metres, 800 metres, 1500 metres, Girls - 90 metre Hurdles, Boys - 100 metre Hurdles, 300 metre Hurdles (7 flights), 1500m Race Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin, 4 x 100m Relay and Swedish Medley Relay (100m, 300m, 200m, 400m).
4. **100m, 200m, 80m/90m/100m Hurdles, 200m/300m 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: Photo Finish times read to the 1/1000th 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 (8)** 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.

5. 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 705.4 (e).
- (e) Final placing and points will be based on the performances from all Timed Finals.

6. 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 below)

7. 9 Lane Track Lane Allocations – SA Stadium Track - 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	
15 athletes	Inside	1	2	4	5	7	9	11	12	14
	Outside		3		6	8	10		13	
16 athletes	Inside	1	3	5	6	8	10	12	13	15
	Outside	2	4		7	9	11		14	

8. **4x100m Relay, Swedish Medley Relay (100m, 300m, 200m, 400m)**
(a) Teams will be drawn by lot into lanes.
9. **1500m, 1500m Race Walk**
(a) The event will be conducted as one (1) Final.
(b) Athletes will be drawn by lot into starting positions.
10. **Mixed Competition**
(a) Age groups and genders may be combined where numbers warrant it.
(b) Athletes will be judged and awarded for their correct age group and gender, with medals and points awarded accordingly.
11. **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.
(c) All implements will be provided by LAA, athletes cannot use private implements or take them onto the competition area.
12. **Time Limits**
(a) The applicable Field Event time limit for all athletes to commence their trial is shown in the table below.
(b) In all rounds, with 15 seconds remaining in the time allowed, a Yellow flag will be raised. If the athlete hasn't commenced their trial, once the Yellow flag is dropped, the Chief Official will raise a Red flag to indicate an invalid trial.

Track & Field	High Jump	Other Field Events
All rounds of Competition	60 seconds	60 seconds
Only 2 or 3 Athletes left	1 min 30 seconds	60 seconds
Only 1 Athlete left	3 minutes	Not applicable
Consecutive Trials	2 minutes	60 seconds – Multi-Class seated throws only

Combined Events	High Jump	Other Field Events
All rounds of Competition	60 seconds	60 seconds
Only 2 or 3 Athletes left	1 min 30 seconds	60 seconds
Only 1 athlete left	2 minutes	Not applicable
Consecutive Trials	2 minutes	Not applicable

13. **Long Jump**
(a) There will be one (1) take off board, at SA Stadium it is 2mts from the edge of the pit.
14. **Triple Jump**
(a) The Triple Jump boards will be set at 7mts, 9mts and 11mts for U13.
(b) The Triple Jump boards will be set at 9mts and 11mts for U14 and U15.
15. **High Jump**
(a) The starting height for High Jump for all athletes is shown in the table below:

Age Group & Event	Girls	Boys
U13 Track & Field	1.20m	1.30m
U14 Track & Field	1.25m	1.35m
U15 Track & Field	1.30m	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.

16. **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, U14 & U15 Multi-Class Athletes – 8 events:

17. 100 metres, 200 metres, 400 metres, 800 metres, Long Jump, Shot Put, Discus, Javelin.

Note: Athletes can only compete in events offered in their Classification.

18. **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) Wearing of helmets in Sport Classes T32-34 and T51-54 is compulsory in all Wheelchair and Race Running races. Helmets must meet the relevant safety standard.

19. **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.

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.

20. **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.

21. **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.
- (e) Athletes competing in seated throws, will be seeded last, unless competing at a separate event site, which will be confirmed by the Organising Body.
- (f) Time to secure frames is per LAA Standard Competition Rule WPA35.1 – page 42.

22. **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.

23. **Mixed Competition**

- (a) Age groups and genders may be combined where numbers warrant it.
- (b) Athletes will be judged and awarded for their correct age group and gender, with

medals and points awarded accordingly.

LAA Rule 706: Events for the U15 Combined Events Athletes

U15 Combined Events Athletes - 7 events plus Mixed 4x100m Relay:

- 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	Mixed 4x100 Relay	200m	Mixed 4x100 Relay

- 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.

Note: The Mixed 4x100m Relay is an Invitational Event, Team points are not awarded.

- 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.
- 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.
- The Rules listed in these ALAC Competition Regulations for each event will apply, with the following exceptions:

- 100m, 200m, 90m Hurdles, 100m Hurdles**

- There will be up to 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.

- High Jump**

- 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.
- Each bar increment will be at 3cms intervals, throughout the entire Competition.

- Number of Trials**

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

- 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, nor will it affect the Team points and their eligibility to win the Team Trophy.

Note: The Invitational Mixed 4x100m Relay does not affect the Individual or Team points eligibility rules.

- If two or more athletes achieve an equal number of points for any place in the Competition, it shall be determined as a tie.

LAA Rule 707: Presentations

1. Approved Member Association uniforms must be worn at all Presentation ceremonies.
 - (a) Competition uniform with Bib displayed must be worn for Medal presentations.
 - (b) Casual uniform Track top / Hoodie, & Track pants to be worn for Closing ceremony.
2. Medal presentations will occur immediately after the conclusion of the event.
 - (a) The first 3 placegetters in each event once confirmed, both Track and Field, will be taken to the Medal Presentation Marshal Point, after the completion of the event, except where presentations have been scheduled later.
 - (b) Once the Official results have been verified, the Athletes will walk out from the Presentation Marshal Point, accompanied by the Presentation Officials to the dais.
 - (c) Athletes will be presented with their medals and any other sponsorship items to be worn.
 - (d) Photos will be taken both on the dais and against the LAA media wall, under the direction of the Official photographer.

U13 Athletes and U13 Multi-Class Athletes:

3. The following Trophies will be awarded using point scoring as per LAA Rule 708:
 - (a) 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) 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 708.
 - (a) 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 U14 athletes will be presented to the first three Teams placegetters in each Relay Final.
11. 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.

12. A Team medal will be presented to the athletes of the Winning Team of the Trophy.

U15 Athletes and U15 Multi-Class Athletes:

13. The following Trophy will be awarded using an adjusted point score as per LAA Rule 708.
- (a) Maxine Boyd 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.
14. 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.
15. Medals for U15 athletes will be presented to the first three Teams placegetters in each Relay Final.
16. 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.
17. A Team medal will be presented to the athletes of the Winning Team of the Trophy.

U15 Combined Events Athletes:

18. The following Trophy will be presented using point scoring as per LAA Rule 708:
- (a) 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.
- Note:** The Invitational Mixed 4x100m Relay does not score any points.
19. Medals for U15 athletes will be presented to the first three placegetters with the highest cumulative points total across all individual events.
20. Medals will not be presented to placegetters in the individual events of the Combined Events.
21. Medals for U15 athletes will be presented to the first three Teams placegetters in the Relay Final.
22. A Team medal will be presented to the athletes of the Winning Team of the Trophy.

Event Cancellation / Extreme Weather:

23. 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 Team points in Meet Manager. If less than half of the events have been completed, then no Trophies will be awarded.

LAA Rule 708: 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.
- (g) The Invitational Mixed 4x100m Relay for the U15 Combined Events will not score any points.

PLACE	POINTS	PLACE	POINTS
1 st	15	9 th	6
2 nd	13	10 th	5
3 rd	12	11 th	4
4 th	11	12 th	3
5 th	10		
6 th	9		
7 th	8		
8 th	7		

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

Date	Version#	Purpose/Change
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.
September 2024	1.4	Updated document to reflect changes in ALAC structure, Team sizes and selection criteria. Include additional information on event processes.
October 2024	1.5	Update Rule 705.17 Multi-Class events offered according to Multi-Class Classification, as per Multi-Class Standard Events Table.