



GEELONG
LITTLE ATHLETICS
EST. 1964

2020/2021

Rules & Regulations

GLAC HOME OF LITTLE ATHLETICS

Rules and Regulations

Uniform (GLAC, Region & State Events)

Below is an outline of uniform requirements for LAVIC and GLAC. Further information is available on the LAVic website www.lavic.com.au, Competition, Rules and Regulations. Competition Rules (Regulation 8), rule 143: clothing, shoes and athlete bibs. The Centre will endeavour to communicate any changes throughout the season.

GLAC Uniform Rules

Correct uniform must be worn for all GLAC competition from the first day of the season (Club uniform details can be found in the handbook under Club Details).

Tryouts are not restricted by the uniform of any particular Club.

- The registration chest patch must be securely attached to the front of the shirt, with name and registration number clearly visible. This rule will be strictly enforced. Athletes will not be allowed to compete until they are wearing a patch. **Replacement patches are available from the competition office on competition days at a \$5 charge.**
- Suitable sporting footwear must be worn for all events.
- Spikes may be worn by athletes in U11-16 competitions in lane track events, the javelin and all jumping events.
- Under 14, 15 and 16 athletes may wear spikes for 800 and 1500m events.
- Athletes must carry their spikes to all events.
- Athletes wearing spikes are expected to exercise due care at all times.
- Spikes are to have a maximum length of 7 mm, please refer to rules.
- Shorts worn in walks must be at least 10 cm above the knees.

LAVIC Uniform Rules (REGION & STATE CHAMPIONSHIPS)

Please check <http://www.lavic.com.au> for up to date details.

APPROVED CENTRE TOP: Your approved Centre top must be worn at Region & State events. Club tops won't be accepted.

LOGOS: No unapproved branding or logos must be smaller than 4x4cm.

UNDERGARMENTS: Undergarments worn underneath shorts may be the same colour of the approved shorts, black or beige. Undergarments include leggings or bike shorts.

LEGGINGS: Leggings are classified as the full length garment. Leggings worn by themselves are to be the same colour as the approved centre shorts. For cross country season only, black leggings may be worn instead of the centre colour. All leggings must be plain with no patterns. Only approved LAVic logos or small logos under 4x4cm are permitted on shorts or leggings.

Shorts with pockets are not permitted.

Footwear is compulsory for ALL athletes in ALL events. Footwear with blades or cleats made of hard plastic will not be acceptable. Spikes are permitted for certain age groups and events as per the below chart.

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

Spike Length and Shape

Spikes must not exceed 7mm EXCEPT for High Jump and Javelin specialist footwear which must not exceed 9mm. The venue will determine which shape of spike is or is not permitted.

[CLICK HERE FOR UNIFORM AND SPIKE ACCEPTANCES BY LAVIC.](#)

Clubs

- Full Club uniform must be worn by ALL athletes (including On Trackers) at all competition days. The uniform consists of:
- Club singlet/crop top – purchase through your Club
- LAVic sponsorship badge on top left hand corner of top/singlet
- Club shorts
- LAVic Registration ID/Competition Bib
- One LAVic/Subway Registration bib will be supplied for each membership. Replacement and/or additional patches are available at a cost of \$5 each.

General Behaviour and Conduct

- Only event officials, competing athletes, Committee Members and U8 Club age-group managers (accompanying athletes) are allowed in the centre arena.
- Barracking from inside the track boundary may result in disqualification of the athlete so is not encouraged.
- The Chief Official at an event and the GLAC Committee appointed Coaching Panel are the only people permitted to provide coaching for athletes during competition.
- Athletes must not cross the front or back straights at any time. Access to the central arena is marked by cones at each end of the front and back straights.
- Nobody is permitted on the arena between the fence and the front straight.
- Spectators are not permitted within 10 metres of the finish line or 1 meter of the track on the back straight.
- Sitting or walking in the gutter on the back straight is not permitted.
- Unsupervised use of any equipment on competition days is not permitted.
- Misconduct and contravention of the codes of behaviour can lead to suspension or disqualification from competition. Any GLAC Committee Member or Chief Official has the right to discipline an athlete. A copy of the procedures for dealing with disputes and code of behaviour breaches can be obtained from the GLAC Committee, Club Secretaries or the Competition Office.

- Any disputes regarding the conduct or result of an event should be directed to the GLAC Committee (preferably the President, Vice-President or Secretary) by a Club representative. At no time are parents or Club officials to approach event officials.
- Ball games of any description are not permitted whilst competition is in progress. All balls will be confiscated. Likewise use of bikes, scooters and skateboards in the venue is not permitted under City of Greater Geelong guidelines.
- Climbing trees, fences, buildings and equipment is strictly prohibited.
- Smoking and the consumption of alcohol within the confines of John Landy Field is prohibited during GLAC competition days.
- No Dogs are allowed at Landy Field during GLAC competition days or events
- **Protests**
- Protests will only be allowed at meetings where a track or field referee has been appointed, i.e. Championships or Open Days.
- Any protest must be in writing and lodged by the team manager with the competition manager within 15 minutes of completion of the event.

Competition Regulations

Competition Rules (Regulation 8)

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

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

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

Further information is available <https://lavic.com.au/competition/rules-and-regulations/>

The Geelong Little Athletics Centre Track and Field season is conducted under a series of Competition Regulations based on those used for the LAVic Region and State Championships, which in turn are based on those issued by the IAAF. It is not possible, nor practical, to enforce all of the LAVic regulations at Centre level, so the regulations are used as a guide for Centre competition, adhering to them wherever practical. The events athletes may compete in are listed in the Programs (1-3) at the beginning of the handbook.

Track Events

- Athletes will be placed in graded heats in their age group for all track events. An athlete who arrives after their name has been called will be relegated to the last heat. An athlete reporting after the runners are in the starter's control will not be able to compete.
- All sprints will be conducted in lanes. Failure to stay in the correct lane may result in disqualification.
- All athletes will be allowed to perform a Standing Start for all track events, from U6 - U16.
- Under 11 athletes may now use starting blocks if performing a crouch start.
- **Please note: It is recommended that athletes perform a standing start until they are proficient at crouch starts and then the use of blocks. While U11 athletes can use blocks, most athletes may struggle with crouch starts using blocks until their U13 or U14 year.**
- In the first three weeks of season competition, an athlete(s) who is responsible for two individual false starts will be asked to return to the end of the line of their assembled age group. From the fourth week of competition onwards an athlete(s) who is responsible for two individual false starts will be disqualified by the starter.
- In circular events, competitors are liable to be disqualified if they deliberately infringe other athletes by contact or cutting across their path.

Walks

- Race walking is a progression of steps taken so that:
- Unbroken contact with the ground is maintained – an infringement of this type is called “contact”.
- The advancing leg shall be straightened (i.e. not bent at the knee) prior to the moment of first contact with the ground until in the upright position – an infringement of this type is called “knees”.
- The term “report” means that one or both of the above technical rules have been broken.
- The term “caution” means that the athlete is in danger of breaking one of these rules.
- A walker may receive a caution from every judge. If cautioned, the judge will first call the athlete's number, then the word caution, then the reason (knees or contact).
- For under 9 and 10 athletes, the same procedure will be used for reports.
- For under 11 to under 15 athletes, the athlete may not always receive a verbal report.
- A judge may not report an athlete more than once in an event.
- Any athlete deemed by the Chief Judge not to be conducting this event in the proper manner shall be liable to be removed from the track and have “DNF” recorded against their name. This covers athletes deemed to be wasting time or not ‘competing’ in the spirit of the event.
- An athlete will be disqualified when the Chief Judge confirms that the athlete has been reported by at least three judges. At the conclusion of a race, the disqualified athletes will be informed and told the reason(s) for their disqualification.

Hurdles

Hurdle heights, placements and distances are specified on next page:



HURDLE SPECIFICATIONS

SPRINT HURDLES – Season 2020-2021

BOYS & GIRLS

Age Group	Maximum Distance	Maximum Flights	Maximum Height of Hurdles	Distance to 1st Hurdle	Distance between Hurdles	Distance to Finish
U6	60m	*6	*20cm	N/A	N/A	N/A
U7	60m	*6	*30cm	N/A	N/A	N/A
U8	60m	*6	*45cm	N/A	N/A	N/A
U9	60m	6	45cm	12m	7m	13m
U10	60m	6	60cm	12m	7m	13m
U11	80m	9	60cm	12m	7m	12m
U12	80m	9	68cm	12m	7m	12m
U13	80m	9	76cm	12m	7m	12m
U14 Girls	80m	9	76cm	12m	7m	12m
U14 Boys	90m	9	76cm	13m	8m	13m
U15 Girls	90m	9	76cm	13m	8m	13m
U15 Boys	100m	10	76cm	13m	8.5m	10.5m
U16 Girls	90m	9	76cm	13m	8m	13m
U16 Boys	100m	10	76cm	13m	8.5m	10.5m

Centres may reduce the height and distance of hurdles.

*Mini hurdles are required for U6, U7 and U8 age groups, as the height and spacing is not the same as standard hurdles. It is recommended to use either 2 or 3 flights at either 20mts or 15mts spacings.

LONG HURDLES – Season 2020-2021

BOYS & GIRLS

Age Group	Maximum Distance	Maximum Flights	Maximum Height of Hurdles	Distance to 1st Hurdle	Distance between Hurdles	Distance to Finish
U13	200m	5	68cm	20m	35m	40m
U14	200m	5	76cm	20m	35m	40m
U15	300m	7	76cm	50m	35m	40m
U16	300m	7	76cm	50m	35m	40m

Officials and Results

- The time and placing for each athlete is determined by the torso crossing the finish line.
- The track judges shall all operate from the same side of the track, and shall be in line with the finish line.
- In any case, where the judges cannot arrive at a decision they shall refer the matter to the Chief Judge for resolution.
- It is possible to have two athletes judged in the same position, and the athletes will be given the same placing. In this instance, the times for the two athletes shall be the same.
- It is possible to have two athletes with the same time, but different placing.
- When electronic timing is available, times shall be recorded to one-tenth of a second, or one-hundredth of a second depending on the accuracy of the timing devices. Electronic times may be used to assist in determining the placings. If there is reason to doubt the accuracy of the electronic timing system, then hand held times may be used.
- Timekeepers shall all operate from the same side of the track, and shall be in line with the finish line.
- Stopwatches shall be started by the timekeepers on the flash or smoke of the gun.
- Hand held times shall be recorded to one tenth of a second. When the time displayed on the digital stopwatch does not end in a zero (0) the time will be rounded up to the next longest tenth of a second, e.g. 12.23 seconds is recorded as 12.3 seconds.

Field Events

- In normal competition, athletes will be allowed two trials in any event (U8-11) and three trials in any event (U12-16). This includes high jump, where up to two attempts at each height (U8-11) and three attempts at each height (U12-16) will be permitted.
- Any athlete arriving late will enter the competition at that stage (i.e. if their name has already been called for the first trial and they did not respond they will have only one attempt). Athletes reporting late for high jump will have their first jump at the height at which the bar is set when they report.
- A practice jump/throw will be permitted at the discretion of the Chief Official if there is sufficient time.

Officials and Results

- Officials shall judge, measure and record each valid trial of athletes in all field events. In high jump, precise measurements should be made when the bar is raised, particularly as records are approached.
- When measuring the performance in field events (other than high jump) the distance thrown or jumped is recorded to the nearest whole centimetre below the distance measured, when it is not a whole centimetre.

High Jump

- An athlete shall take off from one foot.
- The athlete fails if:
 - after the jump, the bar does not remain on the supports because of the action of the athlete whilst jumping; or
 - they touch the ground, including the landing area, beyond the uprights without first clearing the bar.
- After all other athletes have failed; an athlete is entitled to continue jumping until they have forfeited their right to compete further.
- The height of the bar must never be lowered during normal competition.
- "An athlete may or may not jump at any height, but two consecutive failures (for Under 8-11) and three consecutive failures (U12-16) at any height disqualify the athlete from further jumping."
- During normal competition, the first rise of the bar will be 10 cm, thereafter rises will be 5 cm.
- Starting heights are given on the Event Sheets.
- Athletes will be asked to start their competition 20cm below their PB so they are at peak performance when nearing their PB.
- Under 8, 9 & 10 will only be allowed to perform a scissor kick while making an attempt

Long Jump and Triple Jump

- Athletes in under 8 to under 10 age groups jump from the "sand mat", while under 11 to under 15 athletes jump from the "board" (or strap).
- The take-off foot must not go over the front edge (i.e. edge nearest the pit) of the take-off mat or board. If the foot protrudes over the front edge, it will be deemed a "no jump".
- For under 8 to under 10 athletes, the mat shall be a maximum of 0.5mt from the nearer edge of the landing area (pit).

- If the athlete jumps before the sand mat, the measurement will be taken from the back edge of the sand mat. The measurement must be taken perpendicular to the back of the sand mat or its extension.
- For under 11 to 16 athletes, the take-off line, shall be between 1-2mts from the nearer edge of the landing area (pit).
- All athletes must leave the sand pit forward of the landing mark.
- For triple jump, the take-off mat or board may be moved in intervals of 1 metre to suit the ability of the athlete.
- The triple jump is an action in 3 parts:
- The hop is to be made so that the athlete shall land on the same foot as that which was placed on the take off mat/board;
- The step is completed by landing on the other foot;
- The jump is completed by landing in the pit.
- In the triple jump, if the athlete, whilst jumping, touches the ground with the 'sleeping' leg, it is considered a legal jump.
- Minimum distances from the take-off mat/board to the pit are given in the Field Event Specifications (below).

Shot Put and Discus Throw

- Athletes may enter the ring from either the front or rear.
- Athletes must leave the ring from the rear half, and not before the implement has landed.
- Athletes must not touch the top edge of the ring or the ground outside it once they have commenced their put/throw.
- The shot must not be brought behind the line of the shoulders. The shot must be in close proximity to the chin and must not be dropped below this position once the put has commenced.
- The shot or discus must land within, and not on the sector lines.
- The discus may hit the safety cage, and if it lands within the sector lines, the throw shall be deemed as valid.
- The measurement of each valid trial shall be from the nearest mark made by the shot or discus to the inside edge of the stop board (Shot Put) or steel band ring (Discus) along a line drawn through the centre of the circle.

Javelin Throw

- The javelin must be held by the grip and thrown over the shoulder (not slung or hurled).
- At no time during the throwing action may the competitor turn completely around so that their back is towards the throwing arc, until the Javelin has been discharged into the air.
- The javelin must be thrown from within the run up zone.
- The tip of the javelin must land within, and not on the sector lines. The tip must land before any other part of the javelin.
- The competitor must not leave the runway until the javelin has touched the ground.
- Athletes must leave the run up zone from the behind the throwing arc, after the javelin has landed.
- The measurement of each throw shall be made from where the metal tip of the javelin first strikes the ground to the inside edge of the arc, along a line from the point of the landing to the centre of the circle of which the arc is part.

Field Event Specifications

Field event specifications are specified on next page.



THROWING IMPLEMENTS SPECIFICATIONS

Season 2020-2021

BOYS

Age Group	Maximum Weight Shot Put	Maximum Weight Discus	Maximum Weight Javelin
U6	1kg	350g	Vortex
U7	1kg	350g	Vortex
U8	1.5kg	500g	Vortex/Turbo Jav
U9	2kg	500g	Vortex/Turbo Jav
U10	2kg	500g	Vortex/Turbo Jav
U11	2kg	500g	400g
U12	2kg	750g	400g
U13	3kg	750g	600g
U14	3kg	1kg	600g
U15	4kg	1kg	700g
U16	4kg	1kg	700g

GIRLS

Age Group	Maximum Weight Shot Put	Maximum Weight Discus	Maximum Weight Javelin
U6	1kg	350g	Vortex
U7	1kg	350g	Vortex
U8	1.5kg	500g	Vortex/Turbo Jav
U9	2kg	500g	Vortex/Turbo Jav
U10	2kg	500g	Vortex/Turbo Jav
U11	2kg	500g	400g
U12	2kg	750g	400g
U13	3kg	750g	400g
U14	3kg	1kg	400g
U15	3kg	1kg	500g
U16	3kg	1kg	500g

Vortex is the preferred development event for Javelin.