



Competition Rules

Competition Rules.....	1
RUNNING EVENTS	1
SHOT PUT	2
WALKING EVENTS	2
JAVELIN	2
JUMPS – LONG AND TRIPLE	3
DISCUS.....	3
HIGH JUMP.....	4
HURDLES	4

RUNNING EVENTS

Crouch starts are compulsory for U12 to U17 athletes.

U12 to U17 athletes may choose to wear spikes for laned events only. Athletes wearing spikes must use starting blocks.

U9 athletes are permitted two false starts. On the third false start the athlete will be disqualified from that event.

U10 and older athletes are permitted one false start. On the second false start the athlete will be disqualified from that event..

In laned events up to and including 400m, athletes must stay in their lanes or they will be disqualified from that event.

An athlete finishes a race when their torso (not arms, legs or head) crosses the line.

SHOT PUT

You may enter the ring from either the front or rear half but you must leave from the back half only.

The shot must not be brought behind the line of the shoulders. It must be close to the chin and must not be dropped below the chin once the putting action has begun.

Once you have started your throw, you must not touch the top of the kick-board or the ground outside. The throw must land inside the two lines running out from the circle.

Shot Weights:

AGE	BOYS	GIRLS
U6 & U7	1KG	1KG
U8	1.5KG	1.5KG
U9 TO U11	2KG BLACK	2KG BLACK
U12	3KG WHITE	2KG BLACK
U13	3KG WHITE	3KG WHITE
U14 TO U17	4KG RED	3KG WHITE

WALKING EVENTS

Race Walking is a series of steps with part of one foot always touching the ground as judged by the human eye. This means the back foot toe cannot be lifted before the front foot heel touches the ground.

The front leg must be straightened (i.e. not bent at the knee) as soon as the front foot touches the ground until the leg has passed the hip.

Walk judges' decisions will be final.

JAVELIN

Safety is critical. Always look before you throw. Never walk across a throwing area. Always stand back from the throw line and to the side of the runway. Do not stand behind the thrower as you can be speared by the back end of the javelin. Only throw a javelin when an adult is in charge. Each throw is allowed three tries. The thrower's front foot must not go past the end of the run up area. To record a valid throw, the javelin must make a mark in the ground with its point inside the throwing area. If the javelin lands flat, or the tail hits the ground first, it is a 'no throw'.

Javelin Weights:

AGE	BOYS	GIRLS
U11 & U12	400G	400G
U12	600G	400G
U14 & U15	600G	600G
U16 & U17	600G	600G

JUMPS – LONG AND TRIPLE

In Long and Triple Jump, the toe of your take-off foot must not go over the edge of the take-off mat nearest the pit. If it does, you have a 'no jump' that is not measured. If you jump before reaching the take-off mat, the measurement is taken from the centre of the edge of the mat furthest from the pit.

Age Mat/Board Size Distance from Pit Mat/Board

AGE	MAT/BOARD SIZE	DISTANCE FROM PIT	MAT/BOARD
U6 TO U8 (LJ ONLY)	1M X .5M	.5M	MAT
U9 TO U11	1M X .5M	1.0M	MAT
U12 TO U17	1M X .2M	1.0M	BOARD

In Triple Jump the take-off mat can be moved in 1 metre steps to suit your ability.

The Triple Jump is an action in three parts:

- (a) The Hop is to be made so that you shall land on the same foot as which you placed on the take-off mat.
- (b) The Step is completed by landing on your other foot.
- (c) The Jump is completed by landing in the pit.

DISCUS

You may enter the ring from either the front or rear half but you must leave from the back half only. Once you have started your throw, you must not touch the top of the kick-board or the ground outside. The throw must land inside the two lines running out from the circle.

Discus Weights:

AGE	BOYS	GIRLS
U6 & U7	350g	350g
U8 TO U10	500g	500g
U11 & U12	750g	750g
U13	1kg	750g
U14 TO U17	1kg	1kg

HIGH JUMP

High Jumpers must take off from one foot. You will be allowed three attempts at each height.

Starting Heights:

AGE	BOYS	GIRLS
U8	.70m	.65m
U9	.80m	.75m
U10	.85m	.80m
U11	.95m	.90m
U12 TO U15	1.05m	1.0m
U16 TO U17	1.10m	1.05m

It is usual to raise the bar in increments of 5cm until one or two competitors remain, then 2cm increments are recommended.

HURDLES

You will not be disqualified for accidentally knocking over a hurdle.

EVENT	AGE	HEIGHT/ NUMBER OF FLIGHTS
60 / 80M H (Red marks)	U8 & U9	45CM/ 6 (60M) OR 9 (80M)
	U10 & U11	60CM/ 6 (60M) OR 9 (80M)
	U12	68CM/ 6 (60M) OR 9 (80M)
80M H (Red marks)	U13 & U14G	76CM/ 9
90M H (White marks)	U14B TO U17G	76CM/ 9
100M H (Yellow marks)	U15 TO U17B	76CM/ 10
300M H (Green marks)	U13 TO U17B&G	68CM/ 7