



Winter Specific Rules of Competition

2018

The rules detailed in this pack have been taken from the Standard Rules for Competition of Little Athletics WA 2017-2018 Version 2.1

Please note that this pack has been put together for quick reference and is not the exhaustive rules of competition. Please see <http://walittleathletics.com.au/Competition/Rules-of-Competition> for a full copy of the rules.

Page 3 to 6 – Winter Specific Rules (any rules referenced in this section are listed below)

Page 7 – Rule 4 Requirement to Compete

Page 7 – Rule 143 Clothing, shoes and athlete bibs

Page 10 – Rule 146 Protests and Appeals

Page 10 – Rule 230 Race Walking

Page 12 – Rule 240 Road Races

Page 13 – Rule 250 Cross Country Races

WINTER SPECIFIC RULES

RULE 806 WA WINTER COMPETITION – CROSS COUNTRY & ROAD WALKS

General

1. Winter Competition is conducted as a program alternating between Cross Country and Road Walk Events held on weekends commencing April/May each year.
2. Athletes participating in the Winter competition may elect to participate in Cross Country events only, Road Walk events only, or both event competitions.
3. The Organising Committee shall engage Centres to conduct and host events throughout the season.
4. The Organising Committee shall advise the Winter Event Program in advance. The Event Program shall detail the event date, the host centre, the venue where the event will be conducted, and specific age group start times. The Event Program shall be hosted on the Little Athletics WA website page.
5. The Winter Season will conclude with State Championship events each year.

Eligibility

6. To be eligible to participate in the WA Winter Competition, athletes must meet the requirements of Rule 4.
7. Registration and nomination for the Winter season shall be advised annually and expected to commence early April each year.
8. Cross Country competition is open to all U7-U17 athletes.
9. Road Walks competition is open to U9-U17 athletes.
10. Distances for each age group are indicated in the Events and Equipment Specification Summary at Chapter 6, within the Event Program, and in specific event information below.
11. Current registered athletes (participated in the previous summer competition) are required to nominate for Winter Competition online through their ResultsHQ profile. No additional registration fees are applicable, however athletes are required to purchase, and wear, a timing chip for competition.
12. New athletes may register for the Winter Competition online at ResultsHQ.com.au and are to contact their nominated Centre to arrange collection of registration numbers and the timing chip. A registration fee shall be charged, and a timing chip is required to be purchased, and worn for competition.
13. New athletes are permitted to run **once (1)** on a 'Come and Try' basis prior to registering. No result for 'Come and Try' athletes will be recorded. Athletes who compete under 'Come and Try' are to wear a plain white shirt and plain black shorts.

State Championships Eligibility

14. The final competition in the Event Program shall be conducted as the State Championships. To be eligible to compete at State Championships, athletes shall compete in, 'more than half' of the Centre hosted events as a minimum.
15. Athletes registered with Country Centres are exempt from the minimum qualification criteria to compete at State Championships.

Uniform

16. U9-U17 athletes shall wear the approved Centre uniform in accordance with Rule 143.
17. U7 and U8 athletes are permitted to wear either Centre uniform, or club uniform and shall comply with Rule 143.
18. Spike shoes are not permitted to be worn for Cross Country or Road Walk event.
19. Timing chips shall be secured to footwear or a lower limb throughout the event. The timing chip is required to electronically record event times and is linked to a member's registration number. As the timing chip is linked to the individual member they cannot be swapped, or loaned, to other members. If the timing chip is not worn, individual times may not be recorded for the event.

Call Room/Registration

20. No call room / registration will be in operation during the Winter Competition. Athlete participation is recorded electronically through timing chip technology.

Race Conduct

21. Athletes shall compete in their nominated age group. Timings for event commencement vary between programs and are detailed in the Event Program.
22. Athletes shall proceed to the event start line 5 minutes prior to the scheduled event start time to allow sufficient time for athletes to be positioned ready to commence and enable the event to proceed on time, and as scheduled.
23. Age group order and groupings shall be detailed in the Event Program.
24. Under special circumstances, and at the discretion of the Winter Competition Manager, additional age groups where the same course distance is applicable, may be combined. If this occurs, the race shall commence no earlier than the last programmed race for that event distance.
25. Pacing is not allowed at any time, on or off the course.
26. Where there are more athletes than can safely be placed in a single row, the first row should be filled with athletes placed in draw order. Second, and as necessary subsequent rows, will also be filled with athletes placed in draw order. Where draw order is not available, officials will randomly place athletes in rows as required.

Cross Country Distances

27. The following table outlines the Cross Country distances for the relevant age groups:

Age Group	Distance	Flag Colour
U7, U8	1000m	Pink
U9, U10	1500m	White
U11, U12	2000m	Green
U13, U14, U15, U16, U17	3000m	Orange

Note: There may be a variance of up to 100m either way for each distance.

Cross Country Specifications

28. The Cross Country course shall comply with Rule 250.
29. Cross Country events shall be conducted either as 'scratch' races, or 'handicapped' races as determined by the Organising Committee. The Event Program shall indicate the type of race to be conducted.

30. The first scheduled competition of the season shall be conducted as a 'scratch' race; all athletes shall start the race at the same time.
31. Race times shall be recorded for athletes, and these times will be used when determining a 'handicap'. The 'handicap' system is a staggered start based on competition time. The aim of the system is to allow athletes of all abilities to finish the race at approximately the same time.
32. The 'handicap' system is determined by the below table:

Distance	Maximum Handicap	Interval
1000m	1 minute	20 seconds
1500m	2 minutes	20 seconds
2000m	3 minutes	20 seconds
3000m	4 minutes	20 seconds

33. Athletes who do not have a recorded time, prior to competing in a pre-determined 'handicapped' event, shall compete from scratch.
34. The Cross Country course shall be clearly marked with flags colours indicating course distance for age groups.
35. Flag placement shall be such that the next flag in sequence is visible to ensure the course route is visible to athletes.
36. Athletes must run within 3 meters to the side of the flag designated by the official. Normally flags shall be on the athletes left.
37. Where a course consists of a loop, entry shall be roped off from the continuation, and should be manned by officials who may direct athletes.
38. The course shall only be open for inspection as follows:
 - a. Prior to first event commencement on the day of competition; and
 - b. During allocated time periods as noted in the Event Program.
39. At all other times, the course is only open to athletes competing in the scheduled event. Spectators and athletes not in the scheduled event shall remain clear of the course.

Road Walk Distances

40. The following table outlines the Road Walk distances for the relevant age groups:

Age Group	Distance
U7, U8	N/A LAA Standard Rules of Competition refer
U9	1000m
U10, U11	1500m
U12, U13, U14, U15, U16, U17	2000m

Road Walk Specifications

41. Road Walk event shall comply with Rule 240.
42. Walk judging will be conducted in accordance with Rule 230.
43. Athletes shall be provided with number identification to wear for the duration of the event. The number will be used by judges when issuing infringements.

Winter Competition Manager

44. The Winter Competition Manager is appointed by the Organising Committee on behalf of Little Athletics WA.
45. The Winter Competition Manager is responsible for:
 - a. The correct conduct of the Competition.
 - b. Liaising with host Centres to ensure proposed race courses meet the requirements of Rule 240 and 250 as appropriate.
 - c. Ensure host Centres have appropriate provisions for course safety and have available first aid assistance for the duration of the event.
 - d. Shall check that all officials have reported for duty, appoint substitutes when necessary, and have authority to remove from duty any official who is not abiding by the Rules.
 - e. Shall ensure officials are easily identifiable through wearing an appropriate coloured vest.
 - f. Ensure effective communications are available to course officials.
 - g. Implementing athlete disciplinary measures in the event of an infringement of the Rules in accordance with Rule 145.
 - h. Provide a written report each week to LAWA on the weekend competition including feedback on venue, parking, toilets, sponsor tents, first aid and any other relevant information.

Team Managers

46. Centre Team Managers (previously called Centre Winter Officers) shall register their attendance and contact details on the event 'Sign On' sheet located at the Little Athletics WA Van.
47. Centre's shall ensure that a nominated Team Manager is present and their attendance is registered, at all times when athletes registered with their respective Centre are competing.
48. Team Managers shall act as the primary point of contact between Competition Officials and Centre members throughout the competition.
49. Inability of Competition Officials to contact a Team Manager in a timely manner, may have follow on consequences for Centre members.
50. Team Managers are responsible for co-ordination of spare registration numbers, age tags and timing chips in the event of lost or forgotten items. Fees will be incurred for all replacement items. Spare items may be obtained through the Little Athletics WA office.
51. Where Centres have, athletes competing in the Road Walk competition, Team Managers are to endeavour to supply at least one qualified Walk Judge.

Protests and Appeals

52. Protests may be lodged by Centre Team Managers within 15 minutes of the completion of the race, in accordance with Rule 146. The protest may initially be made orally and shall be confirmed in writing on the approved protest form. The protest must be lodged with the Association Winter Competition Manager, or their nominated delegate, and shall be accompanied by a \$55 protest fee (\$50 plus \$5 GST).

Recording and Awards

53. Race times shall be recorded on completion of each race.
54. Individual results shall be verified, uploaded and available on ResultsHQ. Event results will generally be publicly available on the Little Athletics WA website, the week following competition.
55. Medals will be presented to the first three place getters for all age groups at State Championships.
56. Medal presentations shall occur as soon as possible following event completion and verification of results.

For specific award information refer to the Awards and Recognition Handbook

RULE 4 REQUIREMENTS TO COMPETE IN LITTLE ATHLETICS COMPETITIONS

IAAF Rule 4 has been replaced by the following:

1. No athlete may take part in a Little Athletics Competition unless they are:
 - a. a registered member of an Affiliated Centre or Club, or
 - b. an approved athlete competing as a member of an invited Association, or
 - c. participating in an authorised Centre 'come and try' program.
2. To be recognised as a member of an Affiliated Centre or Club, an athlete must be listed in the State membership database as an active and financial member, and been issued a valid registration number.

RULE 143 CLOTHING, SHOES AND ATHLETE BIBS

Clothing

IAAF Rule 143.1 has been modified as follows:




1. Each athlete shall wear the approved Centre uniform for events listed in Rule 1. U7 and U8 athletes may wear club uniform in lieu of Centre uniform in events other than State Track and Field Relay Championships (Rule 1a). Centre uniform must be worn for State Track and Field Relay Championships for all athletes.
2. Any change in the colour, style or design of any part of a competition uniform must be submitted to Little Athletics WA for approval, prior to manufacture. The uniform is to be depicted in a colour photograph showing both front and back views.
3. Phase in of new uniforms is to be completed within a two year period following approval.
4. If manufacturer's logos are present on the uniform, the logo must not exceed 7cm x 5cm (approximate size of a matchbox).
5. Athletes may wear a second top underneath their approved uniform top. If worn, the top must be plain and the same colour as the predominant colour of the approved uniform top, or white, and it must conform to Rule 143.4.
6. Athletes may wear leggings of any length except in Walking events. If worn they shall be the same colour as approved uniform short colour, or predominately black and shall conform to Rule 143.4.
7. Athletes may wear a second pair of shorts (eg compression shorts) underneath their approved uniform shorts. If worn, they must be the same colour as the approved uniform shorts colour, predominately black, or skin colour.
8. For Walking events, short length must finish at least 5cm above the knee.
9. Uniform tops must be long enough to ensure the midriff area is not exposed.
10. The Organising Committee may provide lane/team identification where necessary, e.g. lane numbers, wrist bands or other identification as required.
11. Failure to comply with uniform standards will result in an athlete being issued with an infringement notice. Failure to comply with uniform standards at future competitions, or a blatant disregard to comply with uniform standards, will result in the athlete being disqualified.
12. Athletes requiring alternative uniform items for medical or cultural reasons may request an exemption by written request to the Organising Committee through the Association Office

Footwear

IAAF Rules 143.2 - 143.6 have been replaced by the following:

13. Appropriate footwear is compulsory for all athletes in all events.
14. No athlete may wear football boots or cleats in any event.
15. Athletes in the U7 - U10 age group may not wear spike shoes.
16. Athletes in the U11 - U12 age group may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin.
17. Athletes in the U13 - U17 age groups may wear spike shoes in all track events except walks. Spike shoes may also be worn for long jump, triple jump, high jump and javelin.
18. All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
19. Spike shoes must only be worn during an event and are not to be worn to and from an event.
20. Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11
21. Spike length (subject to any further constraint from ground policies):

a. Synthetic:	Track	7 mm maximum
	Long/Triple/High/Javelin	9 mm maximum
b. Grass -	Track /Long/Triple/High/Javelin	12mm maximum
22. At the WA Athletics Stadium, to maximise performance and prevent damage to the mondo surface, athletes must not use sharp spikes that will penetrate the surface. The mondo track is designed such that blunt spikes will depress the surface and the rebound effect will propel them forward, thereby maximizing performance.
23. The only spikes permitted for use at the WA Athletics Stadium are the 'Christmas Tree' and 'Pyramid' Shape variety as pictured. The composition of the spike ie ceramic or metal is irrelevant. 'Needle' spikes are sharper than 'pyramid' spikes and are NOT permitted.

 <p>Christmas Tree</p>	 <p>Pyramid</p>	 <p>Needle</p>
Approved	Approved	NOT Permitted

Athlete Bibs (Registration Numbers)

IAAF Rules 143.7 have been replaced by the following:

24. Every athlete shall be provided with a registration bib, age group number and sponsor patch which, during the competition, shall be worn as follows:
 - a. Registration number must be affixed to the front of the uniform top.
 - b. Name and Centre must be printed and clearly visible for identification purposes.
 - c. Age group tag shall be worn on the upper left of the uniform top.
 - d. Sponsor patch shall be worn on the upper right side of the uniform top.
 - e. 'LAWA 50th Anniversary Logo' shall be worn on the upper right side of the uniform below the sponsor patch.
25. Printed registration bibs will include the age group number.

26. All bibs, tags and patches shall be secured to the uniform top by an appropriate means eg: sewn, pinned, velcro etc.
27. No athlete shall be permitted to take part in any competition without displaying the appropriate tags and patches.
28. Lost or forgotten tags or patches may be purchased for a nominal fee.
29. If an athlete does not follow this rule and:
 - a. Refuses the direction of the relevant Referee to comply; or
 - b. Participates in the competition,
 they may be disqualified.
30. Specific registration bibs may be supplied for a competition where specific sponsorship arrangements exist.

		
		
NAME:.....PRINT ATHLETE NAME HERE CENTRE:....YOUR CENTRE HERE		
 <p style="font-size: 2em; margin: 0;">1234</p> <p style="margin: 0;">www.walittleathletics.com.au</p>		

RULE 146 PROTESTS AND APPEALS

IAAF Rules 146 has been replaced by the following:

1. Protests must be made by the Team Manager, in writing, on the approved protest form within 15 minutes of the official results being posted of the results. The organising committee shall be responsible for recording the time of posting. The protest must be handed to the Technical Information Centre (TIC) and must be accompanied by a deposit of a \$55 protest fee (\$50 plus \$5 GST).
2. When a protest is lodged with the TIC, the name of the protesting Centre and the reason for the protest is to be notified to all Team Managers and the main recording room.
3. One of two types of reasons will be notified – either on a technicality or on the judge’s decision.
4. The decision will be conveyed to the relevant Team Manager prior to being notified to the Team Managers of other Centres. The notification shall be either - dismissed, upheld or sent to Jury of Appeal.
5. There shall be a “Right of Appeal” to the Jury, which must be lodged within 15 minutes after the notification of the decision. The Appeal must be in writing and lodged with the TIC.
6. All Team Managers will be notified that an Appeal has been lodged.
7. To arrive at a fair decision, the Jury of Appeal only, may consult all available evidence including video evidence, however video will not be considered for any breaches of technical rules for Race Walking.
8. The decision will be conveyed to the relevant Team Manager/Managers prior to being notified to the Team Managers of the other Centres. The notification shall be either – dismissed or upheld.
9. The protest fee as set by the Association, will be refunded if the protest is upheld by either the Referee or the Jury of Appeal. In the event that the protest is dismissed, the deposit will not be refunded. In the event that the protest is deemed frivolous by the Jury of Appeal, the deposit will not be refunded.

RULE 230 RACE WALKING

IAAF Rule 230 has been replaced by the following:

Definition Of Race Walking

1. Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

Note: The advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.

Judging

2. The appointed judges shall elect between them a Chief Judge unless one has already been appointed a Chief Judge for the relevant event.
3. The number of appointed walk judges for an event, including the Chief, shall comprise a minimum of 4 and maximum of 6.
 - a. For Road Races, there should normally be a minimum of 4 to a maximum of 9 Judges including the Chief Judge.

4. The independence of judges is extremely important and wherever possible connections between athletes and judges should be avoided. Individual Judges are required to declare their interests.
5. The Winter Meeting Manager shall have the authority to allow judges where such connections exist. Connections means: relative, coach or protégé.
 - a. This is provided there are an insufficient number of available, experienced and qualified judges without such connection.
 - b. It will be up to individual judges to disclose these connections and to indicate if they wish to stand down for a particular race.
 - c. Where possible, members of the same family should no serve as a judge for the same race.

Yellow Paddle

6. Any judge can give a “Yellow Paddle” to an athlete when an athlete appears to be in danger of failing to comply with the rules (definition of race walking per Rule 230.1).
7. Yellow Paddles are issued verbally and briefly taking care that remarks do not constitute coaching.
Note: All remarks should be loud and clear and always in the form:
e.g. "Yellow Paddle No..... contact or knees"
8. For loss of contact ~ a wavy line in black on a yellow background.
9. For knees a 45° angle < also in black on a yellow background shall be used.
10. A judge can only yellow paddle an athlete once for each offence during the event.
11. A yellow paddle has no bearing on disqualification. It is possible to be yellow paddled by every judge in the race yet not receive a single warning. This advice is only to indicate to an athlete that their action is deteriorating to a dangerous state.

Red Card

12. A judge gives a “Red Card” for disqualification if an athlete is actually breaking the rules of race walking.
13. For the U12 and above age groups, no verbal Red Card will be given. For other age groups, the Red Card will be given verbally at the time of detection of the actual infringement.
Note: All remarks should be loud and clear and always in the form:
e.g. "Red Card No..... contact or knees"
14. Red Card is recorded on the judging pad and forwarded to the Chief Judge as soon as practicable.
15. A judge may only give an athlete one Red Card during the event irrespective of the infringement.
16. If a judge in an event requiring verbal Red Cards to be given, is not sure an athlete has heard the "Red Card" the Judge should repeat it at the next suitable opportunity.
Note: A Red Card should never be given unless there is absolute certainty the rules have been infringed. Any doubt existing must be given to the athlete and the Red Card not issued.

Disqualification

17. A Red Card by three (3) or more walk judges, that in their opinion an athlete’s mode of progression failed to comply with the definition of race walking brings about a disqualification.
18. Only the Chief Judge may advise an athlete of their disqualification.
19. Where an athlete is disqualified the Chief Judge shall indicate to the athlete verbally that they are disqualified and give the reasons for the disqualification.
20. The result of an event shall not become final until the Chief Walk Judge and Track Referee have given the all clear.

Methods of Judging

21. Prior to each walking event, the Chief Judge or a judge appointed by the Chief Judge, will acquaint the athletes with the judging procedures for the event.
22. It is imperative that during an event all judges act in an individual capacity and their judging is not influenced by the judging of another judge, per medium of conversation or messages.
23. The Chief Judge shall allocate judges their judging position.
24. Walk judges, recorders or messengers shall not use transceivers during the conduct of the event.
25. The judges must adequately cover the whole of the track/course; having approximately equal distance between judges can do this. There should be no blind spots, judges should judge from the outside of the track/course and not encroach on an area allocated to another judge, but judge from their allotted position as walkers are passing or approaching their section.
26. Hip numbers may be worn by all walkers and will be supplied. The number will be worn on the right hip and must be clearly visible to the judges.
27. Bibs with unique number may be worn by all walkers for competition and will be supplied. The bib will be worn over the competition uniform and the number must be clearly visible to the judges.

Track Umpires and Referees

28. Track Umpires and Referees shall work during the event to determine the fairness of the competition other than walking rules.
29. The Track Umpires will be responsible for detecting deliberate impedance or interference by athletes who leave the track or the course, or who cut corners: reporting it to the Track Referee.
30. The Track Referee should confer with the Chief Walk Judge and indicate any athletes who are to be disqualified before walk results are finalised.

Walk Judge's Master Sheet

31. A copy of the master sheets of each walk event will be provided to the recorder and maintained on file until completion of the season.
32. The master sheet is that document which the Chief Judge records the Red Cards of the judges and them self and indicates which athletes received 3 or more Red Cards.
33. Judges should be indicated by number and not by name on the recorders copy.

Distance

34. The race walk distances for LA WA competitions for each age group shall be no greater than the maximum allowable distances set out in the Little Athletics Australia Standard Events. The LA WA distances are shown in the Events and Equipment Specification Summary at Chapter 6.

RULE 240 ROAD RACES

IAAF Rule 240 has been replaced by the following:

General

1. The road race section may be used as amplification to LA WA Road Walk competitions.

Distances

2. The road race walk distances for LA WA competitions for each age group shall be no greater than the maximum allowable distances set out in the Little Athletics Australia Standard Events. The LA WA distances are shown in the Events and Equipment Specification Summary at Chapter 6.

Judging

3. The appointed judges shall elect between them a Chief Judge unless one has already been appointed a Chief Judge for the relevant event.
 - a. For Road Races, there should normally be a minimum of 4 to a maximum of 9 Judges including the Chief Judge.

Course

4. The races shall be run on made-up roads. However, when traffic or similar circumstances make it unsuitable, the course, duly marked, may be on a bicycle path or footpath alongside the road, but not on soft ground such as grass verges or the like.
5. In competition the course should be indicated by distinctive markings for each distance that cannot be mistaken for other markings.

Start

6. The races shall be started by the firing of a gun, air horn or like device.
7. In races with include a large number of athletes, five minute, three minute and one minute warnings before the start of the race should be given.
8. On the command 'On your marks' the athletes shall assemble on the start line in a manner determined by the organisers. The Starter shall ensure that no athlete has their foot (or any part of their body) touching the start line or the ground in front of it, and then shall start the race.

RULE 250 CROSS-COUNTRY RACES

IAAF Rule 250 has been replaced by the following:

Distances

1. The cross-country distances for LA WA competitions for each age group shall be no greater than the maximum allowable distances set out in the Little Athletics Australia Standard Events. The LA WA distances are shown in the Events and Equipment Specification Summary at Chapter 6.

Course

2. The course must be designed on an open or woodland area, covered as far as possible by grass, with natural obstacles which can be used by the course designer to build a challenging and interesting race course.
3. A loop course must be designed, with the loop measuring between 500m and 3000m. If necessary, a small loop can be added in order to adjust the distances to the required overall distances of the various events, in which case the small loop must be run in the early stages of the event.
4. Existing natural obstacles shall be used if possible. However, very high obstacles should be avoided, as should deep ditches, dangerous ascents / descents, thick undergrowth and, in general,

any obstacle which would constitute a difficulty beyond the aim of the competition. It is preferable that artificial obstacles should not be used but if such use is unavoidable, they should be made to simulate natural obstacles met within open country. In races where there are large numbers of athletes, narrow gaps or other hindrances, which would deny the athletes an unhampered run, shall be avoided for the first 1000m.

5. The crossing of roads shall be avoided. When it is impossible to avoid such conditions safety marshals are to remain in place for the duration of the event.
6. A 'natural', undulating course with smooth curves and short straights is the most desirable.
7. The course shall be clearly marked with different coloured flags for distances.
8. Athletes must run within 3 metres to the side of the flag designated by the officials. Normally flags must be on the athletes left.