

Competition Rules & Regulations

2026 / 2027 Season

INTRODUCTION

All Little Athletics Queensland (LAQ) Carnivals and Championships shall be conducted in accordance with the modified competition rules of Little Athletics Australia (LAA) and regulations of Little Athletics Queensland, in hand with the applicable World Athletics (WA) Technical Rules, Competition Rules, and Medical Rules. Practical application of the rules can be found in the Field of Play Handbook. At any time where there is doubt about the application or interpretation of these rules, the benefit of that doubt shall be in favour of the athlete.

Where the WA Rules are not indicative or appropriate for Little Athletics, WA Rules or part thereof have been rewritten in the Standard Rules for Competition of LAA and/or in this Handbook to reflect the nature of the competition and abilities of athletes in the various age groups. LAQ has additional rules to satisfy local requirements.

From time-to-time, WA, Athletics Australia (AA), LAA and LAQ may update or release new versions of the rules or technical documents. Any matter of any kind whatsoever not dealt with or provided for in these rules and regulations may be dealt with in such manner as LAQ see fit.

The WA Competition Rule Book(s) are available online and can be downloaded from the following website: www.worldathletics.org

Age Categories

Little Athletics offers standard events/competitions for U9 to U17 age groups and approved events for Tiny Tots to U8 age groups. Age groups shall be based on being under the specific age at 31 December in the calendar year in which the Little Athletics summer season commences.

Appropriate aged children who are not less than 2 years of age and not 5 years of age as at 31 December in the calendar year are eligible in the calendar are eligible to participate in the Tiny Tots program in approved activities for the development of gross motor skills. Tiny Tots athletes must remain in the Tiny Tot program throughout the season, even once they turn 5.

Refer to LAQ Age Table found on the LAQ website.

Competition Year and Seasons

The Association's competition year runs from 1 April to 31 March. However, Centres may choose their own competition period within that year, comprising a maximum of 26 weeks of competition within a 30-week block. The competition period must be concluded by 31 March, unless otherwise approved by the Board. The maximum competition period of 26 weeks is designed to include allowances for washed out Meets.

The Association recognises and operates two seasons – Winter and Summer. Centres are geographically grouped into Regions that operate during an assigned season.

Levels of Competition

LAQ allows for and oversees four levels of competition - Centre (including Centre Carnivals), Regional, State Carnivals and Championship meets.

Awards and Medals

Only awards and medals provided or approved by LAQ may be presented at Regional competitions. Awarding of prize money is not permitted at any level of LAQ competition (including Centre).

Adaptation and/or Adoption of Rules

Each LAA Member Association is expected to adopt the LAA Standard Rules for Competition.

Resolutions made at a General Meeting of LAQ, can only be changed at another General Meeting.

- Resolutions from the LAA or LAQ Conferences are identified by letters and numbers in small type e.g., *BoD 1 ('00)*
- By-Laws from the LAQ Board of Directors (Board) are identified by numbers – year, month, and number in small type e.g., *'89 11 01*

Any competition motion passed at Conference shall not be rescinded within two years unless 80% of those eligible to vote are in favour. *C1 ('86)*

LAQ will not adopt any changes to specifications of events or changes to events during the competition season. *W5 ('93)*

Decisions made at the LAQ Conference, which affect the general aspect of competition, excluding changes as specified in the paragraph above, shall come into effect immediately. *BoD 7 ('12)*

Trials

At the instruction of the LAQ Board or Conference, Centres may trial events and/or event specification changes. LAQ shall pass on the results of such trials to LAA. Trial periods are typically held over two seasons.

Refer to the Standard Rules for Competition of LAA for the implementation of trial procedures.

LAQ Competition Committee

The committee is established to assist with and provide advice to the Board on competition specific issues.

Unless specifically empowered by the full Board, the committee cannot make binding decisions. For the most part, the function of committees is to solve problems for and/or make recommendations to the Board.

This Handbook has been divided into the following three sections:

- **Standard Events and Equipment Specifications** – lists the events and specifications determined as the set of standard events for Little Athletics.
- **Competition and Technical Rules** – lists the set of standard rules to be applied in conjunction with the LAA Competition Rules and WA Competition Rules for Little Athletics competitions. It is a list of modifications from the WA Rules.
- **Carnival and Championship Regulations** – lists the rules specific for each LAQ conducted competition to be applied in conjunction with the Technical Rules detailed in this document, the LAA Standard Rules and the WA Rules.

Abbreviations

AA	Australian Athletics	MC	Multi Class
ABP	Australian Best Performance	MM	Meet Manager Computerised Recording Program
ALAC	Australian Little Athletics Championships	QBP	Queensland Best Performance
ANQ	Athletics North Queensland	QA	Queensland Athletics
Board	LAQ Board of Directors	RC	Regional Championships
CEO	Chief Executive Officer (LAQ's CEO)	RCC	Regional Competition Coordinator
EDM	Electronic Distance Measurement	RR	Regional Relays
LA MA	Little Athletics Member Associations	SEQ	South East Queensland
LAA	Little Athletics Australia	WA	World Athletics
LAQ	Little Athletics Queensland		

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STANDARD EVENTS AND EQUIPMENT SPECIFICATIONS

1. STANDARD EVENTS

1.1. Standard Competition Track and Field Events (U9 to U17)

(All events are for boys and girls unless otherwise stated)

EVENTS	U9	U10	U11	U12	U13	U14	U15	U16	U17
70 metres	✓	✓							
100 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓
800 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500 metre			✓	✓	✓	✓	✓	✓	✓
60m Hurdle	✓	✓							
80m Hurdle			✓	✓	✓	G			
90m Hurdle						B	G	G	
100m Hurdle							B	B	G
110m Hurdle									B
200m Hurdle					✓	✓			
300m Hurdle							✓	✓	✓
700m Race Walk	✓								
1100m Race Walk		✓	✓						
1500m Race Walk				✓	✓	✓	✓	✓	✓
3000m Race Walk									
4 x 100 Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓
4 x Swedish Relay	✓	✓				✓	✓	✓	✓
4 x Distance Relay			✓	✓	✓				
1000m Cross Country	*	*	*	*	*	*	*	*	*
2000m Cross Country			*	*	*	*	*	*	*
3000m Cross Country					*	*	*	*	*
4000m Cross Country							*	*	* G
6000m Cross Country									* B
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump			✓	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	✓	✓	✓	✓	✓	✓	✓	✓	✓
Discus	✓	✓	✓	✓	✓	✓	✓	✓	✓
Javelin			✓	✓	✓	✓	✓	✓	✓

Legend:

- ✓ Centre & LAQ Competition
- Optional for Centre inclusion
- Not permitted
- LAA Standard Events (may be eligible for ABP)
- * Optional for Regional and LAQ Meet inclusion

Refer to the Centre Programming Manual for additional information on alternate events.

COMPETITION RULES AND REGULATIONS

1.2. Development Events (U6 to U8)

1.2.1. All events are for boys and girls unless otherwise stated.

1.2.2. The events listed below are the recommended events that could be offered to U6 to U8s. Events must not exceed the distances and / or specifications as listed in the table below.

- i. For U6s the weekly Centre Meet and/ or Centre Carnival programs shall follow the following criteria:
 - a. A minimum of 2 play training events/games *(not a requirement for Carnivals)*
 - b. A maximum of 2 track events
 - c. A maximum of 2 field events
- ii. Event Table

EVENT TYPE	U6	U7	U8
Track - Running	Laned: Up to and including 100m	Laned: Up to and including 200m	Laned: Up to and including 200m
	Unlaned: Up to and including 300m <i>(pack start)</i>	Unlaned: Up to and including 500m <i>(pack start)</i>	Unlaned: Up to and including 700m <i>(pack start)</i>
Track Hurdles	60m, max height 23cm <i>(PVC training hurdles)</i>	60m, max height 30cm <i>(PVC training hurdles)</i>	60m, max height 45cm
Relay	Max leg of 100m	Max. leg of 200m	Max. leg of 200m
Race Walks	N/A	N/A	Unlaned: Up to and including 700m
Cross Country	Up to and including 0.5km	Up to and including 1km	Up to and including 1km
Jumps Horizontal	Long Jump <i>(using 0.5m x 1m mat and/or sand)</i>	Long Jump <i>(using 0.5m x 1m mat and/or sand)</i>	Long Jump <i>(using 0.5m x 1m mat and/or sand)</i>
Jumps Vertical	N/A	N/A	High Jump <i>(scissor technique only: bar or flexible foam bar)</i>
Throws	Shot Put - 1kg Discus - 350g Vortex - 300g	Shot Put - 1kg Discus - 350g Vortex - 300g	Shot Put - 1.5kg Discus - 500g Vortex or Turbo Jav - 300g

Centre Meet or Centre Carnival inclusions only

1.3. Multi-Class Competition Track and Field Events (U9 to U17)

- 1.3.1. A classification system exists to provide a fair and equitable competition for athletes with a disability. It provides a way of grouping athletes of similar function.
- 1.3.2. Athletes must hold a valid classification upon entry LAQ Competitions.
- The minimum age for classification is 8 years (U9).
 - Provisional P1 is acceptable for Carnivals, Regional competitions, and State Championships events.
 - Athletes must provide proof of classification with the first nomination of the LAQ season and or when a new/renewed classification card is issued.
 - Athletes that do not provide current proof of classification shall not be placed or medal in Multi-Class events at LAQ Competitions.
- 1.3.3. Athletes with the following classifications are eligible to compete in MC events at LAQ Competitions:
- T/F01: Hearing Impairment (Deaf Sports Australia)
 - T/F11-13: Visual Impairment (Australian Paralympic Committee)
 - T/F20-21: Intellectual Impairment (incl. Sport Inclusion Australia)
 - T31-54; F31-57: Physical Impairment (Australian Athletics/Australian Paralympic Committee)
 - T/F60: Transplant (Transplant Australia)

Refer to the Athletics Australia Classification paper for additional information.

- 1.3.4. At LAQ competitions, events are offered for U9 - U17 boys and girls at LAQ Carnivals, Regional Relays and Championships, Combined Events Championships and State Relays and Championships unless otherwise stated.
- Multi-Class athletes may not compete in offered MC events that do not have a baseline performance for their relevant classification.
 - Multi-Class athletes are not permitted to compete in able body events and the equivalent Multi-Class events conducted in the same program at any LAQ Carnival and or Championships competition.
 - Athletes are not permitted to choose to compete from a standing position in one discipline and a sitting position in another discipline (e.g. throws as F57 and compete in Track as a T42)
 - In all cases, implements shall comply with the specifications as defined by LAA for Multi-Class events.
 - All track and field events shall be conducted as Multi-Class events. However, if there are not enough athletes, they shall compete with able bodied athletes but awarded places and or medals as Multi-Class athletes
 - Where only one or two athletes are entered in races where spike rules apply, athletes may be seeded in same age able bodied events

EVENTS	U9 and U10	U11 and U12	U13 and U14	U15 to U17
100m	✓	✓	✓	✓
200m	✓	✓	✓	✓
400m	✓	✓	P(*)	P(*)
800m	✓	✓	✓	✓
2 x 100 Relay	✓	✓	✓	✓
Long Jump	✓ (*)	✓ (*)	✓ (*)	✓ (*)
Discus	✓ (*)	✓ (*)	✓ (*)	✓ (*)
Javelin		✓ (*)	✓ (*)	✓ (*)
Shot Put	✓	✓	✓	✓
Field Relays	✓ (*)	✓ (*)	✓ (*)	✓ (*)
Combined Event	✓	✓	✓	✓

(*) - ambulant only

- 1.3.5. At LAQ Competitions, the National Baseline Table is used to calculate places in events conducted.
- i. Australian Athletics (AA) control the baseline and may change or amend the baseline guidelines and associated resources (including base performances) at any time.
The Baseline Table used to calculate MC athletes placings at the first LAQ Carnival of a competition season will be used for the remainder of that season.
 - ii. Baseline provides a simplified way for athletes, administrators, and coaches to compare performances in MC events across all athletes with an eligible classification.
 - iii. Baseline uses a base time/distance/height in each class for each contestable event and measures this as a percentage against the individual athlete's performance to generate a percentage score. Competitors are then ranked from highest to lowest percentage to determine places.
- 1.3.6. At Centres, children with a disability can be included in regular activities at weekly meets.
Refer to the LAA Standard Rules for Competition and LAA Multi-Class webpage for more details.

2. EVENT AND EQUIPMENT SPECIFICATIONS

2.1. Hurdles

2.1.1. Distance, Height and Age Specifications

		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
60mH	(20cm)	BG	---	---	---	---	---	---	---	---	---	---	---
60mH	(30cm)	---	BG	---	---	---	---	---	---	---	---	---	---
60mH	(45cm)	---	---	BG	BG	---	---	---	---	---	---	---	---
60mH	(60cm)	---	---	---	---	BG	---	---	---	---	---	---	---
80mH	(60cm)	---	---	---	---	---	BG	---	---	---	---	---	---
80mH	(68cm)	---	---	---	---	---	---	BG	---	---	---	---	---
80mH	(76cm)	---	---	---	---	---	---	---	BG	G	---	---	---
90mH	(76cm)	---	---	---	---	---	---	---	---	B	G	G	---
100mH	(76cm)	---	---	---	---	---	---	---	---	---	B	B	G
110mH	(76cm)	---	---	---	---	---	---	---	---	---	---	---	B
200mH	(68cm)	---	---	---	---	---	---	---	BG	---	---	---	---
200mH	(76cm)	---	---	---	---	---	---	---	---	BG	---	---	---
300mH	(76cm)	---	---	---	---	---	---	---	---	---	BG	BG	BG

2.1.2. Distance, Flight and Spacing Specifications

	Number of Flights	Lead in (from start)	Spacing (between)	Run out (to finish line)
60mH	6	12m	7m	13m
80mH	9	12m	7m	12m
90mH	9	13m	8m	13m
100mH	10	13m	8.5m	10.5m
110mH	10	13.72m	9.14m	14.02m
200mH	5	20m	35m	40m
300mH	7	50m	35m	40m

2.1.3. For U6 and U7 age groups mini hurdles are recommended with 2 or 3 flights be used, at either 20m or 15m spacings.

2.1.4. Any Centre and/or Regional Championships venue unable to cater for a full 110m distance is permitted to conduct the event over 100m with one hurdle flight removed. In such cases, 110mH flights would be set up with 10 flights, a lead in of 13.72m, hurdles spaced 9.14m and a shorter run out of 4.02m.

2.2. Starting Blocks

2.2.1. At the discretion of the Centre Committee, U11 to U17 athletes have the option to use starting blocks at Centre meets in laned events up to and including 400m, and the first leg of the relay events. Starting blocks may be provided by the Centre, and only by the athlete if not provided by the Centre.

BoD C9 ('14)

2.2.2. At the discretion of the Regional Committee, U11 to U17 athletes have the option to use starting blocks at Regional Competitions in laned events up to and including 400m, and the first leg of the relay events. Only starting blocks provided by the Region shall be used.

BoD C11 ('14)

2.2.3. U11 to U17 athletes have the option to use starting blocks at Carnivals and Championships in laned events up to and including 400m, and the first leg of the relay events. Starting blocks are provided by the Association.

BoD C10 ('14)

2.3. High Jump

2.3.1. U8 to U10: Scissor technique only onto low scissor mats. The minimum height of scissors jump mats should be 150mm, the maximum should be 300mm, with minimum landing area of 5m x 3m.

2.3.2. U11 to U17: Any legal jump technique (including scissors or Fosbury Flop) onto appropriate thickness and density flop mats. The minimum height of the flop mats should be 400mm (preference to 500mm or higher), with minimum landing area of 5m x 3m.

2.3.3. At Centre level, there should be no specific starting heights for High Jump. The starting heights should be set at a height all athletes can achieve.

Refer to the LAQ Carnival and Championship Regulations sections for competition details.

2.4. Long Jump and Triple Jump

2.4.1. Age Group Specifications

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Long Jump												
1m x ½m mat	BG	BG	BG	BG	BG	---	---	---	---	---	---	---
1.22m x 20cm	---	---	---	---	---	BG	BG	BG	BG	BG	BG	BG
Triple Jump												
1.22m x 20cm	---	---	---	---	---	BG	BG	BG	BG	BG	BG	BG

- i. The landing area shall be minimum width of 2.75m and a maximum width of 3m. The middle of the runway should be placed that if extended, would coincide with the middle of the landing area.

2.5. Discus

2.5.1. Age Group and Weight Specifications

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
350g	BG	BG	---	---	---	---	---	---	---	---	---	---
500g	---	---	BG	BG	BG	BG	---	---	---	---	---	---
750g	---	---	---	---	---	---	BG	BG	---	---	---	---
1kg	---	---	---	---	---	---	---	---	BG	BG	BG	G
1.5kg	---	---	---	---	---	---	---	---	---	---	---	B

2.5.2. U6 to U17 athletes will use rubber/synthetic compound discus in normal Centre meets.

2.5.3. U13 to U17 athletes competing in the Combined Events or individual Discus event at LAQ Carnivals, Regional Relays and Championships, and State Relays and Championships shall have the choice of a metal-rimmed discus (if available) or a rubber discus of the weight relevant to the age group.

2.5.4. The cage should be designed, manufactured, and maintained to stop the discus so there is an acceptable level of risk of it ricocheting off fixed components of the cage back towards the athlete or over the top of the net.

2.6. Javelin

2.6.1. Age Group and Weight Specifications

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
400g	---	---	---	---	---	BG	BG	G	G	---	---	---
500g	---	---	---	---	---	---	---	---	---	G	G	G
600g	---	---	---	---	---	---	---	B	B	---	---	---
700g	---	---	---	---	---	---	---	---	---	B	B	B

2.7. Shot Put

2.7.1. Age Group and Weight Specifications

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
1kg <i>blue</i>	BG	BG	---	---	---	---	---	---	---	---	---	---
1.5kg <i>yellow</i>	---	---	BG	---	---	---	---	---	---	---	---	---
2kg <i>orange</i>	---	---	---	BG	BG	BG	BG	---	---	---	---	---
3kg <i>white</i>	---	---	---	---	---	---	---	BG	BG	G	G	G
4kg <i>red</i>	---	---	---	---	---	---	---	---	---	B	B	---
5kg <i>green</i>	---	---	---	---	---	---	---	---	---	---	---	B

COMPETITION AND TECHNICAL RULES

3. ELIGIBILITY AND NOMINATIONS

3.1. Eligibility

- 3.1.1. All nominating athletes must be registered with LAQ. In specific circumstances, the LAQ Board may endorse participation of Queensland Athletics (QA), Athletics North Qld (ANQ) or other Little Athletics Management Association registered athletes or non-registered athletes.
- 3.1.2. The age of the athlete is calculated as at midnight on 31 December each year.
- 3.1.3. Athletes can only compete in their own age group. The only exception to this rule is made for Relay competitions.
 - i. The U6 age group will **not** be catered for at any LAQ Carnivals, Region or State Championships meets.

Refer to the Carnival and/or Relays Regulations for specific details.

- 3.1.4. To participate in MC events at the various levels of LAQ Competitions, U9 to U17 athletes must be classified and provide proof of current classification prior to the competitions' closing dates. MC athletes must participate at Regional Championships to be eligible to nominate for the MC events offered at the State Championships in the same season. Placing at the Regional Championships is not a prerequisite for qualification in MC events.

3.2. Nominations

- 3.2.1. All LAQ nominations must be lodged or received by the published competition closing date and time, using the prescribed method as determined by LAQ.
- 3.2.2. For each LAQ Competition, including Regional Competitions, Centres that do not use the approved system(s) to supply nominations will be charged a \$50.00 administration fee per competition, as well as \$1.00 per athlete nomination. Centres cannot pass this fee on to their members as it is an administration fee only.
- 3.2.3. Nominations fees must be paid and/or received by the LAQ Office by the nominated closing date for the specific event. If paying by cheque, cheques must be made payable to 'Little Athletics Queensland.'
- 3.2.4. At all LAQ Competitions, no athlete shall be charged an additional nomination fee by a Centre or Region. The total nomination fee charged shall be the fee as set by the Association.

4. INJURY AND MEDICATION

4.1. Injury

- 4.1.1. Athletes competing with an injury:
 - i. Athletes wishing to compete with any known pre-existing injury must obtain written confirmation from a qualified medical professional. This confirmation must explicitly state that participation does not pose any additional risk to the athlete, other competitors, or volunteers.
 - ii. Any athlete with an arm cast competing in a track event shall be placed in an inside or outside lane.
 - iii. Any athlete with an arm cast competing in a field event shall not be disqualified or excluded from competition due to the cast providing extra support.
- 4.1.2. All injuries sustained and/or treated during the competition must be reported on the appropriate form.

4.2. Medication

- 4.2.1. All LAQ competitions will be held in accordance with LAA Medical Rules and LAQ Drug, Alcohol and Smoking Policy.
 - i. LAQ recognises the role of Sports Integrity Australia in the development of policies pertaining to drugs in sport.

4.2.2. Asthma

- i. Asthmatics should use their inhalers prior to the event if necessary and shall be allowed to take their inhalers to the event site. Asthma inhalers may be carried by an athlete during the event but must not be held in the hand.
- ii. If the inhaler is used after the event has commenced, the athlete is required to withdraw immediately and may not return to the event.
- iii. If the athlete returns to competition and suffers a further asthma attack, they shall be immediately removed from that and all other events and seek medical treatment

Refer to the LAA Standard Rules of Competition for further reference under Medical / Safety Services at Competitions.

5. OFFICIALS

5.1. Medical Officers

- 5.1.1. Medical Officers are to be appointed/arranged by the Association for all Carnivals and State Competitions, or by the Regional Competition Coordinator for Regional Competitions. The appointed Officers must have appropriate first aid or medical qualifications and a Blue Card.

5.2. Competition Officials

- 5.2.1. Officials will be appointed to LAQ Competitions as deemed appropriate by the Officials Committee and Chairperson. The appointed Officials must have a Blue Card.

5.3. Jury of Appeal

- 5.3.1. The primary function of the Jury of Appeal shall be to deal with all appeals under Rule 7.2.6 and 7.2.7, and any matters arising during the course of the competition which are referred to it for decision.
- 5.3.2. A Jury of Appeal at Regional Competitions shall be comprised of the Regional Competition Coordinator as Chairperson and two or four independent members with a sound knowledge of the rules of competition i.e., any Centre not named or involved directly in the protest or appeal, including the Centre of the Official directly involved in the original ruling.
- 5.3.3. A Jury of Appeal at Association Championships events shall be comprised of a Board appointee as Chairperson and two or four independent LAQ members i.e., any Centre not named or involved directly in the protest or appeal, including the Centre of the Official directly involved in the original ruling.
- 5.3.4. No member of the Jury will enter into any discussion or voice any opinion on the protest before or after the Jury of Appeal process.

5.4. Team Managers

- 5.4.1. The Team Manager shall not be a Competition Official.
- 5.4.2. At LAQ Competitions where a Centre has athletes nominated, the Centre shall designate one or more person(s) to be the Team Manager(s). The Team Manager(s) must be available at the arena, prior to the start of, and during the events where the Centre has athletes competing and be responsible for:
 - i. Ensuring all competing Centre athletes are aware of event times, along with call times for their respective events.
 - ii. Ensuring all competing Centre athletes report to the Call Room or event areas when called.
 - iii. Ensuring all athletes are in correct Centre uniform before marshalling for events.
 - iv. Advising the relative Call Room Judge(s) or Chief Recorder of any withdrawal from events.

6. FOOTWEAR AND UNIFORMS

6.1. Footwear

6.1.1. Shoes must be worn by all athletes while competing in any LAQ sanctioned track and field competition. Any athlete seeking exemption from wearing shoes must support their application with a relevant medical certificate on the day of competition, before competing. STP 53 ('02)

6.1.2. There may be instances where an athlete with a physical impairment, such as a club foot may need to wear a shoe which does not meet the normal requirements. As long as the shoe does not give the athlete any unfair additional assistance it should be allowed.

6.1.3. No athlete may wear football boots or cleats in an event.

NOTE: LAA/LAQ does not rule against specific types of shoes (except in rule 6.1.3).

6.2. Spiked Shoes

6.2.1. At Centre level, at the Centre Committee discretion, athletes in the U11 to U17 age groups are permitted to wear spiked shoes in appropriate events as detailed below.

6.2.2. Spiked shoes are to be carried in a suitable bag at all times and stored safely when not in use.

i. Any athlete who does not exercise care when using spiked shoes may be disqualified from wearing spiked shoes for the remainder of the competition.

6.2.3. Spike Shoe Allowances

- i. Athletes in the U6 to U10 age groups may not wear spiked shoes.
- ii. Athletes in the U11 to U12 age groups may wear spiked shoes in track events run entirely in lanes, long jump, triple jump, high jump, and javelin.
- iii. Athletes in the U13 to U17 age groups may wear spiked shoes in all track events except walks. Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.
- iv. Needle/pin spikes are prohibited on synthetic tracks at LAQ Competitions including Regional Competitions.
- v. On synthetic track: spikes must be no longer than 7mm.
- vi. On synthetic field: spikes must be no longer than 9mm.
- vii. On grass track or field: spikes must be no longer than 12mm.
- viii. Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11.
- ix. Spiked shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
- x. Spike shoes cannot be worn outside the defined "Field of Play" unless all spikes are suitably covered.

Sample spikes styles allowed (Christmas and pyramid) depicted ⇒ ⇒ ⇒



6.2.4. Age Group per Event Type

	U6 to U10	U11	U12	U13	U14	U15	U16	U17
Track								
Laned	NA	SS	SS	SS	SS	SS	SS	SS
Unlaned	NA			SS	SS	SS	SS	SS
Relays	NA	LR	LR	SS	SS	SS	SS	SS
Field								
V Jumps	NA	SS	SS	SS	SS	SS	SS	SS
H Jumps	NA	SS	SS	SS	SS	SS	SS	SS
Javelin	NA	SS	SS	SS	SS	SS	SS	SS

Legend:

NA Not allowed to wear spiked shoes.

SS May wear spiked shoes in accordance with the specific rules above.

LR U11 and U12s competing in laned Relays may wear spiked shoes in accordance with the specific rules above.

6.3. Competition Uniforms

- 6.3.1. When presenting to the Call Room or field of play, all athletes must be attired in an approved Centre uniform in accordance with the LAQ Uniform Policy. The uniform must be worn in compliance with the items design, e.g., not rolled up or down.

Refer to the LAQ Uniform Policy for further information.

- 6.3.2. Failure to comply with the uniform rules and policies may lead to the athlete not being allowed to enter the field of play.
- 6.3.3. At the discretion of a Competition Manager or Meeting Manager, athletes who have been reported for uniform infringements at more than one LAQ competition in the same season, may be disqualified from participating further in the competition.

7. DISQUALIFICATION, PROTESTS AND APPEALS**7.1. Disqualification**

- 7.1.1. If a Referee disqualifies an athlete for an infringement of the rules of an event, results recorded up to the disqualification will stand and the disqualification shall not prevent the athlete from competing in all other events.
- i. An athlete or relay team acting in an unsporting or improper manner may be disqualified from participation in all nominated future events at that competition.
 - ii. The Competition Manager (or designated official) shall notify the athlete's or team's nominated Team Manager of the behaviour and outcome.
- 7.1.2. In Race Walking events, the Track Referee may disqualify an athlete for failure to comply with the rules of the event; however, only the Chief Walk Judge may disqualify an athlete for infringements of the Race Walking rules.
- 7.1.3. In deciding on infringements, Referees may consult with the athletes, Team Manager and other Officials involved, before making decisions.
- 7.1.4. If a Referee disqualifies an athlete or team in the U7 to U12 age groups, for an infringement of the rules, the Referee must make every reasonable effort to notify the respective Centre Team Manager. The call for the relevant Team Manager to report to the Referee will be given to the Announcer. The Referee will give a verbal report to the Team Manager. The Referee will notify athletes in the U13 to U17 age groups directly regarding their disqualification.

7.2. Protests and Appeals

- 7.2.1. Protests may be made at the Combined Event Championships, Regional Relays and State Relay Championships, and Regional and State Championships.
- 7.2.2. No person other than the Team Manager, as the Centre representative, shall be entitled to query decisions, or lodge protests or appeals with the Event Manager.

NOTE: exception to this rule detailed in 7.3.

- i. Team Manager's names MUST be provided to the competition's organising committee in the required format and time e.g. signed in at Regional Competitions or provided prior to LAQ Competitions.
 - ii. Any Centre failing to comply with this rule will forfeit the right to protest or appeal.
- 7.2.3. Protests must be made by the Team Manager, in writing, on the approved protest form within 15 minutes of the official results being posted and accompanied by a deposit of \$55.00. The Event Manager (or designated Official) shall be responsible for recording the time of protest lodgement.
- 7.2.4. When a protest is lodged with the Event Manager (or designated Official), the Announcer will be advised in the first instance so an announcement including the event details can be made stating a protest has been lodged. One of two types of reasons will be announced - either on a technicality or on the judges' decision.
- i. The Event Manager shall advise the Competition Manager, relevant Referee, Chief Recorder and Medal Presentation Coordinator of the lodged protest.
 - ii. The Referee may decide on receipt of a protest or appeal lodged on the prescribed form, to consult video evidence if available; however, the video will not be considered for any breaches of technical rules for Race Walking.

- 7.2.5. The Referee shall advise the relevant Team Manager of the decision.
- The notification shall be either - dismissed, upheld, or sent to the Jury of Appeal.
 - An announcement of the decision will also be made.
- Team Managers with athletes involved, who disagree with the decision of the Referee may appeal. Refer to 7.2.6.*
- 7.2.6. There shall be a “Right of Appeal” to the Jury, which must be lodged in writing, on the approved protest form within 15 minutes after the notification of the decision.
- The Appeal must be lodged with the Event Manager (or another designated Official).
 - If an Appeal is lodged with the Event Manager (or other designated Official) an announcement including the event details will be made stating an appeal has been lodged.
- 7.2.7. To arrive at a fair decision, the Jury of Appeal may consult all available evidence including video evidence. However, the video will not be considered for any breaches of technical rules for Race Walking.
- The Jury Chairperson will convey the decision to the relevant Team Manager, which shall be either the appeal was dismissed, or upheld by the Jury Panel.
 - An announcement of the decision will also be made.
- 7.2.8. The protest fee will be refunded if the protest is upheld by either the Referee or the Jury of Appeal. If the protest is dismissed the fee will not be refunded.
- 7.2.9. The Jury’s decision is final, and no subsequent discussion or correspondence will be accepted.
- 7.3. On Field Protests (Field Events Only)**
- 7.3.1. If an athlete in the U13 and above age groups makes an immediate verbal protest against a failed trial in a field event, at the discretion of the Chief Judge, the trial may be measured and recorded, in order to preserve the rights of all concerned. At the end of the round the appropriate Referee shall adjudicate on the protest.
- If any athlete continues in a field event under protest, the athlete shall compete first in each round, irrespective of any improved performance in such subsequent rounds.
 - Where an athlete is allowed to continue competing under protest, any subsequent performance will only be valid if the protest (or appeal) is eventually upheld in the athlete’s favour.

8. GENERAL

8.1. Calls for Athletes and Call Room (Marshalling)

- 8.1.1. Event block start times shown, in the LAQ Regional, Carnival and Championship programs may be brought forward no more than 30 minutes. At the discretion of the Competition Manager, start times may change after consultation with the relevant Referees.
- It is recommended that athletes be in attendance at least 60 minutes prior to the advertised event block start time.
- 8.1.2. At LAQ Carnivals and/or Championship events, athletes competing in track events are to marshal in the designated Call Room before entering the field of play (the track). Athletes competing in field events are to marshal directly to the relevant field events once the Call has been made. *BoD 1 ('15)*
- 8.1.3. Call Times
- For FIELD events calls will be made approximately **20** minutes before the event start time to allow for registration and warm-up.
 - For TRACK events athletes are to report to the appropriate Call Room.
 - up to and including 400m, calls will be made approximately **20** minutes before the event start time.
 - 800m, 1500m, Relays and Walks, calls will be made approximately **30** minutes before the event start time to allow for placement of hip numbers on the athletes.
- 8.1.4. Once athletes have left the Call Room any athlete who has not reported to the Call Room will be declared a non-starter in that event.

NOTE: Athletes competing at the Regional Competitions are to marshal at the Regions’ designated areas.

8.2. Clashing Events

- 8.2.1. Where an athlete is competing in both a track and field event at the same time, track events take precedence. Centres and Officials are requested to ensure that:
 - i. Athletes in clashing events return to the field event immediately after completing the track event, once instructed by the relevant Official.
 - ii. Athletes whose clashing track event starts after the field event, remain at the field event until collected by the relevant Official.
 - iii. Both track and field Officials are advised of clashing events, and every effort will be made to minimise the effect.
- 8.2.2. Except for High Jump, the Chief Judge may allow athlete(s) to compete out of round and out of order in all rounds. It is not permitted for an athlete to have two or more consecutive trials.
- 8.2.3. For High Jump, the Chief Judge may allow the athlete to compete out of order. The athlete must re-join the competition at the current height of the bar. The bar will not be lowered to the height at which the athlete left, nor will the event be delayed.
- 8.2.4. No event shall be unduly delayed to suit any athlete.

8.3. Field of Play Conduct

- 8.3.1. The immediate area of competition must be clearly marked (or clear instructions as to what is considered the immediate area) prior to the start of the event.
- 8.3.2. Only athletes and Officials are permitted on the field of play. At the completion of the event or at the instruction of an Official, athletes must leave the arena immediately.
 - i. Only authorised persons are allowed in the field of play or Recording/Control Room or Call Room at any time.
 - ii. If this rule is breached the relevant athlete(s) may be disqualified.
- 8.3.3. Coaching athletes from inside the field of play is not permitted and may result in the disqualification of the athlete. Designated areas, where provided, may be used by coaches for communication with athletes.
- 8.3.4. Centres are not permitted to use two-way radios that interfere with event communications during LAQ conducted competitions.
- 8.3.5. Athletes are not permitted to use electronic communications or similar devices on the field of play.
- 8.3.6. Athletes may warm up with equipment provided by LAQ or the competition organising committee. Athletes must be under the supervision of an adult/coach. All equipment taken for warm-ups must be signed for and returned within an agreed timeframe.

Refer to the LAQ Code of Conduct Policy for further information.

9. TRACK AND FIELD EVENTS

9.1. Track Events

- 9.1.1. Timing gates that are a commercially available product shall be recognised and endorsed as an electronic timing device suitable for Regional and Centre competitions. *BoD 12 ('14)*
- 9.1.2. Start Techniques:
 - i. A crouch start may be used only by U11 to U17 athletes for all track events up to and including 400m.
 - ii. A three point start is not a recognised start at the commencement of a race and is not permitted at any LAQ and Centre competitions.

Refer to WPA Rules for information / starting techniques for Multi Class athletes.

- 9.1.3. False start rules for any level of LAQ Competitions shall be:
 - i. An athlete responsible for two false starts will incur disqualification.
 - ii. An athlete responsible for three false starts in Combined Events will incur disqualification. At Centre level meets, some latitude can be given.

- 9.1.4. Seeding/Lane draws shall be as follows:
- i. In all events up to and including 400m, each athlete is allocated a lane.
 - ii. The maximum number of athletes in 800m timed finals at LAQ Carnivals, Combined Event Championships, and Regional and State Championships will be two per lane (e.g., sixteen on an eight lane track; eighteen on a nine lane track and twenty on a ten lane track).
 - iii. Waterfall start shall be used for all 1500m and Race Walking events; seeded fastest to slowest with the fastest athletes in the inside lanes and the slowest athletes in the outside lanes.
 - iv. Where more than one timed final is required, the athletes will be seeded from slowest to fastest with the fastest athletes in the same heat. BoD 2 ('15)
 - a. Athletes will be divided evenly between heats.
 - b. The fastest seeded heat will be conducted last.
 - c. Where there are fewer athletes in a heat than available lanes, each athlete will start in a separate lane.
 - v. Where there are fewer athletes in a laned heat or final than available lanes, lane one should be left vacant.
- 9.1.5. For the 1500m, the maximum number of athletes allowed per event is normally 24 (on an eight-lane track), and up to 30 (on a ten-lane track).
- i. At the LAQ Carnivals and Combined Event Championships, staggered starts will be conducted allowing up to 40 athletes per heat at the discretion of the Competition Manager.
 - ii. Where there are more athletes than allowed for an event, multiple seeded heats will be conducted as timed finals.
 - iii. The Competition Manager may combine events into one heat or final, provided the maximum number of athletes does not exceed 24 for an eight-lane track and 30 for a ten lane-track. BoD 13 ('14)
- 9.1.6. The following minimum times must be allowed, when practicable, between the last heat of any round and the first heat of a subsequent round or final:
- i. Up to and including 200m - 45 minutes
 - ii. Over 200m up to and including 800m - 90 minutes
 - iii. Over 800m - not on the same day
- 9.1.7. In all track events up to and including 400m, each athlete must stay in the allocated lane for the entire event.
- i. Any portion of a track event run in lanes, each athlete must stay in the allocated lane up to and through the designated markers.
- 9.1.8. At LAQ Competitions, for 800m events started in lanes, athletes must stay in the allocated lane until reaching the nearer edge of the marked breakline on the back straight.
- 9.1.9. Pack starts are used for 1500m and all Race Walking events at LAQ Competitions and Centre meets.
- 9.1.10. Same distance track events may be conducted in the same heat or final to assist program timing.
- 9.2. Walks**
- 9.2.1. The Chief Walk Judge must report to the Track Referee immediately after the end of the event with details of all athletes disqualified AND all athletes with reports of Red Cards.
- i. At LAQ Carnivals, Regional and State Championships, Walk Judges will not call 'Red Card' to the U12 to U17 athletes, only written reports will be made. BoD 14 ('14)
- 9.2.2. At all LAQ Competitions, at the finish of each Race Walking event, all Race Walk Judge's Records and relevant paperwork are attached to the Judging Summary Sheet. The Judging Summary Sheet(s), with no reference to the Judge's names, shall be displayed as an e-copy or hard copy. WULG 29 ('95)

9.3. Field Events

- 9.3.1. Throwing implements owned by LAQ or LAQ Centres, QA and/or U13 to U17 athletes that have been certified by Trade Measurement (Office of Fair Trading), or a competent Official from LAQ or QA are permitted at all LAQ Competitions. *BoD 9 ('11)*
- 9.3.2. Any privately owned equipment, intended for use during competition, must be submitted for verification at least 60 minutes prior to the event start and be added to the collective pool of the event equipment for the use of all athletes in that event. Equipment provided by athletes will be at the athlete's own risk. LAQ takes no responsibility for the loss or damage to equipment. *BoD 9 ('11)*
- The athletes and parents will be required to sign an agreement that the equipment shall be available for all athletes in their events to use without bias and a waiver against claim from damaged implements.
- 9.3.3. The use and certification of throwing implements owned by LAQ Centres and or U13 - U17 individuals at Regional competitions shall be at the discretion of the Region Committee, provided all equipment meets the general specifications relevant to the implement. Any privately owned equipment must be added to the collective pool of the event equipment for the use of all athletes in that event. Equipment provided by athletes will be at the athlete's own risk; LAQ, the Region Committee and the hosting Centre shall take no responsibility for the loss or damage to equipment.
- 9.3.4. All Discus trials shall be made from an enclosure or cage to ensure the safety of spectators, officials, and athletes.
- 9.3.5. At Regional Competitions (at the discretion of the Regional Committee), LAQ Carnivals, Combined Event Championships, State Relay Championships and State Championships, U13 to U17 athletes may use a suitable chalk substance or similar to obtain a better grip on the implement. In Shot Put events, athletes may use the substance on their neck; in Shot Put and Discus events, athletes may use the substance on the implement. Only chalk substance, removable with a wet cloth and provided by LAQ or the Regional Organising Committee, is to be used.
- 9.3.6. At the discretion of the Meeting Manager, only one practice trial is allowed if time permits, conducted under the supervision of the appropriate Official.
- 9.3.7. Once the event has begun, athletes are not permitted to use the runway, implements, circles or sectors for practice.
- 9.3.8. In all field events, including Combined Event Competitions, athletes may not leave the immediate competition area during the competition unless permitted and accompanied by an Official.
- 9.3.9. No athlete may enter the event after the completion of the third round of the event.
- 9.3.10. If an athlete incurs a failure, the reason shall be given at the completion of that trial.
- 9.3.11. For High Jump, the scissor technique is the only technique allowed for the U8 to U10 age groups at all levels of competition. It shall be a valid scissor jump if all other relevant high jump rules are adhered to, and:
- i. The head of the athlete does not go over the bar before the lead foot (the foot closest to the bar at take-off).
 - ii. The head of the athlete is not below the buttocks when the buttocks clear the bar.
 - iii. The lead foot touches the landing mats before any other part of the body.
- 9.3.12. For High Jump, athletes in the U11 to U17 age groups will have the option to use any legal jumping technique at all levels of competition.
- 9.3.13. For the Long Jump, the take-off mat for U10 and younger athletes, shall be placed at a maximum of 0.5m from the nearer edge of the landing area.

For safety and for Multi-Class athletes (where appropriate) the mat may be moved closer but should not be placed less than 0.2m from the nearer front edge of the long jump pit to the front edge of the mat.

10. RESULTS AND BEST PERFORMANCES

10.1. Results

- 10.1.1. Each athlete shall be credited with the best of all their trials.
- 10.1.2. Countbacks will be applied to place athletes. If a tie remains after all countbacks are applied, equal place shall be awarded.

Refer to the Regional and State Championships Regulations section for additional rules.

10.2. Best Performances

- 10.2.1. Claims for Carnival Meet Best Performance (MBP), Queensland Best Performances (QBPs) and Australian Best Performances (ABPs) are only accepted from competitions controlled by LAQ or LAA i.e., the various LAQ Carnivals, Combined Event Championships, State Relay and State Championships, and Australian Little Athletics Championships (ALACs). Any LAQ and/or Australian Best Performances (where applicable) will be subject to ratification.
- 10.2.2. Only LAQ registered athletes are eligible to hold MBPs and or QBPs.
- 10.2.3. QBPs may be recognised for individual performances recorded at the LAQ Combined Event Championships.
- 10.2.4. MBPs and or QBPs will not be recognised for individual performances recorded at the State Relays and Combined Events.
- 10.2.5. MBPs, QBPs and Regional Best Performances are not recognised for the U7 and U8 age groups.
- 10.2.6. The field of play on which the Best Performance is achieved must have been surveyed (compliant with WA Rules).
- 10.2.7. All equipment must comply with WA, LAA and/or LAQ Rules.
- 10.2.8. Potential MBPs and or QBP distances or heights measured with a fiberglass tape or steel bar must be verified for accuracy against a steel tape after the event. An appropriate weights and measures authority must certify the steel tape.
- 10.2.9. Where an Electronic Distance Measurement (EDM) unit is used to measure the distance, the check mark must be tested for accuracy prior to, against a certified steel tape.
- 10.2.10. If more than one athlete records the same distance or height in a field event, irrespective of final placings, those athletes shall be awarded the Best Performance.
- 10.2.11. If more than one athlete records the same time electronically in a track event, only the first and/or best-placed athlete(s) shall be awarded the Best Performance.

NOTE: Meet Best Performances shall only be recognised from performances recorded at the relevant LAQ Carnival.

11. CHANGED OR ABANDONED EVENTS

11.1. Change of Competition Area

- 11.1.1. The Referee, in consultation with the Competition Manager, Meeting Manager and Field Event Chief and Event Venue Manager (if necessary) shall have power to change the place of competition (venue) during competition, for a field event due to adverse conditions that may put the safety of athletes and/or Officials at risk. Such a change should only be made after a round is completed. If circumstances dictate that it is impossible to complete the round, the event shall resume at the new place of competition from the last round completed.

11.2. Abandoned Association Competitions / Events

- 11.2.1. At LAQ Competitions, any three Board Directors or any two Board Directors plus the Chief Executive Officer (CEO), in consultation with the Competition Manager, will make any decision regarding re-scheduling or abandoning events at any Association Competition. Paramount in the decision to continue or otherwise should be the safety of the athletes.
- 11.2.2. The Regional Competition Coordinator, in consultation with the Meeting Manager and Referees, and after due consultation with ALL Centre Managers or authorised Centre representatives, will make any decision regarding re-scheduling or abandoning Regional Championships or Regional Relays. Paramount in the decision to continue or otherwise should be the safety of the athletes. If the decision is to abandon an event(s) or competition, where possible, the backup date **MUST** be used to reschedule the event(s) or competition.
- 11.2.3. Abandoned Regional Championships: Current season Best Performances from Centre level and any Association Competitions, except for Relay Competitions, must be used when selecting athletes to compete at State Championships. Athletes without a Best Performance may not be considered for progression to the State Championships.
- i. In events where there are four or less athletes, athletes without a Best Performance may progress to the State Championships. BoD 11 ('13)
 - ii. Prior to the selection of advancing/qualifying athletes, the current season track performances for 70m to 400m must be rounded up to the next highest 1/10.
- 11.2.4. In the event of the program being abandoned during the day, all events completed, including track events where finalists have been selected, and completed rounds of field events, shall stand.
- i. If a field event is not restarted (except High Jump), that event shall be deemed finished and results shall be based on performances over the completed rounds only.
 - ii. If a High Jump event is not restarted where there are six or less athletes in the event, that event shall be deemed finished and results shall be based on performances after the last completed round.
- 11.2.5. If a High Jump event is restarted (after a delay), where the number of athletes exceeds six, only the athletes not disqualified from further jumping shall be eligible to continue in the event. The restart shall have the bar set one increment above the height set for the last completed round before the event was stopped. A completed round includes an athlete passing their turn by choice.
- 11.2.6. Any other variations on the day of the competition shall be at the discretion of the LAQ Board of Directors, through the authorised Officer of the Association. This will normally be the Competition Manager, or at the Regional Level, the Regional Competition Coordinator after consultation with all or the majority of Centre Managers within the Region.

CARNIVAL AND CHAMPIONSHIP REGULATIONS

12. COMPETITION LEVELS

12.1. Approved Competition Levels

(All levels of competition are for boys and girls unless otherwise stated)

	CENTRE	INTER-CENTRE	LAQ REGION	LAQ STATE CONDUCTED
Tiny Tots	Play training	=====	=====	=====
U6	Play training Relays Maximum of 4 events	Play training Maximum of 4 events	Play training	=====
U7	Play training Individual events Relays Modified Combined Event	===== Individual events Relays Modified Combined Event	===== Individual events Relays =====	===== ===== ===== =====
U8	Play training Individual events Relays Modified Combined Event	===== Individual events Relays Modified Combined Event	===== Individual events Relays =====	===== ===== ===== =====
U9	Individual events Relays Modified Pentathlon	Individual events Relays Pentathlon	Individual events Relays =====	Individual events Relays Modified Tetrathlon
U10	Individual events Relays Modified Pentathlon	Individual events Relays Pentathlon	Individual events Relays =====	Individual events Relays Modified Tetrathlon
U11	Individual events Relays Modified Pentathlon	Individual events Relays Pentathlon	Individual events Relays =====	Individual events Relays Modified Tetrathlon
U12	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays =====	Individual events Relays Pentathlon
U13	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays =====	Individual events Relays Pentathlon
U14	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays =====	Individual events Relays Pentathlon
U15	Individual events Relays Pentathlon / Heptathlon	Individual events Relays Pentathlon / Heptathlon	Individual events Relays =====	Individual events Relays Heptathlon
U16	Individual events Relays Pentathlon / Heptathlon	Individual events Relays Pentathlon / Heptathlon	Individual events Relays =====	Individual events Relays Heptathlon
U17	Individual events Relays Pentathlon / Heptathlon	Individual events Relays Pentathlon / Heptathlon	Individual events Relays =====	Individual events Relays Heptathlon

12.2. Competition Types and Conditions

12.2.1. Centre Meets: Weekly Meets are conducted in a local area.

- i. Tiny Tots activities shall not be timed, placed, or measured. All activities shall be in accordance with endorsed LAQ programs. Tiny Tots may be offered running events to a maximum distance of 60m.

12.2.2. Centre Carnivals: Centres may provide age-appropriate Combined Event or Carnival type competitions to Centre athletes and/or invite registered athletes of other LAQ Centres.

- i. Such competitions must be conducted under LAQ Rules and comply with requirements as detailed on the LAQ Sanction Request form. This form is to be completed and submitted to the LAQ Office for consideration. Centres may also invite registered athletes of QA, provided their participation is sanctioned by QA.
- ii. Tiny Tots may not compete.
- iii. U6 athletes may compete, be timed and have distances measured, but placings shall not be recognised.
- iv. U6 to U8s may only be awarded participation ribbons.
- v. Medals or ribbons may be awarded to U9 - U17 athletes.

Refer to Tiny Tots and ASAP manuals for additional activities for U6 - U8s.

12.2.3. Combined Events at Centre and Inter-Centre Competitions may only comprise of LAQ approved events for the age groups. Such events may not exceed three Combined Events for the U7 and U8 age groups, a Pentathlon for the U9 to U14 age groups or a Heptathlon for the U15 to 17 age groups.

Refer to the Centre Programming Manual for further details.

12.2.4. Regional Competitions: The State is typically divided into geographic Regions. Under the direction of the Board, Regional Relays and Regional Championships for U7 to U17 athletes are conducted, providing an opportunity for U9 to U17 athletes to qualify for State Championship events.

12.2.5. LAQ Association Competitions: Carnivals, State Combined Event Championships, State Relay Championships and State Championships.

Refer to the specific Competition Regulations section(s) for further details.

12.2.6. The Australian Little Athletics Championships are held annually. Teams may comprise of able bodied athletes and MC athletes for age groups as determined by LAA and selected by LAQ.

13. LAQ CARNIVAL REGULATIONS

The following regulations apply specifically to LAQ run Carnivals (e.g., Winter Carnival, Summer Carnivals, and Spring Carnival)

All Carnivals shall be held at a venue with the necessary infrastructure to support the event, at LAQ's discretion.

Refer to Carnival Event Tables and Event Orders published on the LAQ webpage.

13.1. Track Events

13.1.1. All track events shall be conducted as timed finals.

13.1.2. 100m Handicap Gift Event, if offered,

- i. First-placed U9 to U17 athletes from the 100m timed finals shall be eligible to compete in the 100m Handicap Gift event, as an additional or optional event. Event results will determine each participating athletes' handicapped start line.
- ii. There shall be no more than two events of eight to ten athletes depending on available lanes.

13.2. Field Events

13.2.1. In field events (except High Jump), each athlete shall be allowed three trials.

13.2.2. In High Jump:

- i. Each athlete shall have three attempts to clear the same height.
- ii. If an athlete fails three consecutive trials at the same or different heights, the athlete is eliminated from the event.
- iii. Each athlete will only be allowed a total of four failures throughout the event, before being eliminated.
- iv. High Jump Starting Heights * scissor technique only

*U9	0.80 (b), 0.75 (g)	U12	1.10 (b), 1.05 (g)	U15	1.30 (b), 1.25 (g)
*U10	0.90 (b), 0.85 (g)	U13	1.20 (b), 1.15 (g)	U16	1.35 (b), 1.30 (g)
U11	1.00 (b), 0.95 (g)	U14	1.25 (b), 1.20 (g)	U17	1.35 (b), 1.30 (g)
- v. The increments for raising the bar will be 5cm until six athletes remain, then not less than 2cm. The last remaining athlete of an event, in consultation with the Chief Judge, may elect the increments not less than 1cm.
- vi. The bar is never lowered for an athlete returning after competing in another event.

13.2.3. Each athlete shall be credited with the best of all their trials.

13.3. Nomination

13.3.1. Athletes shall be limited to nominating for a maximum number of events as determined by LAQ.

13.3.2. Age Groups offered at each Carnival will be at the discretion of LAQ.

- i. The Winter Carnival shall be open to U7 to U17 LAQ registered athletes and non-LAQ registered age appropriate athletes.

13.3.3. The Spring Carnival shall be open to U7 to U17 LAQ registered athletes.

13.3.4. The Summer Carnival shall be open to U9 to U17 LAQ registered athletes.

13.3.5. LAQ registered and classified MC U9 to U17 athletes can nominate in MC events or standard events; however, the athletes may not nominate twice in the same event.

13.4. Seeding

13.4.1. Provided the Centre Best Performances are supplied, athletes nominated for:

- i. Track events will be seeded slowest to fastest. Heats and lanes will be drawn randomly.
- ii. Field events will be seeded by random draw.

13.5. Placing and Awards

- 13.5.1. For the U9 to U17 age groups,
 - i. In track events, the recorded times from the timed finals will determine overall places.
 - ii. In field events, the recorded heights or distances will determine overall places.
- 13.5.2. Medals shall be awarded to the first three placed athletes in:
 - i. Each U9 to U17 event.
 - ii. Each U15 to U17 Heptathlon event at the Winter Carnival.
 - iii. Each LAQ MC age group category per event.
- 13.5.3. The first three placed athletes in each Handicap Gift Event will be awarded a trophy. Prize money shall not be awarded.

13.6. Specific Rules

- 13.6.1. Protests will not be accepted.
- 13.6.2. Where events are offered for U7 and U8 athletes,
 - i. Rigid competition principles will not be applied.
 - ii. Officials may act in an advisory capacity, but normal rules of competition are applied.
 - iii. Participation Ribbons shall be provided to participants.

14. COMBINED EVENT CHAMPIONSHIPS AND COMBINED EVENT REGULATIONS

Combined Event Championship(s) shall be held at a venue with the necessary infrastructure to support the event, at LAQ's discretion.

14.1. Program of Events

14.1.1. Events will be conducted at LAQ's discretion.

14.1.2. Events that may be included in the LAQ Combined Event Championships:

U9 to U11	Tetrathlon	4 events: 2 track, 1 jump and 1 throw (alternating)
U12 to U14	Pentathlon	5 events: 3 track, 1 jump and 1 throw
U15 to U17	Heptathlon	7 events: per LAA standard
U13 to U17	Jumps Triathlon	3 events: High, Long and Triple Jumps
U13 to U17	Throws Triathlon	3 events: Discus, Javelin, and Shot Put
U11 to U12	Sprint Triathlon	3 events: Hurdles, 100m and 200m
U13 to U17	Sprint Triathlon	3 events: 100m, 200m and age relevant sprint hurdle
MC U9 to U17	Triathlon	3 events: 1 track, 1 jump and 1 throw

Each Combined Event, other than the Heptathlon, will be conducted on one day of the competition.

14.1.3. The U15 to U17 Heptathlon shall be conducted over two days of the same weekend and shall be offered at the Combined Event Championships and the Winter Carnival.

i. At the Winter Carnival, where the same Combined and individual event(s) are offered, the events may be programmed at the same time.

Refer to Combined Event Championships Event Order published on the LAQ webpage

14.2. Track Events

14.2.1. All track events shall be conducted as timed finals.

14.3. Field Events

14.3.1. In field events (except High Jump), each athlete shall be allowed three trials.

14.3.2. In the High Jump, the starting heights shall be agreed upon by the Officials, after consultation with the individual athletes. BoD 11 ('19)

i. The increments for raising the bar will be 3cm throughout the competition.

ii. The bar is never lowered for an athlete returning after competing in another event.

14.4. Nomination

14.4.1. LAQ registered and classified MC U9 to U17 athletes can nominate in MC events and or standard events; however, the athletes may not nominate twice in the same event.

i. Multi-Class U13-U17 athletes may nominate for two Triathlons e.g. MC Triathlon and Throws Triathlon; however, when competing in the Standard Event Triathlon, the standard rules shall apply.

14.4.2. Provided the two Combined Events selected are programmed on different days:

i. U13 and U14 athletes may nominate for two Triathlons or the Pentathlon and one Triathlon.

14.4.3. U15 to U17 athletes may nominate for two Triathlons or the Heptathlon.

14.5. Seeding

14.5.1. Track and field events will be seeded by random draw.

i. Seeding for 800m events:

a. Where there is only one heat, lanes will be drawn randomly.

b. Where there are two or more heats, the heats will be ranked and seeded lowest to highest points after the second last event, with lanes drawn randomly.

14.6. Points, Placing and Awards

- 14.6.1. U9 to U17 athletes will be allocated points for their best performance in each event.
- 14.6.2. For the U15 age group, LAQ will adopt the system in use by LAA for the combined events (Heptathlon).
JIM 11 ('09)
- 14.6.3. The WA FAT Scoring Table shall be applied for the U15 to U17 age groups for Combined Events points. The calculation of points for the sprint hurdles shall be the 100m Hurdles (girls) and 110m Hurdles (boys).
- 14.6.4. The Alberta Youth Scoring Table shall be applied for the U9 to U14 age groups for Combined Events points.
- 14.6.5. Medals shall be awarded to the first three athletes placed in the U9 to U17 age groups, in each Combined Event.

14.7. Specific Rules

- 14.7.1. For all LAQ Combined Events, athletes must compete in all set events for and in their own age group.
- 14.7.2. Any athlete failing to start or make a trial in any of the events of the Combined Event shall not be allowed to continue in the competition and shall be considered to have abandoned the competition. Therefore, that athlete shall not figure in the final placings.
'88 05 01
- 14.7.3. Any athlete deciding to withdraw from the Combined Event competition shall immediately inform the Referee of their decision either through their Team Manager if prior to the start of the first event, or directly if during the competition.
'88 05 01

15. RELAY REGULATIONS

15.1. Venues and Dates (Regional)

- 15.1.1. The Regional Committee shall determine the location of Regional Relays.
- The Regional Relays venue must have a 400m track, unless approved by the Board of Directors, and should be held on a synthetic surface where possible.
 - If a Region conducts the Regional Relays on a synthetic surface, the cost of hire of the venue must be borne by the Region and not passed onto its members. The Association will not be responsible for any shortfall in funds incurred by hiring such a venue.

15.2. Program of Events

- 15.2.1. For U7 and U8 athletes, the Regional Relays program may offer up to two track and two field relay events per age group. The actual events offered will be decided by the Regional Competition Committee and may vary between Regions.
- 15.2.2. For U9 to U17 athletes, Regional Relays program shall offer:
- Two track events for Same Age (SAT) and Combined Age teams (CAT).
 - Three field relay events for teams/athletes.
 - One track and two field relay events for MC teams (inclusion shall be at the Region's discretion).
- 15.2.3. For U9 to U17 athletes, the State Relay Championships program shall offer:
- Two track and three field relay events for Same Age teams/athletes (SAT/SAF).
 - Two track relay events for Combined Age teams (CAT).
 - Three field relay events for Mixed Gender teams (MGF).
 - One track and two field relay events for MC teams.
 - Two track relay events for Regional Teams (U15 to U17) (RT).
- 15.2.4. Track Relay and Field Relay events shall be provided in a set allocation and drawn from:
- 2 x 100m (200m), 4 x 70m (280m), 4 x 100m (400m),
 - 4 x Swedish (Medley - 1000m), 4 x Distance (Medley - 1600m).
 - High Jump, Long Jump, Discus and Shot Put.

Refer to the Relay Event Table published on the LAQ webpage.

15.3. Track Events

- 15.3.1. All track events shall be conducted as timed finals.
- 15.3.2. Each member of a relay team may run one leg only.
- 15.3.3. The 2 x 100m for MC teams shall be run entirely in lanes as shuttle relays.
- 15.3.4. The 4 x 70m and 4 x 100m for U7 and U8 teams shall be run entirely in lanes as shuttle relays.
- 15.3.5. The 4 x 100m (for U9 and U17s) shall be run entirely in lanes as circular relays.
- 15.3.6. The Swedish Relays and Distance Relays are conducted as circular events. The running order shall be:
- Swedish Relays - 100m, 300m, 200m and 400m.
 - Distance Relays - 200m, 200m, 400m and 800m.
- 15.3.7. In the Swedish Relay, the athletes running the third and fourth legs will, under the direction of a designated official, place themselves in their waiting position in the order of the start list (inside to out). Once the incoming athletes have passed the breakline, the waiting athletes must maintain their order and must not exchange positions at the beginning of the takeover zone. If an athlete does not follow this rule, that team may be disqualified.
- 15.3.8. In the Distance Relay, the athletes running the fourth leg will, under the direction of a designated official, place themselves in their waiting position in the order of the start list (inside to out). The waiting athletes must maintain their order and must not exchange positions at the beginning of the takeover zone. If an athlete does not follow this rule, that team may be disqualified.

15.4. Field Events

15.4.1. For Shot Put, Discus and Long Jump, each athlete shall be allowed a maximum of three trials. However, after consultation with the Referee and/or Meeting Manager, the Chief Judge may decide to allow only two trials per athlete.

15.4.2. In High Jump:

- i. Each athlete shall have two attempts to clear the same height.
- ii. If an athlete fails two consecutive trials at the same or different heights, the athlete is eliminated from the event.
- iii. High Jump Starting Heights (*scissor technique).

a. For Regional Relays

*U9	0.75 (b), 0.70 (g)	U12	1.05 (b), 1.00 (g)	U15	1.25 (b), 1.20 (g)
*U10	0.85 (b), 0.80 (g)	U13	1.15 (b), 1.10 (g)	U16	1.30 (b), 1.25 (g)
U11	0.95 (b), 0.90 (g)	U14	1.20 (b), 1.15 (g)	U17	1.30 (b), 1.25 (g)

b. For State Relay Championships SAF Teams

*U9	0.80 (b), 0.75 (g)	U12	1.10 (b), 1.05 (g)	U15	1.30 (b), 1.25 (g)
*U10	0.90 (b), 0.85 (g)	U13	1.20 (b), 1.15 (g)	U16	1.35 (b), 1.30 (g)
U11	1.00 (b), 0.95 (g)	U14	1.25 (b), 1.20 (g)	U17	1.35 (b), 1.30 (g)

15.4.3. The increments for raising the bar will be 7cm, 7cm, 7cm and then by 5cm thereafter.

15.4.4. For State Relay Championships MGF Teams, the girls will start the event at the girl's starting height, the boys will start at the boy's starting height, which shall also be the girl's 2nd height attempt. The bar shall be raised 7cm for the boys 2nd attempt, followed by another two raising of the bar by 7cm increments, then by 5cm thereafter.

15.4.5. The bar is never lowered for an athlete returning after competing in another event.

15.4.6. At Regional Relays and State Relay Championships, athletes competing in High Jump may continue to compete even if one member of the team does not clear the starting height.

15.5. Team Structure

15.5.1. Track and Field Teams shall be offered in the following categories:

- i. SAT - Same Age Track
- ii. SAF - Same Age Field
- iii. CAT - Combined Age Track
- iv. MGF - Mixed Gender Field
- v. RT - Region Track

15.5.2. Track and Field Teams structure shall be:

- i. U7 to U8 Boys and Girls: track teams may be same age, same gender, or a combination of athletes and / or mixed ages.
- ii. U9 to U17 Boys: all boys of the same age group. Girls cannot compete in a boys' team.
- iii. U9 to U17 Girls: all girls of the same age group.
- iv. U9 to U17 Mixed (field only): one boy and one girl of the same age group.
- v. U9 to U10 Combined Age (track only): boys and girls in any configuration. Such teams can be all boys or all girls, or a mix of boys and girls; however, athletes cannot be all from the same age group e.g., cannot be a combination of U10 Boys and U10 Girls.
- vi. U11 to U13 Combined Age (track only): boys and girls in any configuration. Such teams can be all boys or all girls, or a mix of boys and girls; however, athletes cannot be all from the same age group e.g., cannot be a combination of U12 Boys and U12 Girls.
- vii. U14 to U17 Combined Age (track only): boys and girls in any configuration. Such teams can be all boys or all girls, or a mix of boys and girls; however, athletes cannot be all from the same age group e.g., cannot be a combination of U14 Boys and U14 Girls.
- viii. For Combined Age (track only): a maximum of three from the same age group may be assigned to Combined Age Track Teams e.g., three U12 Boys and Girls.

15.5.3. Multi-Class Track and Field Teams structure shall be:

- i. Both team members must be classified; able-bodied athletes shall not form part of the teams.
- ii. May consist of two boys, two girls, or a boy and a girl.
- iii. Athletes may be from the same Centre or any Centre within the same Region.
- iv. U9 to U12 may be combined to form MC Track teams.
- v. U13 to U17 may be combined to form MC Track teams.
- vi. U9 to U12 may be combined to form MC Field teams.
- vii. U13 to U17 may be combined to form MC Field teams.

15.6. Regional Relays Nomination

- 15.6.1. Every effort must be made to ensure all athletes have an opportunity to compete in their nominated events.
- 15.6.2. Athletes may compete in both track and field events and are allowed to nominate for a maximum of five (5) events.
 - i. For State Relay Championships, an exemption exists for athletes nominated for the U15s or U17s Regional Relays Track team as these are supplementary teams.
- 15.6.3. Centres may nominate additional athletes as reserves for track teams who are not nominated in other events. These athletes may substitute in case of illness etc.
- 15.6.4. For track teams, where a Centre has four or more nominated athletes in the same age group and gender, the athletes with the best season Centre performance in the distance/s on offer in that event must form Same Age teams before forming Combined Age teams.
- 15.6.5. Athletes may not be nominated in the same event for Same Age Track and Combined Age Track teams.
- 15.6.6. Same Age Track and Combined Age Track: there is no limit on the number of team entries per Centre; each team shall consist of four athletes. Entries shall be nominated by name.
- 15.6.7. For field teams, athletes shall be nominated to field events per age group and gender.
 - i. For Regional competition, a sole athlete may nominate and compete even if there is no opportunity to form a same age field or mixed gender field team.
- 15.6.8. Same Age Field: there is no limit on the number of athletes' entries per Centre. Entries shall be nominated by name.
- 15.6.9. All Centres are to supply the Regional Competition Recorder with the following details as at the close of nominations, prior to the start of the competition or at an agreed date set by the Region:
 - i. A list of nominated athletes and their respective events.
 - ii. The athletes' Best Performances as at close of nominations.
- 15.6.10. Team alterations are to be advised prior to the start of the competition where possible and throughout the Regional Relays. This rule also applies to reconvened days due to cancellation.

15.7. Substitutions

- 15.7.1. At Regional Relays only, a nominated U9 to U17 athlete may be utilised as a substitute athlete in any track for an athlete, absent or injured on the day of competition, provided all team structure rules are applied.
 - i. If a team is nominated in a SAT event and an athlete is withdrawn due to absence or injury on the day, and a substitute from the same age group is not available; the remaining three athletes can compete in the same event as a CAT team with a substituting athlete from an appropriate age group, provided all other rules are applied.
 - ii. Teams failing to meet the SAT or CAT team structure requirements shall be withdrawn or reformed to compete as a Composite Team (see rule 15.11.) for that event.
 - iii. In U9 to U17 field events, the substitution rules may only be applied when there is only one athlete from the same Centre remaining across both genders in that event due to withdrawals, giving the sole athlete an opportunity to qualify for State Relay Championships.
 - iv. An athlete may not substitute in the same event for more than one age group or team. This includes CAT events.

- 15.7.3. At Regional Relays only:
- i. The substitution rules may be applied for the U7 or U8 athletes as deemed necessary but cannot be used as a substitute for older age groups.
- 15.7.4. At State Relay Championships only:
- i. Substituting athletes must have competed at the Regional Relays.
 - ii. Where a Centre has two or more teams competing in a track or field event and an athlete withdraws from a higher ranked team, the Centre may only use an athlete from the next lowest ranked team as a substitute. The remaining lower ranked team(s) may then use one of the Centre's reserves, provided all other rules are applied.
 - iii. An athlete may substitute in the same event for more than one age group or team. This includes CAT events and MGF events. Such athletes must not compete in more than six (6) events.
 - iv. Teams failing to meet the nominated age group team structure requirements shall be withdrawn or reformed to compete as a Composite Team (see rule 15.11.) for that event.
- 15.8. Composite Teams**
- 15.8.1. If a legal substitution cannot be found, a Composite team may be formed. A Composite team is comprised of athletes from more than one Centre or another age group.
- i. If formed at Regional Relays on the day of competition, the team is NOT ELIGIBLE to qualify to compete in that event at State Relay Championships.
 - ii. If formed at State Relay Championships on the day of competition, the team is NOT ELIGIBLE for medals.
 - iii. Such teams shall be allocated evenly into heats and identified as an exhibition team in the results.
- 15.9. Seeding**
- 15.9.1. At Regional Relays:
- i. For Track, teams will be seeded by random draw for both heats and lanes.
 - ii. For Field, athletes will be seeded in performance order in Centre groups.
- 15.9.2. At State Relay Championships, from the Regional Relays performances supplied:
- i. Track teams and heats will be seeded slowest to fastest, with lanes drawn randomly.
 - ii. Field teams will be Centre grouped and seeded by random draw.
- 15.10. Progression to State Relay Nomination**
- 15.10.1. U7 and U8s do not progress to the State Relay Championships
- 15.10.2. Only U9 to U17 teams are eligible to qualify for progression to State Relay Championships.
- i. Qualifying teams must not be changed except in cases of illness, injury, or absence on the day of competition.
 - ii. To ensure all members of qualifying teams from Regional Relays are guaranteed their positions at State Relay Championships, the individual names MUST be recorded accurately at Regional Relays.
- 15.10.3. Where a qualifying relay team withdraws from the State Relay Championships, there shall be no replacement team.
- i. No entry fee will be charged for relay teams withdrawn before the prescribed closing date for State Relay Championships.
- 15.10.4. The maximum number of Centre Track teams eligible to progress from each Region to the State Relay Championships shall be:
- i. Three boys and three girls Same Age Teams (SAT) from each event.
 - ii. Three U9 to U10, three U11 to 13, and three U14 to U17 Combined Age Teams (CAT) from each event.
- Progression shall be based on times.
- 15.10.5. The maximum number of U9 to U17 Centre Field teams eligible to progress from each Region to the State Relay Championships shall be:
- i. Two boys and two girls Same Age Field (SAF) teams from each event. Such teams shall be formed by the combination of the best ranked athletes and the addition of their Best Performances at the Regional Relays in each Centre team.

- ii. Two Mixed Gender Field (MGF) teams from each event. Such teams shall be formed after the progression of the SAF teams. Teams shall be formed by the combination of the best-ranked remaining athletes and the addition of their Best Performances at the Regional Relays in each Centre team.
- iii. If necessary to determine a Centre team, a countback shall be applied to split equally placed athletes from the same Centre where results are equal. If the tie remains after all countbacks are applied, Centre Best Performances shall be used.
- iv. A countback shall be applied to split equally placed teams where the combined results are equal. If the tie remains after all countbacks are applied, Centre Best Performances shall be used.
- v. If a tie remains, the team to progress shall be decided on the flip of a coin.
- vi. If only one athlete has recorded a distance/height, the second athlete will be selected based on their Centre Best Performance.
- vii. Athletes competing individually at Regional Relays are not eligible to qualify for State Relay Championships, irrespective of the final recorded distance or height.

15.11. Additional Entries to State Relay Championships

- 15.11.1. MC athletes may nominate teams for direct entry into the State Relay Championships.
- 15.11.2. Centres from Central North, North Queensland, Maranoa, and Tropical North Regions may nominate teams for direct entry into State Relay Championships.
 - i. The team must meet the regulations as set by LAQ.
 - ii. Nominations and fees must be paid and/or received by the LAQ Office by the nominated closing date and time.
 - iii. If more than three track teams or two field teams in one Region are nominated in a specific event, the teams with the best aggregate Centre Best Performances will progress to the State Relay Championships.
- 15.11.3. Each Region may nominate to State Relay Championships:
 - i. One 4 x 100m U15 to U17 girls' team, and one 4 x 100m U15 to U17 boys' team.
 - ii. One 4 x Swedish Medley Relay U15 to U17 girls' team, and one 4 x Swedish Medley Relay U15 to U17 boys' team.
 - iii. Athletes must nominate their interest to be part of the team and have competed at the Regional Relays to be considered for selection.
 - iv. Team selection will be based on the submitted Centre Best Performances, or, at the discretion of the Region, the Region may conduct run-offs.

15.12. Placing and Awards

- 15.12.1. U7 and U8s are award participation ribbons at Regional Relays
- 15.12.2. At the State Relay Championships, field team placings are based on the combination of each athlete's best performance in each team, which will give the team a total distance/height achieved. A countback shall be applied to split teams where results are equal.
- 15.12.3. Where team results are equal at Regional Relays and State Relay Championships the countback procedure is applied:
 - i. In High Jump:
 - a. The sum of the 'number of trials at Best Height cleared' is used to separate the tied teams. The team with the lowest total number of attempts will receive the highest placing.
 - b. If the tie remains, the sum of the 'total failures' of each of the tied teams is used to separate the tied team. The team with the lowest total number of failures will receive the highest placing.
 - ii. In other field events the combined second best performance of the tied teams shall decide the tie. If a tie remains, the combined third best performance will be decided. IPS 7 ('15)
- 15.12.4. At State Relay Championships, medals shall be awarded to the first three placed teams in each event after all countback procedures have been applied.

16. REGIONAL AND STATE CHAMPIONSHIPS REGULATIONS

16.1. Venues and Dates

- 16.1.1. The Regional Committee shall determine the location of the Regional Championships.
- The Regional Championship venue must have a 400m track, unless approved by the Board of Directors, and should be held on a synthetic surface where possible.
 - If a Region conducts the Regional Championships on a synthetic surface, the cost hiring the venue must be borne by the Region and not passed onto its members. The Association will not be responsible for any shortfall in funds incurred by hiring such a venue.
- 16.1.2. State Championships are to be held at a venue in a Winter Centre Region every fourth year if an all-weather track of suitable standard is available. BUND 21 ('05)

16.2. Program of Events

- 16.2.1. For U9 to U17 athletes, Regional and State Championships program will include all standard age group and MC events.
- 16.2.2. For U7 and U8 athletes, the Regional Championships program will be created from:
- 70m, 100m, 200m, Long Jump, Discus and Shot Put.
 - In addition to the above, 60m Hurdles may be programmed for the U8 age group.
 - The number and event types offered will be decided by the Regional Competition Committee, with the approval of the Board, and may vary between Regions.

16.3. Track Events

- 16.3.1. At Regional Championships, for U7 and U8 athletes, all track events shall be conducted as timed finals.
- 16.3.2. For U9 to U17 athletes, there will be a maximum of eight finalists in all track events, except for the 800m, 1500m and Race Walking events or in the case of a tie or an appeal.
- If the number of athletes nominated or marshalled is less than or equal to the number of lanes available, that event will be run as a straight final at heat time, with the maximum of ten athletes. BoD 7 ('19)
- 16.3.3. At Regional and/or State Championships, if there are insufficient athletes for heats in any event at the time of seeding, the event will be run as a final at heat time. BoD 15 ('13)
- 16.3.4. At Regional and State Championships, 200m and 300m Hurdles, 400m, 800m, 1500m and Race Walking events will be conducted as timed finals. Progression to State Championships will be based on the best times.
- 16.3.5. Time restrictions shall be applied during Race Walking events conducted at State Championships as follows:
- 7 minutes for the 700m Walk
 - 9 minutes for the 1100m Walk
 - 12 minutes for the 1500m Walk (U12 to U13)
 - 10 minutes for the 1500m Walk (U14 to U17)
- The timing will cease when the above times have been reached. Athlete(s) not finished the event within the time allowed, except athlete(s) on the front straight, shall be instructed to leave the track. BoD 10 ('19)
- 16.3.6. At Regional and State Championships, track heats will be seeded by random draw. Where there are qualifying heats, athletes shall be split drawn for lanes in finals i.e., fastest four randomly in lanes 3, 4, 5 and 6; the remainder of the field shall be drawn randomly. Lane draws for finals will be posted prior to the start of the event.
- 16.3.7. If State Championships are affected by weather or other unforeseen circumstances, and heats become timed finals, the athletes nominated for track events will be reseeded slowest to fastest. Lanes will be by random draw. The application of the above rules shall only be applied to events where no heats of the same age group have been conducted. JIM 6 ('15)

16.4. Field Events

- 16.4.1. For U7 and U8 athletes at Regional Championships, each athlete may be allowed a maximum of three trials.
- 16.4.2. For U9 to U17 athletes, there will be a maximum of eight finalists in all field events, except in the case of a tie or an appeal.
- 16.4.3. In field events (except High Jump), in the qualifying rounds at Regional and State Championships:
- Where there are more than eight athletes, each athlete shall be allowed three trials and the eight athletes with the best valid performances shall be allowed one additional trial in the inverse order of ranking of their performances as recorded in the first three rounds.
 - Where there are eight (8) athletes or fewer, each athlete shall be allowed all applicable trials regardless of the number of failures recorded. If one or more athletes fail to achieve a valid trial during the first three rounds of trials, such athletes shall compete in subsequent rounds of trials before those with valid trials, in the same relative order according to the original draw.
 - In the event of a tie for the last qualifying place, the countback procedure is applied. In the event of a tie (after a count-back) for the eighth place, any athletes so tying may also be allowed the additional trials (tying means, in this case achieving the same distance).
 - At Regional and State Championships,
 - If an athlete arrives during the second round, only two trials may be taken out of order. Trials must not be consecutive
 - If an athlete arrives during the third round, only one trial shall be allowed. This trial may be taken out of order the athlete shall be eligible to qualify for the final round.
 - Each athlete shall be credited with the best of all their trials. BoD 3 ('21)
- 16.4.4. At State Championships, High Jump athletes in the U13 to U17 age groups are allowed a practice jump at the height of their choice. The Chief Judge will manage the warm-up time so that the bar is not constantly being raised and lowered.
- 16.4.5. In High Jump:
- Each athlete shall have three attempts to clear the same height.
 - If an athlete fails three consecutive trials at the same or different heights, the athlete is eliminated from the event.
 - High Jump Starting Heights * scissor technique only

For Regional Championships					
*U9	0.75 (b), 0.70 (g)	U12	1.05 (b), 1.00 (g)	U15	1.25 (b), 1.20 (g)
*U10	0.85 (b), 0.80 (g)	U13	1.15 (b), 1.10 (g)	U16	1.30 (b), 1.25 (g)
U11	0.95 (b), 0.90 (g)	U14	1.20 (b), 1.15 (g)	U17	1.30 (b), 1.25 (g)
For State Championships					
*U9	0.80 (b), 0.75 (g)	U12	1.10 (b), 1.05 (g)	U15	1.30 (b), 1.25 (g)
*U10	0.90 (b), 0.85 (g)	U13	1.20 (b), 1.15 (g)	U16	1.35 (b), 1.30 (g)
U11	1.00 (b), 0.95 (g)	U14	1.25 (b), 1.20 (g)	U17	1.35 (b), 1.30 (g)
 - The increments for raising the bar will be 5cm until six athletes remain, then not less than 2cm. The last remaining athlete of an event, in consultation with the Chief Judge, may elect the increments not less than 1cm.
 - At Regional Championships, increments will also include the State qualifying performance level, where there are more than four athletes remaining in the competition. JIM 3 ('16)
 - The bar is never lowered for an athlete returning after competing in another event.

16.5. Eligibility and Nomination

- 16.5.1. Eligibility for nomination to Regional Championships and State Championships includes a requirement of prior participation in not less than four Centre level meetings at the Centre where the athlete is registered, unless the Centre Committee of the nominating Centre considers that extenuating circumstances exist. C29 ('87)
- 16.5.2. Athletes must have competed at and qualified in an event or events at Regional Championships to be eligible to compete at State Championships.
- 16.5.3. Athletes in the U7 and U8 age groups may only nominate for Regional Championships.

- 16.5.4. For Summer Regions, U7 to U17 athletes are allowed to nominate for a maximum of five events for Regional Championships.
- 16.5.5. For Winter Regions, U9 to U17 athletes are allowed to nominate for a maximum of seven events for Regional Championships; and U7 and U8 athletes are allowed to nominate for a maximum of five events.
- 16.5.6. MC athletes must participate at Regional Championships to be eligible to nominate for the MC events offered at the State Championships in the same season. Placing at the Regional Championships is not a prerequisite for qualification in MC events.
- 16.5.7. For State Championships, MC athletes may only nominate in events in which they contested at their relevant Regional Championships.
- 16.5.8. At Regional and State Championships, classified MC athletes may nominate to compete in approved MC events under their own classification up to State level, as determined by the Competition Committee. WB 18 ('13)

16.6. Progression to Next Round

- 16.6.1. In track events, the progression of athletes from heats to finals where eight lanes are available for the 70m, 100m, 200m and Sprint Hurdles at Regional and State Championships; and the 200m and 300m Hurdles events at Regional Championships, will be as follows:
 - i. Two Heats: 1st, 2nd, and 3rd from each heat and next two fastest times to final
 - ii. Three Heats: 1st and 2nd from each heat and the next two fastest times to final
 - iii. Four Heats: 1st from each heat and the next four fastest times to final.
 - iv. Five Heats: 1st from each heat and the next three fastest times to final. CR5 ('92)
- 16.6.2. If a tie exists for the 'next fastest time,' the athlete placed higher in their heat will progress. If a tie remains, a ballot may be conducted to determine the progression.
- 16.6.3. To compete in a final where heats are included in the program, athletes must have qualified in heats or, where heats are no longer necessary, the athletes must have presented to the Call Room for the heat and had their name marked off by the Chief Call Room Judge.
- 16.6.4. The first three rounds of trials must be completed, then a final eight determined prior to the start of the final round.

16.7. Progression to State Championships

- 16.7.1. U7 and U8 athletes do not progress beyond Regional Championships. BoD 14 ('09)
- 16.7.2. Only U9 to U17 athletes are eligible to qualify for progression to State Championships from Regional Championships. All qualifying athletes are allowed to nominate for a maximum of five events.
- 16.7.3. The first four placed athletes in each event at Regional Championships in the U9 to U17 age groups may nominate for State Championships. BoD 13 ('09)
 - i. The maximum number of U9 to U17 athletes eligible to progress from each Region to the State Championships shall be four.
 - ii. From Winter Regional Championships, athletes placed in the first four, and/or met the qualifying standards to qualify in five or more events, may choose which events to submit for nomination up to a maximum of five events.
- 16.7.4. Athletes who compete at Regional Championships and record a legal distance, time, or height equal to or better than the Qualifying Standards for that event, shall also qualify for State Championships in addition to athletes placed 1st, 2nd, 3rd, or 4th in that event. BoD 6 ('19)

Refer to Additional Qualifying Standards published on the LAQ Website.

- 16.7.5. There is a time limit to be met for athletes to be eligible to compete at the State Championships for all Race Walking events. Athletes not equalling or bettering the following times at Regional Championships, irrespective of placing, shall not proceed to State Championships. Time limits are:
- i. 7 minutes for the 700m Walk
 - ii. 9 minutes for the 1100m Walk
 - iii. 12 minutes for the 1500m Walk (U12 to U13)
 - iv. 10 minutes for the 1500m Walk (U14 to U17) ASP 4 ('15)
- 16.7.6. Athletes shall be awarded time, place and medals at Regional Championships irrespective of time recorded, unless disqualified under the event rules.
- 16.7.7. There is a time limit to be met for athletes to be eligible to compete at State Championships for the 1500m. Athletes not equalling or bettering the qualifying time of seven (7) minutes at Regional Championships, irrespective of placing, shall not proceed to State Championships. BoD 3 ('15)
- 16.7.8. From Regional Championships, progression to State Championships for field events, a countback shall be applied to split equal placed athletes.
- 16.7.9. If the tie remains after all countbacks are applied, Best Performances from Centre level and any LAQ Competition (except Relays) shall be used.
- 16.7.10. An athlete choosing not to compete at a State Championship event, after qualifying at Regional level, may not be replaced by another athlete.
- 16.7.11. If a Winter Centre athlete competes at the Winter Regional Championships and attains qualification for the State Championships and **then transfers** to a Summer Centre, the athlete may **choose to**:
- i. Nominate to compete at the State Championships in events relevant to the Winter Championships qualifications, adhering to the rules of nomination **or** relinquish the Winter qualifications and attempt to qualify at the relevant Summer Regional Championships.
 - ii. The decision to compete at the Summer Regional nominations and relinquish the Winter qualification cannot be reversed once Summer Region Championships nominations have been processed.
 - iii. At the State Championships such athlete(s) will compete as members of the Centre they are currently registered with.
- 16.8. Compassionate Grounds Entry to State Championships**
- 16.8.1. Under Compassionate Grounds: For additional entry to State Championships, recommendations will be considered on compassionate grounds only, as determined by the CEO. The recommendation must come from the Centre to the CEO for a decision. BoD 2 ('21)
- i. Compassionate Grounds applications will only be considered due to the death of an immediate family member.
 - ii. A fee of \$55.00 (incl. GST) must accompany all compassionate grounds applications for State Championships when lodged. This fee will only be refunded if the application is accepted.
- 16.8.2. Medical applications for participation in State Championships will not be considered. BoD 17 ('13)
- 16.9. Placing and Awards**
- 16.9.1. At Regional Championships, each participating U7 and U8 athlete will be awarded a participation ribbon.
- 16.9.2. At Regional Championships, medals shall be awarded to the first three placed athletes in finals for each event in the U9 to U17 age groups. BOM C40 ('03)
- 16.9.3. At State Championships, medals shall be awarded to the first three placed athletes in finals for each event in the U9 to U17 age groups.
- 16.9.4. Placings for the MC athletes will be calculated in the age groups U9 and U10; U11 and U12; U13 and U14; and U15 to U17 and based on a percentage calculation across MC classifications.