



"To strive with honour"

Rules Of Competition

- All athletes are required to be on the field 5 minutes prior to the start of weekly competition.
- All athletes competing in our competition must be registered with Little Athletics NSW.

Attire

- All Athletes must compete in Centre uniform.
- When competing the registration number must be fixed to the athletes top with the red border clearly visible around the number. The small age patch must be placed on the left side of the shorts. Or left side of the chest.

These rules are set by Little Athletics NSW. Therefore, failure to comply, especially at Zone, Region or State level, could result in instant disqualification of your child.

Footwear

- Footwear must be worn at all times.
- Spikes can be worn from the 11's age group and up, in laned events (ie. 100m, 200m, 400m, Long Jump, Triple Jump, High Jump & Javelin).
- From 12's –U20 age groups, spikes may also be worn in non-laned events (ie. 800m, 1500m, except Walks).

- Spikes must be removed immediately after each event and carried to the athlete's next event.
- **Spikes are NOT permitted for Tiny Tots & 6's to 10's age groups.**
- Grass spikes up to 12mm are allowed.
- Synthetic track spikes of up to 7mm are allowable on the track and 9mm maximum for High/Long/Triple Jump and Javelin.

Track Etiquette & Safety

Track & Field etiquette and safety are of paramount importance to the Club. Not only for the safety of the athletes, but to also ensure that each event runs as smoothly as possible. It is incorporated into our rules of competition for the Club that:

- **No parent is allowed on the field inside the fence during Friday night competition.** (Unless there is a medical necessity, or they are an authorised parent helper). This is also ensuring that our Club complies with the stringent insurance rules.
- Athletes and spectators should be careful not to cross the track when an event is in progress.
- When an athlete is High Jumping, the area behind the bags must be kept clear to avoid distraction. High Jump trailers are strictly out of bounds.
- In any jumping event, no athlete, parent or official should walk across the jumping track.
- When an athlete is competing in a throw event, the Shot or Discus area in front of the circle is out of bounds and all spectators **MUST** remain behind the discus cages (this includes age managers and event officials).