

Rules of Competition

- All athletes are required to be on the field five (5) minutes before the start of weekly competition.
- All athletes competing must be registered with Little Athletics NSW.

Attire

- All athletes must compete in the centre's current uniform to be eligible for points towards end-of-year awards.
- The registration number must be securely attached to the centre of the athlete's top when competing. The Coles age patch must be placed on either side of the chest. The age patch may overlap the red border of the registration number but must not cover the McDonald's logo or number.

These rules are set by Little Athletics NSW. Failure to comply, particularly at Zone, Region, or State level, may result in immediate disqualification of your child.

Footwear

- Appropriate enclosed footwear must be worn at all times. **Football boots, Crocs, sandals, socks only, or barefoot participation are not permitted when competing.** Enclosed running shoes must be worn for all track and field events.
- **Spikes are NOT permitted for 6s - 10s in any events**
- Spikes - For 11s and 12s athletes, spikes are permitted only in laned track events, Long Jump, Triple Jump, High Jump, and Javelin.
- Spikes - For 13s - U20 athletes, spikes are permitted in all track events except walks. They may also be worn for Long Jump, Triple Jump, High Jump, and Javelin.
- Synthetic track - Maximum spike length is 7mm for track events and 9mm for High Jump, Long Jump, Triple Jump, and Javelin.
- Grass Track - spikes up to 12mm are allowed.

Spikes must be removed after each event and carried to the athlete's next event.

Track & Field Safety

Safety is everyone's responsibility. The following rules help ensure the safety of all athletes, volunteers and spectators and the smooth running of competition.

The following rules apply at all times:

- Spectators are not permitted inside the competition fence unless they are an authorised parent helper or are required for medical reasons.
- Athletes and spectators must not cross the track while an event is in progress, walk across the runway of any jumping event, or walk in front of an athlete during a throwing event.
- High Jump Area - The area behind the landing mats must be kept clear during competition. Athletes and spectators must not climb, sit or play on the high jump landing bags or trailers at any time.
- Hurdles - Athletes and spectators must not jump over hurdles before competition begins.
- Equipment During Transport - Athletes and spectators must not climb, sit or ride on the high jump bags, hurdle trailer or any other equipment while it is being transported. This rule is in place for safety and insurance reasons.