



Standard Rules for Competition of Little Athletics Australia

2019-2020

These Rules are a collection of the Little Athletics Australia (LAA) Standard Events and Specifications and the LAA Standard Rules for Competition.

Unless otherwise specified in this regulation, the International Association of Athletics Federations (IAAF) Rules and Regulations will be used and applied as found in the IAAF official handbooks.

REVISION DATE: May 2019

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PREFACE

This document is divided into three sections:

- **STANDARD EVENTS & EQUIPMENT SPECIFICATIONS** – lists the events determined as the set of standard events for Little Athletics. It also states what events are not deemed suitable for Little Athletics competitions at all levels of the organisation.
- **MEDICAL RULES & TECHNICAL RULES** – these are the set of standard rules to be used in conjunction with the IAAF Competition Rules for Little Athletic competitions and are essentially a list of modifications from the IAAF Rules.

Note: The Standard Events & Equipment Specifications section has been moved to the front of this document to highlight the Standard Events for Little Athletics as they have previously been lost in the back of this document.

Little Athletics Standard Rules

Little Athletics competitions in Australia are conducted in accordance with the Competition Rules of the IAAF currently in force with modifications provided for in these Rules.

Where it has been decided that the IAAF Rules are not indicative or correct for athletes in the standard age groups covered by Little Athletics Australia (LAA), the IAAF Rule or part thereof has been rewritten to reflect the nature and abilities of athletes in the various age groups.

Where a whole IAAF Rule or part of an IAAF Rule is modified, the modification will be listed.

That the following rules must be applied for all Competitions conducted within Little Athletics by Affiliated Associations and are applicable to the Standard Events of Australian Little Athletics. Except as otherwise provided in these rules, all competition will be conducted in accordance with the International Association of Athletics Federations (IAAF) rules of competition. The exceptions to the IAAF Rules stated in these rules have been modified to be age appropriate for children and young people from the age of Under 9 to Under 15.

Affiliated Associations must seek written approval from the LAA BOD to modify the standard rules at affiliated competitions.

These rules apply to National and Association competitions. Please refer to your Association rules for local competition rules.

There are several rules relating to Affiliated Associations Championships and their processes which are not covered by IAAF and these have been listed in a separate document by each Association. Each LAA Association will be expected to adopt the LAA Standard Rules for Competition and may make Association-based additions to satisfy their local requirements.

For Athletes and Officials participating in competitions covered under these Rules, you will need to understand BOTH the IAAF Rules booklet and this document.

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.

From time to time the IAAF, Athletics Australia, Little Athletics Australia and other bodies may release new versions of the Rules or Technical documents. The LAA National Technical Committee will first assess these

changes and make recommendations to the LAA Board of Management and then will update these rules to reflect any changes if required.

Individual Association Grievance procedures will deal with any dispute related to competitions under these Rules where processes have been exhausted through these Rules.

IAAF Competition Rule Book

Online copies of the current IAAF Rule Book can be downloaded from the following IAAF Website:

<http://www.iaaf.org>

On the menu at the bottom centre of the page, click OFFICIAL DOCUMENTS. On the IAAF DOCUMENTS LIBRARY page click RULES & REGULATIONS. From here download the Competition Rules in the appropriate language.

Alternatively, you can go directly to the following page:

<http://www.iaaf.org/about-iaaf/documents/rules-regulations>

NATIONAL TECHNICAL COMMITTEE

The National Technical Committee (NTC) is a committee with specific expertise and experience to administer the process of advice and direction where changes to the Technical Rules pertaining to competition are required.

Objectives

1. To ensure the LAA Technical Rules reflect the abilities and relevant skills of age groups.
2. To conform the LAA Technical Rules to the IAAF Technical Rules.
3. To establish changes in trends, materials and technology that may impact the Rules and participants well-being.

Structure

The NTC is made up of a representative from each of the seven affiliated LAA Associations, usually the Technical/Competition Director or similar. The NTC is chaired by the LAA Competition and Standards Director, and the Committee meet twice a year.

Procedure

1. All proposed Technical Rule changes will be reviewed by the NTC and any proposed changes for implementation will be presented for approval at the LAA biannual Conference.
2. Rules, once approved and confirmed, will be distributed to affiliated State Associations for dissemination to their members.
3. Proposed Technical Rule changes should be submitted to the LAA National Technical Committee for review prior to the bi-annual NTC meeting.
4. The body intending to propose a Technical Rule change can submit their proposal by either:

Mail: National Technical Committee - Little Athletics Australia,
Ground Floor, Athletics House,
31 Aughtie Drive,
Albert Park, VIC 3206

Email: admin@littleathletics.com.au

5. The LAA National Technical Committee will acknowledge receipt of the submission and address it as soon as practical.

CHANGES TO STANDARD RULES SINCE OCTOBER 2017

RULE	DESCRIPTION	CHANGE	DATE
IAAF Rule Changes			November 2017
There were various IAAF changes in force from November 2017 which were approved by the BOM at the October 2017 LAA Conference. A number of these did not affect Little Athletics rules or there was already a modification overriding the IAAF rule, which made these changes ineffectual however, there were a few which need highlighting as they may not be listed in this document.			
Rule 125 & 126	Referees / Judges	Referees & Judges may change their mind if their decision was incorrect.	
Rule 143	Clothing, Shoes and Athlete Bibs	Only 1 bib can be worn on the front of the uniform in horizontal jumps	
Rule 170	Relays	Removal of acceleration zone and takeover zone extended to 30m for 4x100m	
Rule 180.17	General Conditions – Field Events	Changes to time limits for field event trials	
Rules 188, 189, 193	Discus, Shot Put & Javelin	Removal of manufacturers tolerances for Discus, Shot Put & Javelin	
Rule 187.14	LAA modified Rule 187.13	If athlete touches the ground outside of the throwing circle during the rotation, backward of the white line which is drawn outside the circle running, theoretically, through the centre of the circle, the trial will not be considered a failure.	
LAA Rule Modifications			
Rule 143.7	Clothing, Shoes and Athlete Bibs	Spike shoes can be worn outside the defined “Field of Play” if all spikes are suitably covered.	October 2017
Rule 600 – Table 1	Standard Events	From the 2019/20 season U11 & U12 Standard event will be 80m Hurdles	October 2017
LAA Rule 703.10	U15 AMEC 4x100m Relay	this event will be scored with double the corresponding points scored in individual events	October 2017
LAA 701.14	ALAC Championships – ATC Teams	Athletes in ATC teams may compete in max of 5 events (4 individual plus 1 relay)	October 2017
Rule 141	Age Groups	Changed to reflect new age group determination from the 2018/19 Season	May 2018 (original motion - October 2016)
Rule 600 – Table 1	Standard Specs	U10 1500m – not allowed at any level	June 2018 (original motion October 2017)
Rule 600 – Table 1	Standard Specs	Implement weight changes: Discus -U11 now 500g Boys U13 now 750g Shot Put – Boys U12 now 2kg	May 2018 (original motion – October 2016)
Rule 187	General Conditions – Throwing Events – Implement specifications	Implement weight changes: Discus -U11 now 500g Boys U13 now 750g	May 2018 (original motion – October 2016)

RULE	DESCRIPTION	CHANGE	DATE
		Shot Put – Boys U12 now 2kg	
LAA Rule 705.3	AMEC 800m	Last heat of 800m will have 10 highest point scorers	May 2018
LAA Rule 705.6	AMEC High Jump	Baseline height of 1m will be used to determine starting heights for HJ	May 2018
LAA Rule 701.14	ATC events per athlete	Athletes can be selected in a maximum of 5 events	May 2018
ALAC Regulations 2019			May 2018
<p>Due to the Age Group determination changes from 2018/19, there have been some changes made to the ALAC Regulations for the 2019 ALAC only. The Regulations have been updated to reflect these changes and the regulations will revert to the current regulations, with some minor editorial changes made. 2019 ALAC change include</p> <ul style="list-style-type: none"> • ALAC - Extended eligible athletes age cohort. • ATC - team size increased to 32 athletes. • ATC – up to 3 athletes per event. • ATC - Point Scoring for trophies based on 3 athletes per event. • ATC - Removal of consolation finals in events up to and including the 400m. • ATC - Only winner of each heat plus next 5 fastest performances qualify for final for events up to and including the 400m. • ATC - For field events, except High Jump, each athlete will have 3 trials and top 8 athletes will have one extra trial. • AMEC - team size increased to 4 boys & 4 girls. • AMEC - Point scoring for Life members trophy based on top 3 performances for each discipline 			
Various Rules	<p>Rules referring to Multi-events have been renamed to Combined Events Rule 602.13, 701.1, 701.3, 701.8, 701.15, 706 heading & 702.6</p> <p>And renaming ACEC to ACEC Rules 701.1, 701.3 701.8 701.15 701.18 702 subheading 702.9, 702.10 706 heading & 706.1</p>	Change of description of Mutli-Events to Combined events	October 2018
LAA Rule 705.4	2019 ATC 800m Timed Finals	States how the 800m for the ATC 800m will be seeded. Athletes will be seeded based on Association final times or season PB and then ranked in zig-zag pattern between the two finals. Each final will have 10 or 11 athletes and the final with the fastest seeded athletes will be placed in the second final	October 2018
Rule 189	Update incorrectly listed Discus Specs for the 500g & 750g Discus from 2017 version of Rules	Min/max diameter for the 500g Discus flat centre & diameter 6mm in from edge for the 500g & 750g Discus	October 2018

RULE	DESCRIPTION	CHANGE	DATE
		Min /Max thickness for the 750g Discus	
LAA Rule 701-707	Australian Little Athletics Championships Regulations	Removed from this document and a new document called the Competition Regulations for the conduct of the Australian Little Athletics Championships has been created. The front page and preface have been edited to remove reference to the ALAC Regulations	March 2019
Rule 260.2	Australian Best Performance group definitions	Edited age group wording to reflect new age groups passed in May 2016	March 2019
Table 1 Standard Events	Standard Events Table	Changed U11 & U12 60mH standard events to 80mH	May 2019

LAA STANDARD EVENTS & EQUIPMENT SPECIFICATIONS

LAA RULE 600 STANDARD EVENTS

1. Little Athletics Australia shall determine a list of standard events for the Under 9 to Under 15 age groups. Such events and their specifications shall be listed in this document as Table 1 and must be offered by all Affiliated Associations in their Association Championship(s).
2. Little Athletics Australia shall determine a list of recommended Standard Events and Specifications for the Under 6 to Under 8 age groups and a list of events that must not be offered for those age groups at any level of competition. Such events and their specifications shall be listed in this document as Table 2 and Table 3.
3. Little Athletics Australia shall determine a list of recommended Standard Events and Specifications for the Under 16 and Under 17 age groups. Such events and their specifications shall be listed as Table 4.
4. Little Athletics Australia shall determine a maximum allowable distance to be offered for each age group for the conduct of Out of Stadia Cross Country races and Out of Stadia Road Race Walking at all level of competitions. Such events and their specifications shall be listed in this document as Table 5.
5. The maximum (individual leg) distance for track and height/weight specification for field within a relay event, must not exceed that age group's individual maximum specification as listed in the Standard Event Table and/or the Recommended Standard Events Table(s)
6. Associations may, at their discretion, conduct additional events at State Championships or at any other level so long as they do not contradict what is listed in the Standard Events - Table 1
7. Events deemed inappropriate for inclusion at all levels of competition by all affiliated Associations:
 - All events over 8km
 - Pole Vault
 - Hammer Throw
 - Steeplechase
 - All events, Track or Field, which are listed as not allowed at any level of competition in Table 1- Standard Events

LAA RULE 601 GUIDELINES FOR TRIALLING AN EVENT

1. Ensure that all equipment and specifications are in strict accordance with that as advised by the LAA.
2. The trialist must only be the age and gender as specified suitable for the event. It is not permissible to "experiment" outside these specifications.
3. The trial must be conducted under normal conditions.
4. At all times, the appropriate safety considerations must be adopted.
5. The trial shall be conducted with the greatest number of athletes in each age/gender group(s) possible.
6. The trial shall be for a maximum of two years.
7. The following points are to be reported:
 - a) age, gender and number of athletes involved in each trial;
 - b) safety considerations;
 - c) event acceptance by athletes;
 - d) ability of athletes to learn and perform the event, level of skill attained;
 - e) compare those skill levels to other events if possible;
 - f) determine whether modifications etc. are required by consulting participating athletes/officials; and
 - g) final evaluation should give an overall judgement on the event as to its viability:
 - as an additional event;
 - to replace an existing event;
 - not to be adopted for a particular gender/age group; or

- not to be adopted for any gender/age group.

Note: *Australian Best Performance cannot be claimed when an event is classified as a Trial Event or Modified Trial Event. If the event or modification is adopted as standard by LAA, retrospective claims can be submitted for ratification.*

Table 1 – Standard Events

✓	Must offer at Association Championships
O	Available for programming at all levels of competition
	Not allowed at any level of competition
O*	Where the venue does not have boards available

EVENT	AGE GROUP													
	Under 9		Under 10		Under 11		Under 12		Under 13		Under 14		Under 15	
	G	B	G	B	G	B	G	B	G	B	G	B	G	B
70 metres	✓	✓	✓	✓	O	O	O	O	O	O	O	O	O	O
100 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500 metres					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
60 metre hurdles (45cm)	✓	✓	O	O	O	O	O	O	O	O	O	O	O	O
60 metre hurdles (60cm)			✓	✓	✓	✓	O	O	O	O	O	O	O	O
60 metre hurdles (68cm)									O	O	O	O	O	O
80 metre hurdles (45cm)	O	O	O	O	O	O	O	O	O	O	O	O	O	O
80 metre hurdles (60cm)					✓	✓	O	O	O	O	O	O	O	O
80 metre hurdles (68cm)							✓	✓	O	O	O	O	O	O
80 metre hurdles (76cm)									✓	✓	✓	O	O	O
90 metre hurdles (76cm)												✓	✓	O
100 metre hurdles (76cm)														✓
200 metre hurdles (68cm)									✓	✓	O	O	O	O
200 metre hurdles (76cm)											✓	✓	O	O
300 metre hurdles (76cm)											O	O	✓	✓
700 metre Race Walk	✓	✓	O	O	O	O	O	O	O	O	O	O	O	O
1100 metre Race Walk			✓	✓	✓	✓	O	O	O	O	O	O	O	O
1500 metre Race Walk							✓	✓	✓	✓	✓	✓	✓	✓
4 x 100 metre Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Long Jump (mat)	✓	✓	✓	✓	O*	O*								
Long Jump (board)					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump (mat)					O*	O*								
Triple Jump (board)					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Jump (scissor technique)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Jump (all techniques)					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put (2kg – orange)	✓	✓	✓	✓	✓	✓	✓	✓	O	O	O	O	O	O
Shot Put (3kg – white)									✓	✓	✓	✓	✓	O
Shot Put (4kg – red)														✓
Discus (500g)	✓	✓	✓	✓	✓	✓	O	O	O	O	O	O	O	O
Discus (750g)							✓	✓	✓	✓	O	O	O	O
Discus (1kg)											✓	✓	✓	✓
Javelin (400g)					✓	✓	✓	✓	✓	O	✓	O	O	O
Javelin (500g)										O		O	✓	O
Javelin (600g)										✓		✓		O
Javelin (700g)														✓

Note: Changes to this table for 2019/20: U11 Boys & Girls - now 80mH, U12 Boys & Girls – now 80mH

Table 2 – Recommended Standard Events (Under 6 to Under 8)

The events listed in table 2 are the recommended standard events that could be offered to Under 6 to Under 8's. Events must not exceed the distances and / or specifications as listed.

Event Type	Under 6	Under 7	Under 8
Race Walks	N/A	N/A	Up to and including 700m
Sprints	Up to and including 100m	Up to and including 200m	Up to and including 200m
Hurdles	60m, max height 200mm	60m, max height 300mm	60m, max height 450mm
Middle Distances	Up to and including 300m (pack start)	Up to and including 500m (pack start)	Up to and including 700m (pack start)
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
Horizontal Jumps	Long Jump (using mat or sand)	Long Jump (using mat or sand)	Long Jump (using mat or sand)
Vertical Jumps	N/A	N/A	High Jump (scissors only - bar or flexy rope)
Relays	Max leg of 100m	Max leg of 200m	Max leg of 200m

Table 3 – Must Not Offer Events (Under 6 to Under 8)

The events listed below **must not** be offered at any level of competition for these age groups.

Event Type	Under 6	Under 7	Under 8
Race Walks	Any	Any	Distances greater than 700m
Throws	Javelin / Turbo Jav	Javelin / Turbo Jav	Javelin
Horizontal Jumps	Triple Jump	Triple Jump	Triple Jump
Vertical Jumps	High Jump	High Jump	

Table 4 – Recommended Standard Events (Under 16 – Under 17)

The events listed in table 4 are the recommended standard events that could be offered to Under 16 to Under 17's. These event specifications are based as closely as possible to those of Athletics Australia for the appropriate age groups except for hurdle heights.

Event Type	Under 16	Under 17
Race Walks	Up to and including 3000m	Up to and including 3000m
Sprints / Middle Distances	Up to and including 800m	Up to and including 800m
Long Distances	Up to and including 3000m	Up to and including 3000m
Hurdles	90m - Girls (76cm) 100m - Boys (76cm) 200m - Boys and Girls (76cm) 300m - Boys and Girls (76cm)	100m - Boys and Girls (76cm) 110m - Boys (76cm) 200m - Boys and Girls (76cm) 300m - Boys and Girls (76cm)
Throws	Shot Put - Girls 3kg Shot Put - Boys 4kg Discus - Girls 1kg Discus - Boys 1kg Javelin - Girls 500g Javelin - Boys 700g	Shot Put - Girls 3kg Shot Put - Boys 5kg Discus - Girls 1kg Discus - Boys 1.5kg Javelin - Girls 500g Javelin - Boys 700g
Horizontal Jumps	Long Jump (board) Triple Jump (board)	Long Jump (board) Triple Jump (board)
Vertical Jumps	High Jump Any legal jumping technique)	High Jump (Any legal jumping technique)
Relays	4 x 100m 4 x 200m 4 x 400m 4 x Medley (Max leg of 800m)	4 x 100m 4 x 200m 4 x 400m 4 x Medley (Max leg of 800m)

Table 5 – Maximum Distance Out of Stadia Events

The following distances are the maximum allowable distance to be offered for each age group for the conduct of Out of Stadia Cross Country and Out of Stadia Road Race Walking races at all level of competitions.

CROSS COUNTRY												
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Girls	0.5km	1km	1km	1.5km	1.5km	2.0km	2.0km	3.0km	3.0km	3.0km	4.0km	4.0km
Boys	0.5km	1km	1km	1.5km	1.5km	2.0km	2.0km	3.0km	3.0km	3.0km	4.0km	5.0km

ROAD RACE WALKS												
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Girls	N/A	N/A	N/A	1.2km	1.5km	1.5km	2.0km	2.0km	3.0km	5.0km	5.0km	5.0km
Boys	N/A	N/A	N/A	1.2km	1.5km	1.5km	2.0km	2.0km	3.0km	5.0km	8.0km	8.0km

MEDICAL RULES

RULE 53 MEDICAL / SAFETY SERVICES AT COMPETITIONS

IAAF Rules 53.4, 53.5 and 53.6 have been replaced by the following:

1. If on the advice of the Medical Officer:
 - a) Further treatment is required; and/or
 - b) The athlete should not compete further;The athlete should at that point be withdrawn from the event and, if required, further events. All results up to that point remain.
2. On advice from the Medical Officer to the appropriate Referee, an athlete may be removed from an event if they appear to be suffering from heat stress, an asthma attack or any other medical condition which poses a serious risk of injury.
3. 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.
4. If the inhaler is used after the event has commenced, the athlete is required to withdraw immediately and may not return to the event.
5. If following the application of Rules 53.2 and 53.3 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

TECHNICAL RULES

SECTION I - OFFICIALS

RULE 113 MEDICAL DELEGATE

IAAF Rule 113 has been replaced by the following:

1. A Medical Officer, with appropriate first aid or medical qualifications, should be appointed at each athletics competition.
2. A Referee may call the attending Medical Officer to examine any athlete in obvious stress or pain, due to illness or injury.

RULE 119 JURY OF APPEAL

IAAF Rule 119 has been replaced by the following:

1. The Appeal will be heard by the Jury of Appeal which will consist of a minimum of 3 members. Associations / Members directly involved in the Appeal are ineligible to sit on the Jury of Appeal. In the event there are less than 3 eligible Associations / Members to hear the Appeal, Executive member/s will form part of the Jury of Appeal (excluding the Competition and Standards Director at ALAC's only).

RULE 125 REFEREES

As per IAAF Rule 125 including the following:

1. Separate Field Event Referees shall be appointed for jumps and throws.
 2. It shall be the responsibility of a Referee to:
 - a) Ensure that the field officials prepare and set up their respective areas and have them ready for inspection by the Referee a minimum of 15 minutes prior to the commencement of the first event of the day.
 - b) Ensure that the rules are observed and explained to the athletes.
 - c) Decide any technical points that arise during the competition, including those not covered by the rules
 - d) Ensure the Chief Judges correctly supervise the measurement of performances.
 - e) Upon completion of each event check and sign the final result sheet and immediately hand to the Recording Area.
 - f) Verify that records have been correctly measured and verify High Jump record attempts are measured prior to trials being taken.
 3. The appropriate Referee shall rule on any protest or objection regarding the conduct of the competition.
-

RULE 126 JUDGES

IAAF Rule 126.2 has been replaced by the following:

1. If place judges are used, then the following applies:
 - a) The Place Judges determine the official placing's when hand timing or gate timing is used. They may be used when a Photo Finish System is in use, but only as a back-up for system failure.
 - b) Finishing posts should be painted white, be a minimum of 1.5m high and should be placed 20cm from the inside and outside edge of the track at the finish line.
 - c) A Chief Judge will be appointed and will be responsible for allocating Place Judges for all placing's.
 - d) Sufficient judges shall be appointed for the number of athletes entered.
2. Place Judges shall:
 - a) Decide the order in which the athletes finish
 - b) Write down the lane number of the athlete they are placing. These numbers must be written down without the Judge taking their eyes off the finishers.
 - c) Act independently from one another i.e. do not discuss placing.
3. The athletes shall be placed in the order in which any part of the torso (as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finishing line.
4. The Chief Judge will ensure that all athletes have been placed prior to advising the athletes of their placing.
5. The Chief Judge will notify the Chief Timekeeper or Gate Timing Operator when all Judges are ready for the next event.
6. The judges may reconsider any original decision made by them if it was made in error, provided the new decision is still applicable. Alternatively, or if a decision has subsequently been made by a Referee or the Jury of Appeal, they refer all available information to the Referee.

RULE 129 STARTER

As per IAAF Rule 129 including the following change to 129.2:

1. The Starter has entire control of the athletes on their marks and is the sole judge of any event connected with the start. Decisions by the Starter cannot be overruled by the Track Referee.

SECTION II - GENERAL COMPETITION RULES

RULE 140 THE ATHLETICS FACILITY

IAAF Rule 140 has been replaced by the following:

1. Where possible, the venue should comply with the specifications laid out within the IAAF Track & Field Facilities Manual.
2. Athletes and officials only are permitted on the Competition area. Athletes must leave the area immediately after the completion of their event.

RULE 141 AGE AND GENDER CATEGORIES

IAAF Rule 141 has been replaced by the following:

Age Categories

1. Little Athletics may be conducted in the age groups below.
2. Age groups shall be based on being under the specific age (except for Tiny Tots) at 31 December in the calendar year in which the Little Athletics summer season commences.
 - Tiny Tots (children who have turned 3 years of age and who will be less than 5 years of age at 31 December in the calendar year in which the Little Athletics summer season commences) to participate in approved activities for the development of gross motor skills,"
 - Under 6 – means five years of age as at midnight on 31 December that year
 - Under 7 – means six years of age as at midnight on 31 December that year
 - Under 8 – means seven years of age as at midnight on 31 December that year
 - Under 9 – means eight years of age as at midnight on 31 December that year
 - Under 10 – means nine years of age as at midnight on 31 December that year
 - Under 11 – means ten years of age as at midnight on 31 December that year
 - Under 12 - means eleven years of age as at midnight on 31 December that year
 - Under 13 – means twelve years of age as at midnight on 31 December that year
 - Under 14 - means thirteen years of age as at midnight on 31 December that year
 - Under 15 - means fourteen years of age as at midnight on 31 December that year
 - Under 16 – means fifteen years of age as at midnight on 31 December that year
 - Under 17 – means sixteen years of age as at midnight on 31 December that year

RULE 142 ENTRIES

IAAF Rule 142 has been replaced by the following:

Simultaneous Entries

1. Except for High Jump, where a clash of events occurs, the Chief Judge may allow the athlete 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, nor can an athlete demand to have a trial that has been missed.

Note: *The first three rounds of trials must be completed, and a final eight determined prior to any other subsequent rounds of trials being commenced.*
2. For High Jump, where a clash of events occurs, the Chief Judge may allow the athlete to compete out of order. The athlete re-joins the competition at the current height of the bar.

RULE 143 CLOTHING, SHOES AND ATHLETE BIBS

IAAF Rules 143.2, 143.3 and 143.4 have been replaced by the following:

Footwear

1. Appropriate footwear is compulsory for all athletes in all events
2. No athlete may wear football boots or cleats in any event
3. Athletes in the U9 - U10 age group may not wear spike shoes.
4. Athletes in the U11 - U12 age group may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin.
5. Athletes in the U13 - U15 age groups may wear spike shoes in all track events except walks. Spike shoes may also be worn for long jump, triple jump, high jump and javelin.
6. All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
7. Spike shoes cannot be worn outside the defined "Field of Play" unless all spikes are suitably covered.
8. Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11
9. Spike length (subject to any further constraint from ground policies):
 - a) Synthetic - Track - 7mm maximum
Long Jump / Triple Jump / High Jump / Javelin - 9mm maximum
 - b) Grass - Track / Long Jump / Triple Jump / High Jump / Javelin - 12mm maximum

RULE 144 ASSISTANCE TO ATHLETES

IAAF Rule 144.3(b), 144.3(e), 144.4(a) and 144.4(b) have been replaced by the following:

1. The use by athletes of music devices, mobile phones or similar devices in the competition area shall not be permitted [Rule 144.3 (b)].
2. For the purpose of this rule the following shall not be considered as unfair aid or assistance to an athlete:
 - a) Verbal or other communication, without the use of a technical device, to or from an individual who is not in the competition area (e.g. a coach). [Rule 144.4 (a)]
 - b) A hands-on medical examination during the progress of an event by the Medical Officer(s) designated by the Organising Committee, if it does not delay the conduct of the competition or an athlete's trial in the designated order. [Rule 144.4 (b)]
3. Coaching by officials at an event is not permitted. It shall not be considered coaching for an official to provide factual feedback to an athlete after a trial in a field event e.g. where the athlete's foot landed in relation to the take-off area in the long jump. [Rule 144.3 (e)]

RULE 145 DISQUALIFICATION

IAAF Rule 145 has been replaced by the following:

1. The appropriate Referee (or Association equivalent) will speak to an athlete who displays unacceptable or unsporting behaviour. Any repetition of that behaviour will result in the athlete being disqualified.
2. If the offence is of a serious nature immediate disqualification may occur.
3. The Meeting Manager shall notify the athlete's nominated Association representative of the behaviour and outcome.

RULE 146 PROTESTS AND APPEALS

IAAF Rules 146.2, 146.4, 146.5 and 146.10 have been replaced by the following:

1. Protests must be made by the Team Manager, in writing, on the approved protest form within 15 minutes of the official results being posted. The organising committee shall be responsible for recording the time of posting. The protest must be handed to the Announcer (or other designated area), accompanied by a deposit of an amount as set by the Host Association.
2. When a protest is lodged with the Announcer (or other designated area), the name of the protesting Association / Member and the reason for the protest is to be notified to all team managers and the main recording room.
3. One of two types of reasons will be notified – either on a technicality or on the judges' decision.
4. The decision will be conveyed to the relevant Team Manager/Managers prior to being notified to the Team Managers of the other Associations / Members. The notification shall be either - dismissed, upheld or sent to Jury of Appeal.
5. There shall be a "Right of Appeal" to the Jury, which must be lodged within 15 minutes after the notification of the decision. The Appeal must be in writing and lodged with the Announcer (or other designated area).
6. All Team managers will be notified that an Appeal has been lodged.
7. To arrive at a fair decision, the Jury of Appeal only, may consult all available evidence including video evidence however video will not be considered for any breaches of technical rules for Race Walking.
8. The decision will be conveyed to the relevant Team Manager/Managers prior to being notified to the Team Managers of the other Associations / Members. The notification shall be either – dismissed or upheld.
9. The protest fee as set by the Host Association 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. If the protest is deemed frivolous by the Jury of Appeal, the fee will not be refunded.
10. Additional individual local Association rules may apply for Association events.

On-Field Protests (Field Events only)

11. If an athlete in the U13-U15 age groups makes an immediate oral protest against having an attempt judged as a failure, the Referee and/or Chief of the event may, at his discretion, order that the attempt be measured and the result recorded, in order to preserve the rights of all concerned. At the end of the round the Referee will adjudicate on the protest.

RULE 148 MEASUREMENTS

IAAF Rule 148 has been replaced by the following:

1. The Judges shall judge, measure and record each valid trial of the athletes.
2. All measurements shall be made immediately after each valid trial.
3. Where possible, all measurements must be made using Electronic Distance Measuring (EDM). Steel tape is no longer required to measure an Australian record when EDM is used, calibrated and the usual checks are done to confirm accuracy both prior to and after the completion (the operators would normally do this). When EDM is not available, a fibreglass or steel tape measure graduated in centimetres, or a graduated bar for high jump, should be used.
4. In measuring all field events, except the High Jump, the zero end of the tape or EDM prism should be placed at the nearest edge of the mark where the implement first lands or where the athlete makes a mark in the pit closest to the take-off.

5. Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre.
 6. In High Jump all measurements shall be made, in whole centimetres, perpendicular from the ground with a steel or fibreglass measuring bar to the lowest part of the upper (top) side of the bar.
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SECTION III - TRACK EVENTS

RULE 161 STARTING BLOCKS

IAAF Rule 161 has been replaced by the following:

1. Starting blocks may be used by athletes in the U11 and above age groups for all races up to and including the 400 metres (including the first leg of all relays).
2. Personal starting blocks are not permitted where starting blocks are provided either by the venue or the Organising Committee for the Competition.
3. This rule will not apply where it contravenes any rule(s) made by the Venue Manager on the use of starting blocks. Any advice issued by the Venue Manager must be in writing on an official letterhead.

RULE 162 THE START

IAAF Rule 162 has been replaced by the following:

1. Before the start signal is given, the Starter shall ascertain that the timing system and judges are ready.
2. In races run entirely in lanes the Starter shall make the following commands: 'On your marks', 'Set', and the firing of the gun.
3. Once the command 'On your marks' has been given, late athletes are not permitted to join the event.
4. In events run entirely in lanes, on the command of 'On your marks' all athletes shall approach the starting line. When all athletes are steady the Starter issues the command 'Set', upon which the athletes shall assume the position from which they will commence the race. When all athletes are again steady the Starter shall fire the gun to commence the race.
5. In races not run entirely in lanes the Starter shall make the following commands: 'On your marks', and the firing of the gun.
6. In events not run entirely in lanes, on the command 'On your marks' all athletes shall approach the starting line and assume the position from which they will commence the race. When all athletes are steady the Starter shall fire the gun to commence the race.
7. No athlete may place any part of their body on the ground on or over the starting line when they are 'on their-marks'. Where a crouch start is used by the first runner of a relay race the baton may touch the ground in front of the start line, providing the preceding rules are met.
8. If for any reason the Starter has to speak to any athlete after the athletes are 'on their marks', the Starter shall order the athletes to stand up and the Starter's Assistant shall place them on the assembly line again.

False Starts

9. If either the Starter or their Assistant(s) are of the opinion that the start was not a fair one, they shall recall the athletes by firing a gun. If the unfair start is not due to any athlete, no warning shall be given.
10. If the Starter is of the opinion that an athlete left their mark with hand or foot after the words 'Set' (in events run entirely in their lane) or 'On your marks' (in events not run entirely in their lane) and before the gun is fired, it shall be considered a false start.
11. An athlete, who after the command 'On your marks' disturbs other athletes in the race through sound or otherwise, may be considered to have committed a false start.
12. If an athlete fails to comply with the 'set' command after a reasonable time this may constitute a false start.

13. Any athlete who commits a false start shall be warned. If an athlete is responsible for 2 false starts, or 3 in the case of Combined Events, they shall be disqualified from the event. (Refer to local Association rules)

Starting Techniques

14. Athletes may use a standing start for all track events. Where a standing start is used, an athlete who, immediately after the command “set”, moves their foot to take up their final starting position shall be deemed to have complied with the rules of starting.
 15. In races run entirely in lanes the following starting methods may be used:
 - a) In a crouch start, the athlete’s feet must touch the starting blocks (if in use) and both hands must touch the ground. At the call of ‘On your marks’ the athlete must have one knee placed on the ground. At the call of ‘Set’ the athlete must raise the knee off the ground.
 - b) In a standing start, no part of the hand or knee shall touch the ground.
 16. In races not run entirely in lanes only a standing start may be used.
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RULE 163 THE RACE

With the exception of IAAF Rule 163.1 and 163.4, IAAF Rule 163 has been replaced by the following:

Obstruction

1. Any athlete who jostles or obstructs another athlete, so as to impede their progress, shall be liable to disqualification from that event. The Referee shall have the authority to order the race to be re-held excluding any disqualified athlete or, in the case of heats, to permit any athlete/s seriously affected by jostling or obstruction (other than the disqualified athlete) to compete in the final of the event. Normally, such an athlete should have completed the event with bona fide effort. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if they consider it just and reasonable to do so.

Lane Infringement

2. In all races run in lanes, each athlete shall keep within their allocated lane from start to finish. This shall also apply to any portion of a race run in lanes. If the Referee is satisfied that an athlete has violated this Rule, they:
 - a) In the U9-U11 age group: May be disqualified if a material advantage was gained over other athletes
 - b) In the U12-U15 age groups: Shall be disqualified.
3. The following events shall be conducted entirely in lanes: 70m, 100m, 200m, 400m, 4x100m relay and all hurdles races.
4. The 800m shall be run in lanes as far as the near edge of the break-line marked after the first bend where athletes may leave their respective lanes. Up to two athletes may start the race in each lane.
5. The 1500m, 1100m and 700m Race Walks and the 1500m shall not be run in lanes.

Check-Marks

6. Except for the 4x100m relay as provided in Rule 170.10, athletes may not place check marks on or alongside the track for their assistance.
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RULE 165 TIMING AND PHOTO FINISH

IAAF Rule 165.1, 165.8, 165.14, 165.23, 165.24 and 165.25 have been replaced by the following:

1. Three alternative methods of timekeeping shall be recognised as official within Little Athletics:
 - a) Fully Automatic Timing obtained from a Photo Finish System
 - b) Hand Timing
 - c) Gate Timing System

Hand Timing

8. Sufficient timekeepers shall be appointed for the number of athletes entered; one shall be the Chief Timekeeper. The Chief Timekeeper shall allocate separate Timekeepers to record each of the minor places and where possible, shall allocate additional Timekeepers for second and third placing's.

Fully Automatic Timing and Photo Finish System

14. The System must record the finish through a camera with a vertical slit, positioned in the extension of the finishing line, producing a composite image. The image must also be synchronised with a uniformly marked time-scale graduated in 1/100th of a second.
23. Times shall be read and recorded from the Photo Finish image to 1/100th of a second. Unless a time is an exact 1/100th of a second, it shall be read and recorded to the next longer 1/100th of a second.

Gate Timing System

24.
 - a) The System shall be a commercially produced system and be checked / calibrated with a certificate supplied on a 12-monthly basis.
 - b) The System shall be started either automatically by the Starter's gun or manually at the smoke or flash of the Starter's gun.
 - c) The System must automatically record a time through the breaking of at least two adjacent infrared beams positioned on the leading edge of the finish line. The beams should be positioned at an appropriate height so that the athlete's torso is the most likely part of the body to break the beam.
 - d) The System must be capable of printing out the time for each lane.
 - e) Judging of the race shall take place as per Rule 126. The time recorded for each lane shall only be referred to in the determination of places in cases of doubt, and then only at the discretion of the Chief Judge.
 - f) Times from the Gate System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Gate System printout image, shall be official. Any appropriate back-up system should be appointed where any possibility exists of failure of the timing system.
 - g) Where the system is started and/or finished manually, the time shall be recorded to the 1/10th of a second. Unless a time is an exact 1/10th of a second, it shall be recorded to the next longer 1/10th of a second.
 - h) Where the system is started and finished fully automatically, the time shall be recorded as an electronic time with no adjustment.

RULE 166 SEEDING'S, DRAWS AND QUALIFICATION IN TRACK EVENTS

IAAF Rule 166 has been replaced by the following:

Lane and Heat Draws

1. For track events where more than one round will be applied; and if Best Performances are provided athletes shall be seeded in heats using a zigzag distribution method. If no Best Performances are provided, athletes will be randomly drawn into heats.
2. For track events where only one round of competition is applied, and progression is not necessary; and if Best Performances are provided, athletes shall be seeded slowest to fastest. If no Best Performances are provided, athletes will be randomly drawn into heats.
3. Lanes for heats shall be randomly drawn.
4. Where there are more lanes available than athletes in a heat the inside lane should always remain free.

Progression to Finals

5. The following athletes shall progress to the final in their event:
 - a) 2 heats: 1st, 2nd and 3rd in each heat plus the next 2 fastest times
 - b) 3 heats: 1st and 2nd in each heat plus the next two fastest times
 - c) 4 or more heats: 1st in each heat with the remaining lanes filled by the next fastest times
6. In 800m events where there is more than one athlete per lane, progression from heats to finals will be at the discretion of the organising committee.
7. Where there is a tie in determining the next fastest times, if possible both athletes shall progress through to the final. Failing that, the higher placed athlete in their heat shall progress. If the tie still remains, a random process with equal probability (e.g. a coin toss) shall be used to determine progression.

Note: Where the venue has nine or more lanes, the Competition organiser shall have the discretion to allow nine or more athletes to contest the final of an event. In such cases Rule 166.6 shall be modified by increasing the number of athletes qualified due to the 'next fastest times' as appropriate.

Lane Draw for Finals

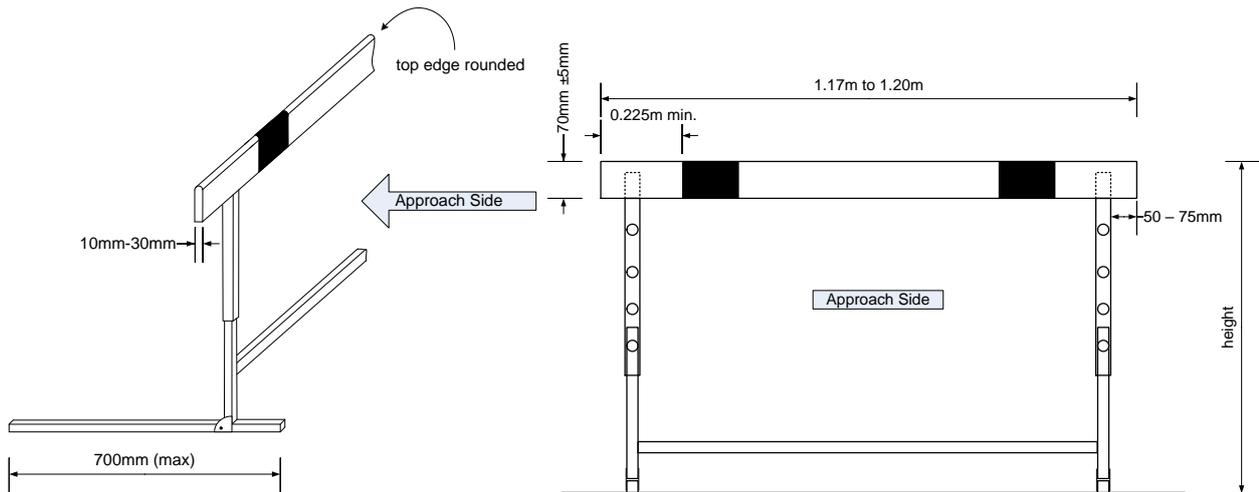
8. Following the running of the heats, athletes shall be ranked on the following basis:
 - a) Fastest heat winner, second fastest heat winner, etc.
 - b) Fastest 2nd place in heat, second fastest 2nd place in heat, etc.
 - c) Concluding with: Fastest next qualifier, second fastest next qualifier
9. Using the rank determined in Rule 166.7, a random draw of the priority lanes shall occur amongst the top four ranked athletes and a random draw of the non-priority lanes shall occur amongst the remaining athletes.
10. On an eight lane track the priority lanes are 3, 4, 5 and 6, whilst on a nine lane track they are 4, 5, 6 and 7.
11. Competition organisers may, at their discretion, conduct two random draws for the non-priority lanes, with the 5th and 6th ranked athletes being drawn for the outside two lanes of the track and the 7th and 8th ranked athletes being drawn for the inside two lanes of the track.
12. Where there are more lanes than athletes, the inside lane should always remain free.

RULE 168 HURDLE RACES

IAAF Rule 168.1, 168.3, 168.5 and 168.9 have been replaced by the following:

1. All hurdles shall comply with the specifications set out within Australian Little Athletics' Standard Events
2. Hurdles must be of the collapsible type. (Collapsible type means when a hurdle is knocked down it lays flat on the track without any part of the hurdle protruding).

Note: Hurdles must be transitioned to the collapsible type by 2020 (commencement of 2019/2020 season)



Hurdle Distances and Flights

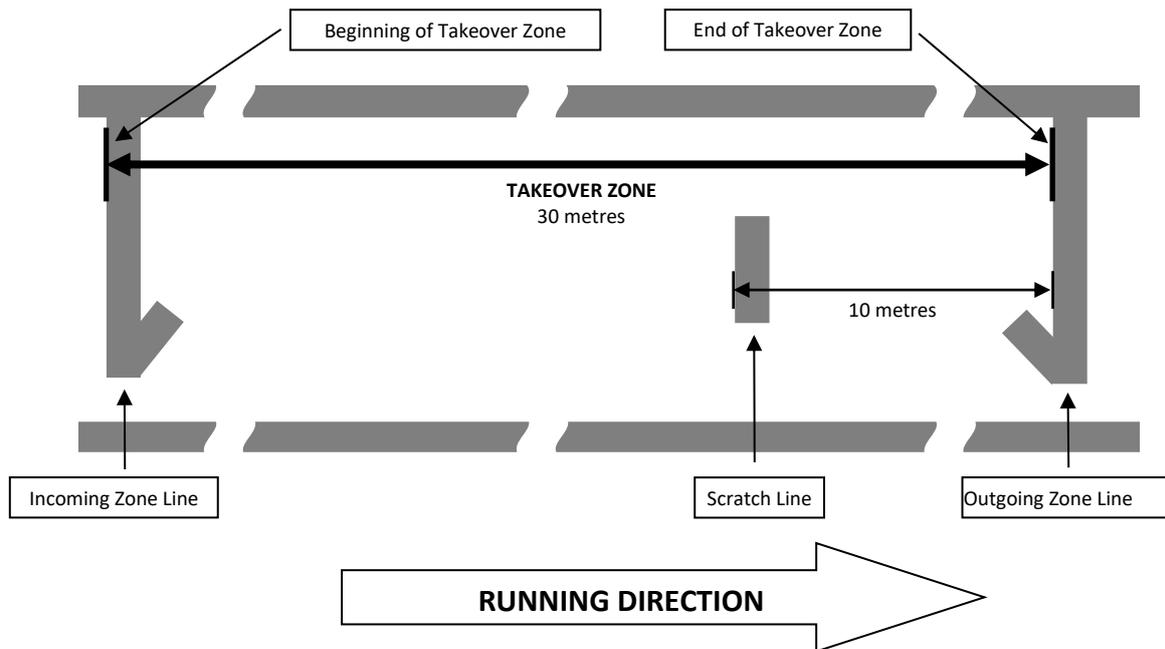
Distance	No. of Flights	Run In	Distance between flights	Run Out
60mH	6	12m	7m	13m
80mH	9	12m	7m	12m
90mH	9	13m	8m	13m
100mH	10	13m	8.5m	10.5m
200mH	5	20m	35m	40m
300mH	7	50m	35m	40m

RULE 170 RELAY RACES

With the exception of IAAF Rules 170.6(b) and 170.9, IAAF Rule 170 has been replaced by the following:

Takeover Zone

1. In the 4 x 100m, each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.
2. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone. The designated official shall also ensure that Rule 170.6 is observed.



Note: Unless a track has been specifically marked for 30m takeover zones, the existing line marked on the track to denote the acceleration line shall be used as the incoming zone line.

The Race

3. No athlete may run two sections for a team.
4. The baton must be carried by hand throughout the race.
5. If dropped, the athlete who dropped the baton must recover it. The athlete may leave their lane to retrieve the baton. Provided this procedure is adopted and no other athlete is impeded, dropping that baton shall not result in disqualification.
6. Should any athlete wilfully impede a member of another team by running out of their lane at the finish of their leg they are liable to cause the disqualification of their team.

Check Marks

7. Athletes may place one check mark on the track within their own lane using adhesive tape (except where this contravenes any rule(s) made by the venue management) of maximum dimensions 5mm x 40mm. Use of chalk or similar substances is prohibited.

Baton Changes

8. Within the take-over zone, it is only the position of the baton that is decisive and not the position of the body or the limbs of the athlete.
9. Athletes should remain in their lanes after handing over the baton, until the course is clear.
10. The baton specifications are as follows:

Diameter	Min Length	Max Length	Min Weight
38 mm (+/- 2mm)	280 mm	300 mm	50 gm
32 mm (+/- 2mm)	280 mm	300 mm	50 gm

SECTION IV - FIELD EVENTS

RULE 180 GENERAL CONDITIONS – FIELD EVENTS

With the exception of IAAF Rules 180.1, 180.2, 180.3(b) and 180.17, IAAF Rule 180 has been replaced by the following:

Markers

1. An athlete may place alongside the runway 1 or 2 markers (supplied or approved by the organisers) to assist them in their run-up and take-off.
2. The use of sharp or pointed markers or anything considered dangerous by the Referee will be prohibited.

Competition Order

3. The order in which athletes shall take their trials shall be drawn randomly
4. In all events, except for the High Jump, where there are more than 8 athletes, each athlete shall be allowed 3 trials and the 8 athletes with the best valid performances may be allowed additional trials
5. In the event of a tie (after a count-back) for the 8th place, any athletes so tying may also be allowed the additional trials. (Tying means, in this case achieving the same distance).
6. Where there are 8 athletes or fewer, each athlete shall be allowed all applicable trials regardless of the number of failures recorded.
7. The competing order for any additional trials shall be in the reverse ranking order recorded after the first 3 rounds of trials.
8. In all events except for High Jump, each athlete shall have a minimum of 3 trials and no more than 6 trials.

Commencement of Competition

9. Competition commences with the first trial in the first round.
10. The trials shall commence when the Official responsible indicates to the athlete that all is ready for the trial to begin, and the athlete is called.
11. The period allowed for this trial shall commence from that moment.
12. A round commences when the first athlete eligible to compete in the round commences their trial.
13. A round is complete when the last athlete eligible and present to compete in the round completes their trial.

Completion of Trial

14. Throws - a trial is complete when the athlete leaves the circle (discus and shot put) or runway (javelin).
15. Long & Triple Jump - a trial is complete when the athlete leaves the landing pit.
Note: leaving the pit is defined as the first contact made by the foot with the border or ground outside the landing area.
16. High Jump - a trial is complete when the Chief Judge designates a "fair/fail jump".

Completion of Competition

17. High Jump - the high jump is complete when the last remaining athlete fails or decides to stop.
18. All other events are complete when the last round is completed.
Note: The number of rounds in a competition must be clearly stated at the start of the competition and where possible indicated in the program.

Failure

19. In all field events if an athlete incurs a failure, they will be told the reason for the failure at the completion of the trial.

Substitute Trials

20. If, for any reason, an athlete is hampered in a trial in a field event, the Referee shall have the power to award that athlete a substitute trial.

Delay

21. A time warning may be given to an athlete. Such a warning is indicated by a raised yellow flag, which is kept raised for the last 15 seconds prior to the disallowing of a trial for exceeding the time limit.

Absence during competition

22. Any athlete who leaves the immediate event area (as defined prior to the commencement of the competition by the Chief Judge or Referee) without permission, may be cautioned by the Chief Judge and warned that any repetition, may result in them being excluded from further participation in that event. The Referee may make the decision to disqualify the athlete. Any performance up to the time of a disqualification shall stand.

Change of competition area

23. Referees shall have the power to change the place of the competition in any field event, if in their opinion the conditions justify a change.
24. Such a change shall be made only after a round is completed.
25. If a change is required because conditions are dangerous, then the round shall be restarted.

Results

26. Upon completion of each event the final result sheet shall be checked and signed by the Referee and immediately handed to the recording area and/or Key site official.

Ties

27. In all field events, except for High Jump:
 - a) The 2nd best performance of the athletes tying shall decide the tie. If a tie remains, the 3rd best and so on
 - b) If athletes in field events are tied for any place after all count backs have been applied, then equal placing will be declared
28. High Jump ties:
 - a) The athlete with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place
 - b) If the tie remains, the athlete with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
 - c) If the tie remains the athletes shall be awarded the same place in the competition. There is no jump-off for placing's.
 - d) If the result determines progression to the next level of competition, then a jump off should take place. This jump off will not affect placing's.

Measuring

29. The Judges shall judge, measure and record each valid trial of the athletes.
30. All measurements shall be made immediately after each valid trial.
31. Where possible, all measurements must be made using Electronic Distance Measuring (EDM). Steel tape is no longer required to measure an Australian record when EDM is used, calibrated and the usual checks are done to confirm accuracy both prior to and after the competition (the operators

- would normally do this). When EDM is not available, a fibreglass or steel tape measure graduated in centimetres, or a graduated bar for high jump, should be used.
32. In measuring all field events, except the High Jump, the zero end of the tape or EDM prism should be placed at the nearest edge of the mark where the implement first lands or where the athlete makes a mark in the pit closest to the take-off.
 33. Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre.
 34. In High Jump all measurements shall be made, in whole centimetres, perpendicular from the ground with a steel or fibreglass measuring bar to the lowest part of the upper (top) side of the bar.

RULE 182 HIGH JUMP

IAAF Rule 182.2(a), 182.3, 182.4, 182.5, 182.7 and 182.10 have been replaced by the following:

Safety

1. The Chief Judge (or Association equivalent) shall ensure that the landing area is satisfactory and that the uprights and cross bar are in good condition
2. The Chief Judge (or Association equivalent) shall have the power to caution any athlete using an unsafe technique, and if necessary, not allow the athlete to continue further in the event.

Validity of Jumps

3. An athlete may commence jumping at any height above the minimum height and may jump at their own discretion at any subsequent height. 3 successive failures, not necessarily at the same height, disqualifies the athlete from competing further.
4. The effect of this rule is that an athlete may forego their 2nd or 3rd jumps at a particular height (after failing 1st or 2nd time) and still jump at a subsequent height.
5. If the bar falls off without having been knocked by the athlete (e.g. due to strong wind) the athlete is not penalised.

Measuring

6. Before the commencement of the competition the Judge shall announce to the athletes the starting height and the subsequent heights to which the bar has been raised at the commencement of each round.
7. The height of the crossbar should be checked at both ends to confirm it is horizontal and, in the centre, to confirm the correct height.
8. In the case of a sagging crossbar measurement is made from the ground perpendicular to the upper edge of the crossbar at the point where it is lowest.
9. In the case of records, the Referee and Chief Judge must check the measurement when the crossbar is placed at the record height. They must recheck the measurement before each subsequent record attempt, if the crossbar has been disturbed since last measured.
10. Even after all other athletes have failed an athlete is entitled to continue until they forfeit their right to compete further.
11. The heights to which the crossbar is raised shall be decided after consulting with the athlete
12. Each athlete shall be credited with the best of all their jumps, subject to the conditions relating to ties.

Increments

13. It is recommended that the bar be raised by 5cm increments until there are six or fewer athletes remaining and by increments of 2cm thereafter until only one athlete remains. When only one athlete remains, that athlete may choose the increments.

Measurement of Run In

14. Once the competition starts, athletes may only re-measure their run up with the permission of the Chief Judge. This re-measurement must be done within the allocated time for the athletes' time for the trial. The athlete may touch the upright or bar, but should the bar be dislodged, a failure must be recorded for that trial.

Age Restrictions

15. Under 9 will be the starting age group for High Jump at Association level competitions in all Affiliated Associations.
16. The Scissor technique will be the only allowable technique performed in High Jump for the Under 8, Under 9 and Under 10 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:

- a) The head of the athlete does not go over the bar before the leading foot (the foot of the leg closest to the bar at take-off);
 - b) The head of the athlete is not below the buttocks when the buttocks clear the bar, and
 - c) The athlete's lead foot touches the mat before any other part of the body.
17. All athletes in the Under 11 and above age groups will have the option to use any legal jumping technique where flop mats are provided at all levels of competition.

Minimum Height for mats

18. The height for scissor mats at all competition levels and in all Affiliated Associations will be between 150mm and 300mm with minimum dimensions of 5m x 3m
19. The minimum height for flop mats at all competition levels and in all Affiliated Associations will be 400mm with minimum dimensions of 5m x 3m.

Note: LAA recommends that 500mm mats or higher be the preferred height.

RULE 184 GENERAL CONDITIONS – HORIZONTAL JUMPS

IAAF Rule 184 has been replaced by the following:

1. The long jump runway and pit shall comply with the specifications set out within the IAAF Track & Field Facilities Manual, except as modified within this section.

Runway

2. Where possible the length of the runway shall be at least 40m. There is no limitation on the maximum length of the runway.

Take-off Board

3. Only one type of take-off area shall be used in competition:
 - a) U9-U10: A 0.5m x 1.22m mat covered with damp sand, soft earth or any similar materials where the foot imprint can be observed.
 - b) U11-U15: A 0.2m x 1.22m area, consisting of either a board sunk level with the runway, or painted on to the runway. Where possible, a strip of plasticine or other suitable material (e.g. damp sand) may be placed immediately beyond the take-off line, to a maximum height of 7mm. Where a board or painted take-off area is not available a mat may be used.

Distance Measurement

4. U9-U10:
 - a) Where any part of the athlete's foot lands on the take-off area, the jump will be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the imprint made in the take-off area by the take-off foot.
 - b) Where no part of the athlete's foot lands in the take-off area, the jump will be measured from the nearest break in the landing area made by any part of the body or limbs to the edge of the take-off area furthest from the landing area, or its extension. The measurement must be taken perpendicular to the back of the mat or its extension.
5. U11-U15:
 - a) The jump shall be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the front edge of the take-off area.
 - b) The measurement must be taken perpendicular to the take-off area or its extension.

Run Up Measurement

6. Once the competition starts, athletes may only re-measure their run up with the permission of the Chief Judge. This further re-measurement must not be made on the runway, except where the Chief Judge deems the outsides of the runway unsafe.

Failure

7. In the Long Jump and the Triple Jump, it shall be counted as a failure if:
 - a) Any part of the mark made by the athlete's take-off foot protrudes over the front edge of the take-off area.
 - b) If an athlete takes off before reaching the take-off area it shall not, for that reason, be counted as a failure.
 - c) In the course of landing, the athlete touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump.
 - d) When leaving the landing area, an athlete's first contact with the border or ground outside is nearer the take-off line than the nearest break in the sand made on landing.
 - e) After landing, the athlete walks back through the landing area without first correctly exiting the pit.
 - f) An athlete takes off from outside either end of the take-off area, whether beyond or before the extension take-off line.
 - g) Any sort of somersaulting is used

RULE 186 TRIPLE JUMP

IAAF Rule 186.3, 186.4 and 186.5 have been replaced by the following:

1. In the Triple Jump, the take-off lines shall be in whole metre increments from the edge of the pit. The Organising Committee for the Competition shall determine the take-off lines to be used for each event, prior to the commencement of the Competition.
2. Athletes may change their take-off board as many times as they wish, as long as they notify the officials at the event, prior to each jump.

Note: *Rule 184.7(c) does not apply to the normal landing from the hop and step phases.*

RULE 187 GENERAL CONDITIONS – THROWING EVENTS

With the exception of IAAF Rules 187.15 and 187.18, IAAF Rule 187 has been replaced by the following:

Implements

Boys				Girls			
Age Group	Event			Age Group	Event		
	Shot Put	Discus Throw	Javelin Throw		Shot Put	Discus Throw	Javelin Throw
U9	2kg	500g	-	U9	2kg	500g	-
U10	2kg	500g	-	U10	2kg	500g	-
U11	2kg	500g	400g	U11	2kg	500g	400g
U12	2kg	750g	400g	U12	2kg	750g	400g
U13	3kg	750g	600g	U13	3kg	750g	400g
U14	3kg	1kg	600g	U14	3kg	1kg	400g
U15	4kg	1kg	700g	U15	3kg	1kg	500g

- All implements shall conform to the specifications set out with Little Athletics Australia Standard Events.
- All implements shall be provided by the organisers of the Competition.
- No athlete is allowed to use any other implements, or to take them on to the competition area.

Personal Safeguards and Assistance

- No device of any kind (e.g. taping of fingers or hand), which in any way assists an athlete when making a throw, shall be allowed except for:
 - Shot Put: In order to protect the wrist from injury, an athlete may wear a bandage at the wrist.
 - Discus and Javelin: The use of tape on the wrist will only be allowed upon the production of a doctor's certificate or authority given by the Medical Officer.
 - Javelin: An athlete may wear elbow protection.
 - The use of tape on the hand to cover an open cut.
- In order to obtain a better grip, athletes in throwing events are permitted to use an adhesive substance on their hands only.
- An athlete may not spray or spread any substance in the throwing circle.
- In order to protect the spine from injury, an athlete may wear a belt of leather or other suitable material.
- Once the competition has begun, athletes are not permitted to use the circle or ground within the sector for practice trials, with or without implements

Throwing Area and Landing Sector

- The dimension of the circles used for Shot Put and Discus, and the runway used for Javelin, shall conform to the specifications set out in the IAAF Track & Field Facilities Manual.
- The landing sector should be extended well in excess of the best thrower.

Record Markers

- In competitions where an Australian Best Performance or a State Best Performance can be broken, markers may be placed to indicate the current ratified records. When record markers are used they should be placed outside the sector. (Refer to local Association rules)

Validity of Throws

12. In throwing events from a circle:
- An athlete must commence the throw from a stationary position.
 - The athlete is allowed to touch the inside of the iron band of the circle or stop board.
13. It shall be a failure if the athlete, after entering the circle and commencing to make a throw, touches with any part of the body to top of the circle or the ground outside or improperly releases the implement in making the attempt.

Note: It, however, will not be considered a failure if the touch happens during the rotation, backward of the white line which is drawn outside the circle running, theoretically, through the centre of the circle.

Interruption of a Trial

14. It is not a failure if an athlete drops an implement and it does not touch the ground outside the throwing circle or runway, provided no other rule is breached.
15. In the case of Rule 187.14 above, the athlete can retrieve the implement and continue the trial within the allocated time.
16. If the implement touches the ground outside the circle or runway it becomes a failure.

Measurements

17. All measurements shall be made immediately after each valid trial.
18. The measurement of each throw will be made from the nearest mark made by the fall of the implement to the inside of the circumference of the circle, along a line from the mark to the centre of the circle.
19. For a valid trial, the implement must fall completely within the inner edges of the landing sector.
20. In Javelin the measurement of each throw will be made from where the tip of the javelin first struck the ground, to the inside edge of the arc, with the tape being pulled through the point 8m back on the run-up, that being the centre of the circle of which the arc is a part.

RULE 188 SHOT PUT

IAAF Rule 188.5 has been replaced by the following:

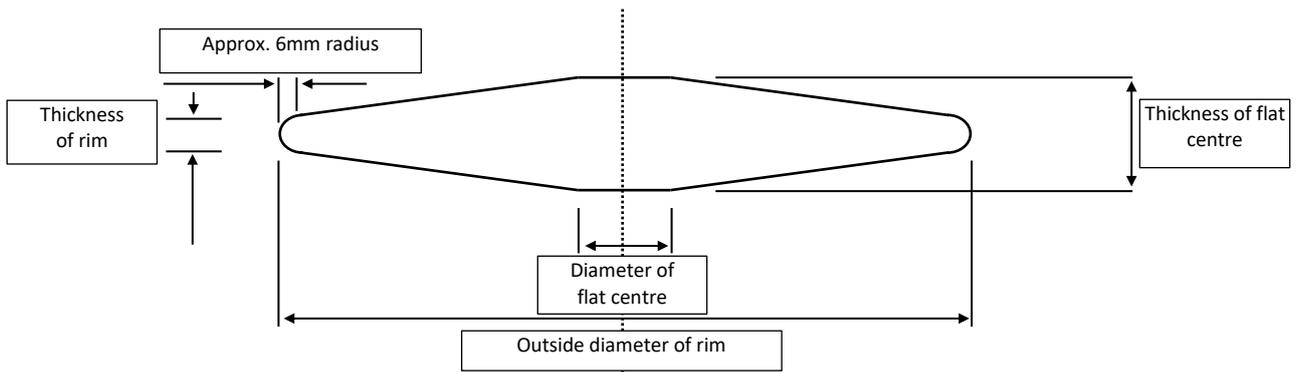
1. The shot shall be made from solid metal and conform to these specifications:

Minimum Weight for admission to competition and acceptance of a Record:			
	2.000kg	3.000kg	4.000kg
Diameter:			
Minimum	76mm	85mm	95mm
Maximum	90mm	110mm	110mm
Colour:			
	Orange	White	Red

RULE 189 DISCUS THROW

IAAF Rule 189 has been replaced by the following:

1. The discus shall conform to the dimensions shown in the diagrams below and shall be made from rubber or synthetic compound, or wood or synthetic compound with a metal rim.



Minimum Weight for admission to competition and acceptance of a Record:			
	500g	750g	1.000kg
Outside Diameter of Metal Rim:			
Minimum	134mm	154mm	180mm
Maximum	138mm	156mm	182mm
Diameter of metal plate or flat centre area:			
Minimum	N/A	N/A	50mm
Maximum	N/A	N/A	57mm
Thickness of metal plate or flat centre area:			
Minimum	22mm	27mm	37mm
Maximum	27mm	35mm	39mm
Thickness of rim (6mm from edge):			
Minimum	10mm	10mm	12mm
Maximum	10mm	10mm	13mm

RULE 190 DISCUS CAGE

With the exception of IAAF Rule 190.1, IAAF Rule 190 has been replaced by the following:

1. The cage should be designed, manufactured and maintained so as to stop the discus so there is no danger of it ricocheting off fixed members of the cage, back towards the athlete or over the top of the net.
2. The breaking strain should be at least 40kg.

RULE 193 JAVELIN THROW

With the exception of IAAF Rule 193.1(a) and 193.2, IAAF Rule 193 has been replaced by the following:

1. The javelin shall conform to the following specifications:

Minimum Weight for admission to competition and acceptance of a Record (inclusive of the cord grip):				
	400g	500g	600g	700g
Overall Length (L0):				
Minimum	1.850m	2.000m	2.200m	2.300m
Maximum	1.950m	2.100m	2.300m	2.400m
Distance from tip of metal to centre of gravity (L1):				
Minimum	0.750m	0.780m	0.800m	0.860m
Maximum	0.800m	0.880m	0.920m	1.000m

2. The sector may be accurately laid out by making the distance between the two sector lines 20m at a point 40m distance from the centre of the throwing arc along one of the sector lines.
3. A throw shall be valid only if the metal head strikes the ground before any other part of the javelin. The javelin is not required to stick in the ground.
4. For a valid throw, the tip of the javelin must fall completely within the inner edges of the landing sector.
5. It shall be a failure if the athlete, after starting their throw, touches with any part of their body or limbs, the lines marking the runway, the ground outside the runway, or crosses the throwing arc marking the end of the runway.
6. It is not a failure if the end of the javelin touches the ground during the run up.
7. At no time during the throw, until the javelin has been discharged into the air, may the athlete turn completely around, so that their back is towards the throwing arc.
8. It shall be a failure if the athlete leaves the runway before the implement has touched the ground, or if, when leaving the runway, the athlete's first contact with the parallel lines or the ground outside the runway is not completely behind the white lines of the arc or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, four metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, he shall be considered to have left the runway correctly.
9. An athlete may interrupt a trial once started, may lay the implement down inside or outside the runway and may leave the runway (as required above), before returning to the runway to continue their throw within the time limit.

SECTION V - COMBINED EVENTS COMPETITION

RULE 200 COMBINED EVENTS COMPETITIONS

Please refer to local Association Rules.

SECTION VII - RACE WALKING EVENTS

RULE 230 RACE WALKING

IAAF Rule 230 has been replaced by the following:

Definition of Race Walking

1. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position

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

Judging

2. The appointed judges shall elect between them a Chief Judge unless one has already been appointed a Chief Judge for the relevant carnival
3. The number of appointed walk judges for an event, including the Chief, shall comprise a minimum of 4 and maximum of 6
4. The independence of judges is extremely important and wherever possible connections between athletes and judges should be avoided. Individual Judges are required to declare their interests
5. The Competition Director shall have the authority to allow judges where such connections exist. Connections mean relative, coach or protégé.
 - a) This is provided there are an insufficient number of available, experienced and qualified judges without such connection.
 - b) It will be up to individual judges to disclose these connections and to indicate if they wish to stand down for a particular race.
 - c) Where possible members of the same family should not serve as a judge for the same race

Yellow Paddle

6. Any judge can give a "Yellow Paddle" to an athlete when an athlete appears to be in danger of failing to comply with the rules (definition of race walking per Rule 230.1)
7. Yellow Paddles are issued verbally and briefly taking care that remarks do not constitute coaching

Note: *All remarks should be loud and clear and always in the form:
e.g. "Yellow Paddle No..... contact or knees"*
8. For loss of contact ~ a wavy line in black on a yellow background
9. For knees a 45° angle < also in black on a yellow background shall be used
10. A judge can only yellow paddle an athlete once for each offence during the event
11. A yellow paddle has no bearing on disqualification. It is possible to be yellow paddled by every judge in the race yet not receive a single warning. This advice is only to indicate to an athlete that their action is deteriorating to a dangerous state

Red Card

12. A judge gives a "Red Card" for disqualification if an athlete is actually breaking the rules of race walking

13. For the U12 and above age groups, no verbal Red Card will be given. For other age groups, the Red Card will be given verbally at the time of detection of the actual infringement

Note: All remarks should be loud and clear and always in the form:

e.g. "Red Card No..... contact or knees

14. Red Card is recorded on the judging pad and forwarded to the Chief Judge as soon as practicable
15. A judge may only give an athlete one Red Card during the event irrespective of the infringement
16. If a judge in an event requiring verbal Red Cards to be given, is not sure an athlete has heard the "Red Card" the Judge should repeat it at the next suitable opportunity

Note: A Red Card should never be given unless there is absolute certainty the rules have been infringed. Any doubt existing must be given to the athlete and the Red Card not issued

Disqualification

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

Methods of Judging

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

Track Umpires and Referees

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

Walk Judge's Master Sheet

30. A copy of the master sheets of each walk event will be posted on the notice board with the result sheet
31. The master sheet is that document which the Chief Judge records the Red Cards of the judges and them self and indicates which athletes received 3 or more Red Cards
32. Judges should be indicated by number and not by name on the notice board copy of the sheet

SECTION VIII - ROAD RACES

RULE 240 ROAD RACES

Maximum distances have been set for Out of Stadia Road Race Walks (refer LAA Rule 600 – Table 5) Please refer to Association Rules regarding Road Races

SECTION IX - CROSS-COUNTRY AND MOUNTAIN RACES

RULE 250 CROSS-COUNTRY RACES

Maximum distances have been set for Out of Stadia Cross Country (refer LAA Rule 600 – Table 5) Please refer to Association Rules regarding Cross Country Races

SECTION X - AUSTRALIAN BEST PERFORMANCES

RULE 260 AUSTRALIAN BEST PERFORMANCES

IAAF Rule 260 has been replaced by the following:

1. A permanent record shall be kept of Australian Best Performances (ABP) for registered athletes in the Under 9, 10, 11, 12, 13, 14 and 15 years age groups for boys and girls. For this purpose 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.
2. For track events one (1) set of Australian Best Performances will be maintained being the quickest time obtained using either:
 - a) Electronic time (obtained using a fully automatic Photo Finish System and/or Timing Gates); or
 - b) A standardised hand time (obtained using stopwatches and/or manually operated Timing Machines and/or Timing Gates).

Note: A standardised hand time is calculated by applying the following formula to the rounded-up hand time:

- For distances under 400m - hand held time + 0.24 seconds
- For distances of 400m or 4 x 100m relay - hand held time + 0.14 seconds
- For distances greater than 400m - no change
- A standardised time will be indicated with {S} or similar

3. ABP's will be recognised, for each age group, only for those events which LAA has determined to be standard events for that age group.

Requirements for Acceptance

4. The performance shall take place at a competition conducted and controlled by an affiliated Association's BOM, or at the ALAC.
5. The ground on which the performance takes place must have been surveyed and the conducting Association (who should hold a copy of the Certificate of Survey) must be satisfied that no athlete has gained an advantage as a result of the ground layout.
6. The watches (stopwatches and or manually operated timing machines) used to time the performance must be checked by a competent watchmaker, within thirty (30) days of the start and conclusion of the State/Territory Track & Field season and found not to be at variance by more than 0.05 seconds over

twenty (20) minutes. This certification shall apply for all championships conducted or hosted by the Association during that season, including the Australian Little Athletics Championships.

7. The Timing Gates System shall be a commercially produced system and must have been checked / calibrated / certified within 12 months prior to the competition date and a certificate supplied.
8. Where the Timing Gates System is started and/or finished manually, the time shall be recorded to the 1/10th of a second. Unless a time is an exact 1/10th of a second, it shall be recorded to the next longer 1/10th of a second and the standardised hand timing procedure will apply.
9. Where the Timing Gates System is started and finished fully automatically, the time shall be recorded as the time reads from the system with no adjustment as per the rule for electronic time with no rounding or standardized adjustment.
10. All throwing implements must have been check-weighed and certified not underweight.
11. All measurements shall be made with a calibrated steel tape or bar or with a fibreglass tape, which has been tested for accuracy prior to the competition against a certified steel tape, which has been certified by an appropriate weights and measures authority.
12. All equipment (including automated Photo Finish Systems) must comply with LAA rules and specifications or, where no such LAA rules and specifications exist in regard to that event, with IAAF rules and specifications.
13. The necessary Results Sheets must have been signed by the Chief Referee in charge of the event and must be retained by the Association.
14. Claims for an ABP shall be submitted using the LAA approved Claim Form. A copy of all supporting documentation shall be attached to the Claim Form. All claims should be forwarded to the CEO within twenty-eight (28) days of the completion of the carnival/competition at which the performance was recorded.
15. The affiliated Association responsible for the completion and submission of the Claim Form is determined as follows:
 - a) for ABP's set at an ALAC, the convening Association shall complete and submit the Claim Form; or
 - b) for other ABP's, the affiliated Association which controls the conduct of the event shall complete and submit the Claim Form.
16. The Competition and Standards Director is responsible for:
 - a) ensuring that the Claim Form has been correctly completed,
 - b) ensuring that the relevant equipment was checked and so certified,
 - c) all claims submitted within twenty-eight (28) day period mentioned in Rule 260.14 will be presented to the next meeting of the LAA BOM for acceptance and ratification,
 - d) claims received outside the twenty-eight (28) day period as specified in Rule 260.14 but no more than six (6) months after the competition for which the performance is being claimed shall be submitted to the next LAA Conference for acceptance and ratification,
 - e) claims received outside the periods mentioned in Rules 260.16(c) and 260.16(d) will be submitted to the LAA BOM for acceptance and if accepted, claims will be presented to the next LAA Conference for ratification,
 - f) provide ABP Certificates (via the LAA office) to successful athletes.