

Competition Rules and Regulations



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 Little Athletics Australia (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.

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

Levels of Competition

LAQ allows for and oversees four levels of competition Centre, Regional competitions and 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. The Association's Annual Conference is the only General Meeting at which Policy decisions are made.

- Resolutions from 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Any competition motion passed at Conference shall not be rescinded within two years unless 80% of those eligible to vote are in favour.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 LAQ Constitution and Resolutions and By-laws and the Standard Rules for Competition of LAA for implementation of trial procedures.

LAQ Competition Committee

The LAQ Competition Committee are Board appointed members who have specific Little Athletics expertise and experience. Unless specifically empowered by the Board, the Committee cannot make binding decisions. The Committee has been established to review various technical rules, procedures, programs, and related competition issues to resolve and/or make recommendations to the Board.

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 26 weeks of competition within a 30-week block, signing on at a date not more than two weeks prior to the nominated competition period. The competition period must be concluded by 31 March the following year, unless otherwise approved by the Board. The maximum competition period of 26 weeks is designed to include allowances for washed out meets. *BoM 4 ('03)*

The Association recognises and operates two seasons – Winter and Summer. A Winter Season typically set from 1 April to 30 September; and a Summer Season typically set from 1 October to 31 March. Centres are geographically grouped into Regions that operate during an assigned Season.

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

1.1.1. 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	√	√	√	√	√	√	√	√	√
300 metres									
400 metres	√	√	√	√	√	√	√	√	√
500 metres									
700 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							√	√	√
300m Race Walk									
700m Race Walk	√								
1100m Race Walk		√	√						
1500m Race Walk				√	√	√	√	√	√
3000m Race Walk								√	√
4 x 70 Relay									
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 at Centre only

■ Not permitted
 ■ LAA Standard Events (may be eligible for ABP)

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 standard events that could be offered to all Under 6 to Under 8s. Events must not exceed the distances and / or specifications as listed.

i. For Under 6s the weekly Centre meet and/ or Centre Carnival programs shall follow the following criteria:

- A minimum of 2 play training events/games (*not a requirement for Carnivals*)
- A maximum of 2 track events
- A maximum of 2 field events

EVENT TYPE	U6	U7	U8
Sprints	Laned: Up to and including 100m	Laned: Up to and including 200m	Laned: Up to and including 200m
Middle to Distance	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>)
Hurdles	60m, max height 20cm (<i>PVC training hurdles</i>)	60m, max height 30cm	60m, max height 45cm
Race Walks	N/A	N/A	Up to and including 700m
Relay	Max leg of 100m	Max leg of 100m	Max leg of 100m
Jumps Horizontal	Long Jump (<i>using mat and/or sand</i>)	Long Jump (<i>using mat and/or sand</i>)	Long Jump (<i>using 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

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

1.3.1. Events offered for boys and girls at LAQ Carnivals, Regional Relays and Championships, and State Relays and Championships unless otherwise stated. '20 07 14

1.3.2. At LAQ competitions, Multi-Class athletes may not compete in offered events that do not have a base line performance for their relevant classification. '21 03 02

Refer to the [LAA Standard Rules for Competition](#) for more details on Multi-Class events.

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

(*) - ambulant only

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	---	---	---	---	---	LAA ('17)
80mH (76cm)	---	---	---	---	---	---	---	BG	G	---	---	---	
90mH (76cm)	---	---	---	---	---	---	---	---	B	G	G	---	'15 09 09
100mH (76cm)	---	---	---	---	---	---	---	---	---	B	B	G	'15 09 09
110mH (76cm)	---	---	---	---	---	---	---	---	---	---	---	B	'15 09 09
200mH (68cm)	---	---	---	---	---	---	---	BG	---	---	---	---	'16 07 12
200mH (76cm)	---	---	---	---	---	---	---	---	BG	---	---	---	'16 07 12
300mH (76cm)	---	---	---	---	---	---	---	---	---	BG	BG	BG	'15 09 09

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. Any Centre and/or Regional Championships venue unable to cater for a full 110m distance is permitted to conduct the event over 100m and minus one hurdle flight. If this occurs, the 110mH flights may be set up so that the lead in and spacing meet LAQ 110mH specifications, however the run out would be shorter. '15 09 09

Therefore, with 10 flights, and a lead in of 13.72m, the hurdles shall be spaced 9.14m and the run out will measure 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.

2.3.2. U11 to U17 any legal jump technique (including scissors or Fosbury Flop): onto appropriate thickness and density flop mats. LAA ('16)

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 / 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	LAA ('16)

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	---	---	---	---	---	---	LAA ('18)
750g	---	---	---	---	---	---	BG	BG	---	---	---	---	LAA ('18)
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. '10 05 08

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	---	---	---	---	---	LAA ('18)
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 QA/ANQ or other LA MA 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 DAYS.
 - 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 Multi-Class 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. Multi-Class athletes must participate at Regional Championships to be eligible to nominate for the Multi-Class events offered at the State Championships in the same season. Placing at the Regional Championships is not a prerequisite for qualification in Multi-Class events. '19 10 08

3.2. Nominations

- 3.2.1. Nominations lodged online through ResultsHQ are the only recognised form of electronic nominations. All other formats are considered to be hard copy. '19 05 08
- 3.2.2. All LAQ nominations must be lodged or received by the published competition closing date and time.
- 3.2.3. 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; it is an administration fee only.
- 3.2.4. 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'.
- 3.2.5. 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. '10 03 01

4. INJURY AND MEDICATION

4.1. Injury

- 4.1.1. Athletes competing with an injury.
 - i. An injured athlete's participation would be the sole responsibility of the athlete/parent/guardian.
 - 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. '10 05 01
- 4.1.2. All injuries sustained and/or treated during competition must be reported on the appropriate form.

4.2. Medication

- 4.2.1. As part of its Drug Policy, LAQ:
 - i. Is totally opposed to the use of any banned substances or artificial aids for the purpose of obtaining an advantage in competition.
 - ii. Is totally opposed to the use of illegal recreational drugs.
 - iii. Recognises that the use of caffeine (tablets, drinks or by other means) is not recommended, as it is an addictive substance and a diuretic. Athletes should be re-hydrating before and after physical activity not dehydrating.
 - iv. Recognises the role of [Sports Integrity Australia](#) in the development of policies pertaining to drugs in sport.

4.2.2. Use of Asthma Inhalers

- i. If necessary, asthmatics should use their inhalers prior to each event.
- ii. An athlete may carry an inhaler to a track or field event and permitted the use while waiting at the event.
- iii. The inhaler is not permitted to be used during a trial or held in the athlete's hand during a track or field event.
- iv. Should an attack develop during an event, the athlete should:
 - Retire from the event immediately and may not return to the event.
 - Use their medication.
 - Contact their family doctor as soon as possible, advising that an attack had developed and seek advice.
- v. Should an attack develop after an event, the athlete should follow steps as outlined above.

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.
- 5.2.2. Trainee Officials cannot hold Chief Judges positions at State Relay or State Championships. All other duties can be performed for practical assessment but not the duties of a Chief Official.
- 5.2.3. The Board of Directors be required to (give) preference to appointment of Officials from personnel involved in Little Athletics, unless qualified people from within the movement are unavailable and or unwilling to act. 02 ('86)

5.3. Jury of Appeal

- 5.3.1. A Jury of Appeal at Regional Competitions shall be comprised of the Regional Competition Coordinator as Chairperson and three 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.
- 5.3.2. A Jury of Appeal at Association Competitions shall be comprised of a Board appointee as Chairperson and 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.

A pool of LAQ members may be appointed at the beginning of each competition season to be part of a Jury of Appeal pool that can be called upon when/if required at LAQ Championship events. '11 04 13

- 5.3.3. 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 competition, and during the events if 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 and Spiked Shoes

- 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. 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.
- 6.1.3. No athlete may wear football boots or cleats in an event.
- 6.1.4. Spiked Shoes

Any athlete not exercising care when using spiked shoes may be disqualified from wearing spiked shoes for the remainder of the competition.

- 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 long jump, triple jump, high jump and javelin, and track events run entirely in lanes. LAA ('15)
- iii. Athletes in the U13 to U17 age groups may wear spiked shoes in long jump, triple jump, high jump and javelin, and all track events (except walks). LAA ('15)
- iv. Needle/pin spikes are prohibited on synthetic tracks at LAQ Competitions including Regional Competitions. '19 05 08
- 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. LAA ('15)
- ix. Spiked shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed. LAA ('15)
- x. Spiked shoes must only be worn during an event on the field of play and not worn to and from an event (unless advised by an Official).
- xi. Spiked shoes are to be carried in a suitable bag at all times and stored safely when not in use.



6.1.5. Age Group and Event Specifications

	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 12s competing in laned Relays may wear spiked shoes in accordance with the specific rules above.

6.2. Competition Uniforms

- 6.2.1. When presenting to the Call Room or field of play, all athletes must be attired in correct 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 and SunSafe Policies for further information.

- i. Failure to comply with the uniform rules and policies may lead to the athlete not being allowed to enter the field play.
- ii. The registration number is to be affixed to the front of the uniform top and must be entirely visible.
- ii. The age label is to be affixed to the left shirt sleeve or, in the case of a crop top or singlet, on the left side of the shorts or similar.
- iii. The Coles patch is to be affixed to the front right chest side of the uniform.

- 6.2.3. 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 competing in a competition.

7. PROTESTS / DISQUALIFICATIONS / APPEALS

7.1. General

- 7.1.1. Protests may be lodged at the Combined Event Championships, Regional Relays and State Relay Championships, and Regional and State Championships. Protests must be made verbally by the Team Manager to the designated area within 15 minutes of the completion of the event and then lodged in writing (using the proforma supplied) within another 15 minutes (i.e., 30 minutes total) from the completion of the event. '20 03 05
- 7.1.2. A Protest Fee of \$55.00 (incl. GST) is payable at the time a Team Manager lodges the verbal protest. This fee will only be refunded if the protest is successful.
- 7.1.3. No person other than the Team Manager, as the Centre representative, shall be entitled to query decisions, or lodge protests or appeals.

For a supplement to this rule, refer to Rule 7.2.3.

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.

Any Centre failing to comply with this rule will forfeit the right to protest or appeal.

7.2. Protests

- 7.2.1. If a protest is lodged at any LAQ Championships, an announcement will be made stating a protest has been lodged. An announcement of the decision will also be made. C32 ('87)
- 7.2.2. 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.
- 7.2.3. If an athlete in the U13 to U17 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. '15 08 11
- 7.2.4. The Referee may decide on receipt of a protest, or an appeal lodged on the prescribed form, to consult video evidence if available (excluding Race Walking events). '20 03 06

7.3. Disqualification by a Referee

- 7.3.1. 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. An athlete acting in an unsporting or improper manner may be disqualified from participation in all nominated future events at that competition.
- 7.3.2. In Race Walking events, an athlete may be disqualified by the Chief Walk Judge for infringements of the Race Walking rules or by the Track Referee for failure to comply with other rules for the conduct of events.
- 7.3.3. In deciding on infringements, Referees may consult with the athletes, Team Manager and other Officials involved, before making decisions. '17 01 11
- 7.3.4. 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. '15 07 07

Team Managers, with athletes involved, who disagree with the decision of the Referee, may appeal. The appropriate action is covered under "Appeals".

7.4. Appeals

7.4.1. Should any Team Manager(s) wish to appeal a Referee's decision further (i.e., to the Jury of Appeal), the Team Manager must advise the Referee (verbally) immediately the Referee hands down the decision. The Appeal must be submitted to the designated area within 15 minutes, using the proforma supplied.

7.4.2. To arrive at a fair decision, the Jury of Appeal may consult all available evidence and interview all persons considered necessary. BoD 9 ('15)

Video evidence shall not be used for Race Walking events in the deliberation of protests or appeals lodged in relation to breaches of the contact or knee rules. '15 08 11

7.4.3. The Jury's decision is final, and no subsequent discussion or correspondence will be accepted.

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. '20 03 03

It is recommended 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 areas before entering the field play for events. Athletes competing in field events are to marshal directly to the relevant field events once the Call has been made. Athletes competing at the Regional Competitions are to marshal at the Regions' designated areas. BoD 1 ('15)

i. The Call for athletes to report to FIELD events will be made approximately **20** minutes before the event start time to allow for registration and warm-up.

ii. The Call for athletes to report to CALL ROOM (marshalling area) for all track events up to and including 400m will be made approximately **20** minutes before the event start time.

iii. The Call for unlaned events e.g., 800m, 1500m, Relays and Walks will be made approximately **25** minutes before the event start time to allow for placement of hip numbers on the athletes.

iv. Once athletes have left the Call Room, any athlete not reported to the Call Room will be declared a non-starter in that event. '19 05 08

8.2. Clash or Missing 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 minimize 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 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 of athletes from inside the field play is not permitted and may result in the disqualification of the athlete.
- 8.3.4. Centres are not permitted to use two-way radios that interfere with event communications during LAQ conducted competitions. '19 05 08
- 8.3.5. Athletes are not permitted to use electronic communications or similar devices on the field play. '19 05 08
- 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. '11 04 13

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

9. TRACK AND FIELD EVENTS

9.1. Track Events

- 9.1.1. Electronic timing and photo finish facilities shall be used at all LAQ competitions where available (Carnivals, Combined Event Championships, State Relay and State Championships). MTG 56 ('99)
- 9.1.2. 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)
- 9.1.3. A crouch start may be used only by U11 to U17 athletes for all track events up to and including 400m. '15 08 11
- A three point start is not a recognised start and not permitted at any LAQ Competition. '19 05 08
- 9.1.4. At LAQ Competitions, for 800m events started in lanes, athletes must stay in the allocated lane until reaching the nearer edge of the marked break line on the back straight. BoD 9 ('12)
- 9.1.5. Pack starts are used for 1500m and all Race Walking events at LAQ Competitions and Centre meets.
- 9.1.6. 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.
- 9.1.7. In all track events up to and including 400m, each athlete must stay in the allocated lane for the entire event.
- Any portion of a track event run in lanes, each athlete must stay in the allocated lane up to and through the designated markers.
- At the discretion of the Track Referee, an athlete may not be disqualified, if an athlete:
- i. Is pushed or forced by another athlete to run outside the allocated lane provided no advantage is gained.
 - ii. Runs outside the allocated lane on the straight provided no athlete is obstructed or impeded.
 - iii. Runs over the outside line of the allocated lane on the bend provided no advantage is gained and no athlete is obstructed or impeded.
- Apart from the above three exceptions, if the Track Referee is satisfied, on the report from a Track Umpire that an athlete has run outside the allocated lane, the athlete **may** be disqualified.

- 9.1.8. 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. ^{'10 05 02}
 - 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. ^{'19 05 08}
 - 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.
- 9.1.9. 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)}
- 9.1.10. 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.
- 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, are photocopied and displayed. ^{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)}
- Any privately owned equipment, intended for use during competition, 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 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.
- 9.3.2. 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.
- 9.3.3. All Discus trials shall be made from an enclosure or cage to ensure the safety of spectators, officials and athletes. ^{'16 10 12}
- 9.3.4. 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 the LAQ, is to be used.

'16 04 13

9.3.5. At the discretion of the Meeting Manager, one only practice trial is allowed if time permits, conducted under the supervision of the appropriate Official.

'15 08 11

9.3.6. Once the event has begun, athletes are not permitted to use the runway, implements, circles or sectors for practice.

9.3.7. 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.

9.3.8. No athlete may enter the event after the completion of the third round of the event.

9.3.9. If an athlete incurs a failure, the reason shall be given at the completion of that trial.

9.3.10. 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.

9.3.11. 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.

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. Count backs will be applied to place athletes. If a tie remains after all count backs are applied, equal place shall be awarded.

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

10.2. Best Performances

10.2.1. Claims for Queensland and Australian Best Performances 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 the Little Athletics Australian Championships (LAAC). 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 LAQ Best Performances.

10.2.3. Queensland Best Performances will not be recognised for individual performances recorded at the State Relays.

10.2.4. Queensland Best Performances and Regional Best Performances are not recognised for the U7 and U8 age groups.

10.2.5. The field of play on which the Best Performance is achieved must have been surveyed (compliant with WA Rules).

10.2.6. All equipment must comply with WA rules and/or LAQ Rules.

10.2.7. Potential QBP distances or heights measured with a fibreglass 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.

10.2.8. 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.

10.2.9. 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.

10.2.10. 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.

11. CHANGE 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 completed round.

11.2. Abandoned Association Competitions / Events

11.2.1. Any three Board Directors or any two Board Directors plus the Chief Executive Officer (CEO), in consultation with the Competition Manager and Referees, will make any decision with regard to re-scheduling or abandoning events at any Association Competition. Paramount in the decision to continue or otherwise should be the safety of the athletes. If a competition proceeds with a late start, provision to use the lights, if required, should be available through the Facility. State Championships will only be abandoned in extreme conditions. This does not apply to Regional Competitions.

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 with regard to 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, with the exception of 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. '20 03 10

- 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 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 Regional Level, the Regional Competition Coordinator after consultation with all or majority of Centre Managers within the Region.

CARNIVAL AND CHAMPIONSHIP REGULATIONS

12. COMPETITION LEVELS

12.1. Approved Competition Levels - Centre to National Championships.

12.1.1. All levels of competition are for boys and girls unless otherwise stated.

	CENTRE	INTER-CENTRE	LAQ REGION	LAQ STATE CONDUCTED	LAA NATIONAL
TinyTots	Play training	Play training	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	Team Competition Relays ====
U14	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Pentathlon	Team Competition ==== ====
U15	Individual events Relays Pentathlon / Heptathlon	Individual events Relays Pentathlon / Heptathlon	Individual events Relays ====	Individual events Relays Heptathlon	Team Competition ==== 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	==== ==== ====

12.1.2. 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 a track event to a maximum distance of 60m. '19 05 08

12.1.3. At Centre Carnivals, track, field or other events for the U6 athletes may be timed and distances measured but no placings or medals awarded. '21 03 01

12.1.4. 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. '19 05 08

12.2. Competition Types

- 12.2.1. Centre Meets: Weekly Meets are conducted in a local area.
- i. The U6 age group have opportunities to participate at Centre Meets and Centre Carnivals. If medals are awarded at Centre Carnivals, the U6 age group can only be awarded participation medals.

Refer to the Centre Programming Manual for further details.

Centres may provide age-appropriate Combined Event or Carnival type competitions to Centre athletes or invited registered athletes of other LAQ Centres. 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. '19 05 08

- 12.2.2. 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.

- 12.2.3. LAQ Association Competitions: Carnivals, State Combined Event Championships, State Relay Championships and State Championships. '19 05 08

Refer to the specific competition Regulations section for further details.

- 12.2.4. The Australian Little Athletics Championships are held annually. Teams will comprise of U13, U14 and U15 able bodied athletes and Multi Class athletes, or any other competition as run from time to time.

13. LAQ CARNIVAL REGULATIONS

The Association will arrange for a Winter Carnival, Spring Carnival and Summer Carnival.

13.1. Venues

- 13.1.1. All Carnivals shall be held at a venue with the necessary infrastructure and an all-weather track. The Board will review the venues allocation annually.
- i. The Winter Carnival shall be held between April and September within a Winter Region for U7 to U17 athletes.
 - ii. The Spring Carnival shall be held within the Central Coast or Central North Region for U7 to U17 LAQ registered athletes.
 - iii. The Summer Carnival shall be held within the South East Queensland (SEQ) Region for U9 to U17 LAQ registered athletes.

13.2. Program of Events

- 13.2.1 Carnival programs will include standard age groups and Multi-Class events. Programmed events and eligible age groups may vary between Carnivals.

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

13.3. Track Events

- 13.3.1. All track events shall be conducted as timed finals.
- 13.3.2. Relays, if conducted, will be fun events only. Therefore, there will be no placings or medals. Best Performances will not be recognised.
- 13.3.3. 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 finals of eight to ten athletes depending on available lanes.

13.4. Field Events

- 13.4.1. In field events (except High Jump), each athlete shall be allowed three trials.
- 13.4.2. 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.
- 13.4.3. Each athlete shall be credited with the best of all their trials.

13.5. Nomination

- 13.5.1. Spring and Summer Carnival nominations will be limited to a maximum of five events.
- 13.5.2. Winter Carnival nominations will be limited to a maximum of seven events.
- i. U15 to U17 athletes may nominate for the Heptathlon. Such athletes may also nominate for up to two additional individual events. *BoD 11 ('18)*
 - ii. Shall be open to non-LAQ registered age appropriate athletes.
- 13.5.3. LAQ registered and classified Multi-Class U9 to U17 athletes have the opportunity to nominate in multi-class events or standard events; however, the athletes may not nominate twice in the same event.

13.6. Seeding

- 13.6.1. 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.

13.7. Placing and Awards

- 13.7.1. 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.
- 13.7.2. 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 Multi-Class age group category per event.
- 13.7.3. The first three placed athletes in each Handicap Gift Event will be awarded a trophy. No prize money shall be awarded.
- 13.7.4. Each participating U7 and U8 athlete will be awarded a participation medallion.

13.8. Specific Rules

- 13.8.1. Protests will not be accepted.
- 13.8.2. For U7 and U8 athletes, rigid competition principles will not be applied. Officials may act in an advisory capacity, but normal rules of competition are applied.

14. COMBINED EVENT CHAMPIONSHIPS AND COMBINED EVENT REGULATIONS

14.1. Venue

14.1.1. The Combined Event Championships (CEC) will typically be held in SEQ on an all-weather track; however, the Competition may be held in regional Queensland provided an all-weather track is available.

14.2. Program of Events

14.2.1. The entire Combined Event Championships program will be conducted over two days on the same weekend.

14.2.2. Events that may be included in the CEC:

i.	U9 to U11	Tetrathlon	4 events: 2 track, 1 jump and 1 throw (alternating)	
ii.	U12 to U14	Pentathlon	5 events: 3 track, 1 jump and 1 throw	
iii.	U15 to U17	Heptathlon	7 events: per LAA standard	
iv.	U13 to U17	Field Jumps Multi	3 events: High, Long and Triple Jumps	
v.	U13 to U17	Field Throws Multi	3 events: Discus, Javelin and Shot Put	'18 03 01
vi.	U13 to U17	Track Multi	3 events: 100m, 200m and age relevant sprint hurdle	'19 05 09
vii.	U9 to U17 MC	Triathlon	3 events: 1 track, 1 jump and 1 throw	'19 05 09

14.2.3. The U9 to U12 Combined Events shall be conducted on one day of the competition weekend.

14.2.4. The U13 to U17 Track and/or Field Multi Events shall be conducted on either the Saturday or the Sunday.

14.2.5. The U15 to U17 Heptathlon shall be conducted over two days of the same weekend and shall:

- i. be offered at the Combined Event Championships and the Winter Carnival, and '18 03 04
- ii. comprise of a hurdle event, sprint event, distance event, two throws and two jumps events. 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

14.3. Track Events

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

14.4. Field Events

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

14.4.2. In 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.

14.5. Nomination

14.5.1. Open to U9 to U17 LAQ registered athletes. '22 07 12

14.5.2. LAQ registered and classified Multi-Class U9 to U17 athletes have the opportunity to nominate in multi-class events or standard events; however, the athletes may not nominate twice in the same event.

14.5.3. 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.
- ii. U15 to U17 athletes may nominate for two Triathlons or the Heptathlon.

14.6. Seeding

14.6.1. 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. '20 11 01

14.7. Points, Placing and Awards

- 14.7.1. U9 to U17 athletes will be allocated points for their best performance in each event.
- 14.7.2. For the U15 age group, LAQ will adopt the system in use by LAA for the combined events (Heptathlon). *JIM 11 ('09)*
- 14.7.3. The World Athletics 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).
- 14.7.4. The Alberta Youth Scoring Table shall be applied for the U9 to U14 age groups for Combined Events points.
- 14.7.5. Medals shall be awarded to the first three placed athletes in the U9 to U17 age groups, in each Combined Event.

14.8. Specific Rules

- 14.8.1. For all LAQ Combined Events, athletes must compete in all set events for and in their own age group.
- 14.8.2. 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*
- 14.8.3. Any athlete deciding to withdraw from the Combined Event competition shall immediately inform the Referee of their decision either through the 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 location of Regional Relays within a Region shall be on a rotational basis or as determined by the Regional Committee.
- i. The Regional Relays venue should have a 400m track.
 - ii. The Centre hosting Regional Relays is allowed to host the competition on grounds with a synthetic surface if the majority of the Centres in that Region approve.
 - iii. 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. Venues and Dates (State)

- 15.2.1. State Relay Championships are held each year in accordance with the published LAQ calendar.
- 15.2.2. State Relay Championships shall be held in SEQ on an all-weather track.

15.3. Program of Events

- 15.3.1. For U7 and U8 athletes, 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.
- 15.3.2. For U9 to U17 athletes, Regional Relays program shall offer:
- i. Two track events for Same Age and Combined Age teams.
 - ii. Three field relay events for teams/athletes.
 - iii. One track and two field relay events for Multi-Class teams (inclusion shall be at the Region's discretion).
- 15.3.3. For U9 to U17 athletes, State Relay Championships program shall offer:
- i. Two track and three field relay events for Same Age teams/athletes.
 - ii. Two track relay events for Combined Age teams.
 - iii. Three field relay events for Mixed Gender teams.
 - iv. One track and two field relay events for Multi-Class teams.
 - v. Two track relay events for Regional Teams (U15 to U17)
- 15.3.4. Track Relay and Field Relay events shall be provided in a set allocation and drawn from:
- i. 2 x 100m (200m), 4 x 70m (280m), 4 x 100m (400m),
4 x Swedish Medley (1000m), 4 x Distance Medley (1600m).
 - ii. High Jump, Long Jump, Discus and Shot Put.

Refer to Relay Event Table published on the LAQ webpage.

15.4. Track Events

- 15.4.1. All track events shall be conducted as timed finals.
- 15.4.2. Each member of a relay team may run one leg only
- 15.4.3. The 2 x 100m for Multi-Class teams shall be run entirely in lanes as shuttle relays.
- 15.4.4. The 4 x 70m and 4 x 100m for U7 and U8 teams shall be run entirely in lanes as shuttle relays.
- 15.4.5. The 4 x 100m (for U9 and U17s) shall be run entirely in lanes as circular relays.
- 15.4.6. The Swedish Medley and Distance Medley are circular relays. The running order shall be:
- i. Swedish Medley Relays - 100m, 300m, 200m and 400m.
 - ii. Distance Medley Relays - 200m, 200m, 400m and 800m.

15.5. Field Events

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

15.5.2. 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).

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)

'22 02 15

For State Relay 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)

'22 02 15

- iv. The increments for raising the bar will be 7cm, 7cm, 7cm and then by 5cm thereafter.
- v. The bar is never lowered for an athlete returning after competing in another event.

15.5.3. 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.

15.6. Team Structure

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

- SAT - Same Age Track
- SAF - Same Age Field
- CAT - Combined Age Track
- MGF - Mixed Gender Field
- RT - Region Track

15.6.2. 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.

15.6.3. 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 Multi-Class Track teams.
- v. U13 to U17 may be combined to form Multi-Class Track teams.
- vi. U9 to U12 may be combined to form Multi-Class Field teams.
- vii. U13 to U17 may be combined to form Multi-Class Field teams.

15.7. Regional Relays Nomination

- 15.7.1. Every effort must be made to ensure all athletes have an opportunity to compete in their nominated events.
- 15.7.2. Athletes may compete in both track and field events, however, are allowed to nominate for a maximum of five (5) events.
- For State Relay Championships, an exemption exists for athletes nominated for the U15s or U17s Regional Relays Track team as these are supplementary teams.
- 15.7.3. Centres may nominate additional athletes who are not nominated in other events as reserves for track teams. These athletes may substitute in case of illness etc.
- 15.7.4. 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.
- 15.7.5. Athletes may not be nominated in the same event for Same Age Track and Combined Age Track teams.
- 15.7.6. 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.
- 15.7.7. 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.
- 15.7.8. Same Age Field: there is no limit on the number of athletes' entries per Centre. Entries shall be nominated by name.
- 15.7.9. All Centres are to supply the Regional Competition Recorder with the following details as at the close of nominations, prior to the start of 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.
- 15.7.10. Team alterations are to be advised prior to the start of competition where possible and throughout the Regional Relays. This rule also applies to reconvened days due to cancellation.

15.8. Seeding

- 15.8.1. 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.
- 15.8.2. 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.

15.9. Placing and Progression to State Relay Nomination

- 15.9.1. 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.
- 15.9.2. Where a qualifying relay team withdraws from State Relay Championships, there shall be no replacement team.
- No entry fee will be charged for relay teams withdrawn before the prescribed closing date for State Relay Championships.
- 15.9.3. 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.

- 15.9.4. 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 count back shall be applied to split equally placed athletes from the same Centre where results are equal. If the tie remains after all count backs are applied, Centre Best Performances shall be used.
 - iv. A count back shall be applied to split equally placed teams where the combined results are equal. If the tie remains after all count backs are applied, Centre Best Performances shall be used.
If a tie still remains, the team to progress shall be decided on the flip of a coin.
 - v. If only one athlete has recorded a distance/height, the second athlete will be selected based on their Centre Best Performance.
 - vi. Athletes competing individually at Regional Relays are not eligible to qualify for State Relay Championships, irrespective of the final recorded distance or height.
- 15.9.5. 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 count back shall be applied to split teams where results are equal.
- 15.9.6. Where team results are equal at Regional Relays and State Relay Championships the count back 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)*
- 15.9.7. At State Relay Championships, medals shall be awarded to the first three placed teams in each event after all countback procedures have been applied.

15.10 Additional Entries to State Relay Championships

- 15.10.1. Multi-Class athletes may nominate teams for direct entry into State Relay Championships.
- 15.10.2. Centres from Central Coast, 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.
- 15.10.3. 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.

15.11. Substitutions

- 15.11.1. 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 Same Age Track (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 Combined Age Track (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 15.12) 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.
- 15.11.2. 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.
- 15.11.3. 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 15.12) for that event.

15.12. Composite Teams

- 15.12.1. 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.

16. REGIONAL AND STATE CHAMPIONSHIPS REGULATIONS

16.1. Venues and Dates (Regional)

16.1.1. The location of Regional Championships within a Region shall be on a rotational basis or as determined by the Regional Committee. *BoD 6 ('17)*

The Regional Championship venue should have a 400m track.

16.1.2. The Centre hosting Regional Championships is allowed to host the competition on grounds with a synthetic surface, if the majority of the Centres in that Region approve. *BLI 52 ('99)*

16.1.3. If a Region conducts the Regional Championships 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.

16.2. Venues and Dates (State)

16.2.1. State Championships are generally held at the end of the Competition Season (March) each year.

16.2.2. 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)*

16.3. Program of Events

16.3.1. For U9 to U17 athletes, Regional and State Championships program will include all standard age group and Multi-Class events.

16.3.2. For U7 and U8 athletes, Regional Championships program will be created from:

- i. 70m, 100m, 200m, Long Jump, Discus and Shot Put.
- ii. In addition to the above, 60m Hurdles may be programmed for the U8 age group.
- iii. The actual events offered will be decided by the Regional Competition Committee and may vary between Regions.

16.4. Track Events

16.4.1. At Regional Championships, for U7 and U8 athletes, all track events shall be conducted as timed finals.

16.4.2. 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)*

16.4.3. 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)*

16.4.4. At Regional and State Championships, 400m, 800m, 1500m and Race Walking events will be conducted as timed finals. Progression to State Championships will be based on best times. *'21 05 04*

16.4.5. At Regional and State Championships, 200m and 300m Hurdles will be conducted as timed finals. Progression to State Championships will be based on best times. *'22 04 12*

16.4.6. Time restrictions shall be applied for Race Walking events conducted at State Championships as follows:

- 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)

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)*

16.5. Field Events

16.5.1. For U7 and U8 athletes at Regional Championships, each athlete may be allowed a maximum of three trials.

16.5.2. 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.

- 16.5.3. 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.
 - If there are eight athletes or fewer in the event and one or more athletes records three failures, all athletes are entitled to proceed to the final round.
 - In the event of a tie for the last qualifying place, the count back procedure is applied.
 - 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. '22 05 10
 - Each athlete shall be credited with the best of all their trials. BoD 3 ('21)
- 16.5.4. At State Championships, High Jump athletes in the U13 to U17 age groups are allowed a practice jump at a height of their choice. The Chief Judge will manage the warm-up time so that the bar was not constantly being raised and lowered. '11 04 13
- 16.5.5. 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	1.35 (b), 1.30 (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)

'22 02 15
LAA ('15)
 - 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.

16.6. Eligibility and Nomination

- 16.6.1. Eligibility for nomination to Regional Championships and State Championships include 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)
- 16.6.2. Athletes in the U7 and U8 age groups may only nominate for Regional Championships.
- 16.6.3. For Summer Regions, U7 to U17 athletes are allowed to nominate for a maximum of five events for Regional Championships.
- 16.6.4. 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.
- 16.6.5. Multi-Class athletes must participate at Regional Championships to be eligible to nominate for the Multi-Class events offered at the State Championships in the same season. Placing at the Regional Championships is not a prerequisite for qualification in Multi-Class events. '19 10 08
- 16.6.6. At Regional and State Championships, classified Multi-Class athletes may nominate to compete in approved Multi-Class events under their own classification up to State level, as determined by the Competition Committee. WB 18 ('13)

16.7. Seeding

- 16.7.1. 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.
- 16.7.2. 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)

16.8. Progression to Next Round

- 16.8.1. 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)
- 16.8.2. 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.
- 16.8.3. 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.
- 16.8.4. The first three rounds of trials must be completed, then a final eight determined prior to the start of the final round.

16.9. Placing and Progression to State Championships

- 16.9.1. U7 and U8 athletes do not progress beyond Regional Championships. BoD 14 ('09)
- 16.9.2. 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.
- 16.9.3. 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)
- 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.
- 16.9.4. There is a time limit to be met for athletes to be eligible to compete at State Championships for all Race Walking events. Athletes not equaling 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)
- Athletes shall be awarded time, place and medals at Regional Championships irrespective of time recorded, unless disqualified under the event rules.
- 16.9.5. There is a time limit to be met for athletes to be eligible to compete at State Championships for the 1500m. Athletes not equaling or bettering the qualifying time of seven minutes at Regional Championships, irrespective of placing, shall not proceed to State Championships. BoD 3 ('15)
- 16.9.6. From Regional Championships, progression to State Championships for field events, a count back shall be applied to split equal placed athletes. '20 03 07
- If the tie remains after all count backs are applied, Best Performances from Centre level and any LAQ Competition (except Relays) shall be used. '20 03 07
- 16.9.7. An athlete choosing not to compete at a State Championship event, after qualifying at Regional level, may not be replaced by another athlete.

16.10. Additional Entry to State Championships

- 16.10.1. 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.
- 16.10.2. Through Qualifying Standards: 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.

- 16.10.3. Medical applications for participation in State Championships will not be considered. *BoD 17 ('13)*

16.11. Placing and Awards

- 16.11.1. At Regional Championships, each participating U7 and U8 athlete will be awarded a participation medallion. *BOM C39 ('03)*
- 16.11.2. 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)*
- 16.11.3. 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.
- 16.11.4. Placings for the Multi-Class 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 Multi-Class classifications. *'16 09 14*