



SACSSGSA ATHLETICS CARNIVAL RULES Revised

Tuesday 21st March, 2017 – ATHLETICS SA Stadium

1. **Age Groups:**

U/14 yrs, U/15 yrs, U/16 yrs, 16+ yrs and Open age groups are calculated on the 1st January in the year of competition. Open Age group means that any age competitor can compete. Junior Open refers to U/14 & U/15 competitors (800m and 1500m only).

2. **Number of events permitted:**

Each school will be allowed TWO competitors per event and ONE relay team for each age group. The only exception is that there will only be ONE competitor for all hurdle events and Steeplechase. Age is taken as from January 1st in the year of competition. A competitor will be permitted to compete in any FOUR individual events and ONE relay event.

The fastest competitor is to compete in Division 1 and the next fastest in Division 2. If a school has only one competitor, she must compete in Division 1.

A competitor can compete in their own age group or older as long as they only compete in one event, e.g. U/14 yrs 100m **but not** U/15 yrs 100m.

Joint events (are NOT classed as individual events):

- a) 800m Junior Open & 1500m Junior Open for U14 and U15 competitors ONLY
- b) Open Events – open to ALL athletes for Open 800m, Open 1500m, Open 3000m and Open 1000m Steeplechase

N.B. U14 and U15 Competitors can compete in 4 individual, 2 Junior Open events and up to 4 Open events (remember a competitor CANNOT compete in 2 x 800m and/or 2 x 1500m) and ONE Relay.

U16 and 16+ competitors can compete in 4 individual and up to 4 Open events and ONE Relay.

3. **Dress for Competitors:**

Each competitor **MUST** wear the correct school athletic uniform. Sandshoes or track shoes must be worn for all events, penalty is disqualification.

4. **Starting Order:**

- (a) In all track events, competitors will run in lanes as allocated.
- (b) Division 1 will always precede Division 2 except in 800m, 1500m, 3000m and steeplechase where they will run together and scored separately.
- (c) Three attempts will be allowed in field events.

5. **The Arena:**

- (a) Only officials and competitors whilst **ACTIVELY ENGAGED** will be allowed on the arena. Any Photographers **MUST** seek permission from the Event Convenor prior to entering the arena.

- (b) Competitors must report to the Starter's-² -Marshall of the respective event 5 mins before starting time. For the relays, ALL competitors will report to their respective changeover points while the first runner reports to the start line.
- (c) No competitor will be permitted to wear spikes which are longer than 7mm measured.
- (e) On finishing a track event **ALL** competitors **MUST** return to the judges' stand, receive their place card and report to the **recorders table**.

6. **Points score for A Grade:-**

	Div. 1:	Div. 2:
1 st	14	5
2 nd	12	4
3 rd	10	3
4 th	8	2
5 th	6	1

	Relay points:
1 st	20
2 nd	16
3 rd	12
4 th	10
5 th	8

Points score for B Grade:-

	Div. 1:	Div. 2:
1 st	12	4
2 nd	10	3
3 rd	8	2
4 th	6	1

	Relay points:
1 st	16
2 nd	12
3 rd	10
4 th	8

7. **Clash of events:**

If there is a clash, athletes should report to both their field and track referees prior to the competition time.

- Track Events take precedence over all field events and the ONE false start rule will apply.
- Inform the field event official that you will be absent due to a track event.
- Athletes are permitted to return to their field event and take any trials missed unless the event has been completed – that is, the last competitor present has jumped or thrown before you report.
- When you return from the track event, let the field event official know that you have returned.
- You will then be permitted to join in the competition again if it is still in progress.
- You will be permitted to join in the round that is taking place on your return and compete out of order if necessary to ensure you can have any trials missed.
- In the High Jump, athletes may commence their jump at **ANY** height above the minimum height and may jump at their discretion, at any subsequent height. The bar will not be lowered under any circumstances for an athlete returning from another event. An athlete may have the last attempt in a round if she wishes and then will **ONLY** have two attempts left the next round if her previous jump was unsuccessful.
- You may opt to miss a jump in high jump if you wish to wait for the bar to go higher.
- Sports Coordinators try to avoid clashes when selecting your team.

N.B. It is important that team coaches ensure that their athletes are **aware** of these instructions.

8. **Seating:**

Each School will be allocated a section of the grandstand. It is important that students in the grandstand are supervised to stop rubbish etc. being thrown over the sides of the Stand.

Supervision of Toilets is also of the utmost importance, and a Timetable is enclosed for your attention.

9. **Cheer Squads:**

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Cheer Squads are welcome but remind you that they must not interfere with the start of events and should not wander around the grounds. Any litter from streamers etc., must be cleared up by that school.

10. **Refreshments:** On sale from the Canteen.

The Carnival will be conducted under the Rules of the Athletics South Australia and Athletics Australia unless otherwise stated in the clash of events rule.

Athletic Events

U/14 yrs	U/15 yrs	U/16 yrs	16+ yrs	Jnr Open	Open
<i>100m</i>	<i>100m</i>	<i>100m</i>	<i>100m</i>	<i>800m</i>	<i>800m</i>
<i>200m</i>	<i>200m</i>	<i>200m</i>	<i>200m</i>	<i>1500m</i>	<i>1500m</i>
<i>400m</i>	<i>400m</i>	<i>400m</i>	<i>400m</i>		<i>3000m</i>
<i>80m hurdle</i>	<i>90m hurdle</i>	<i>90 hurdle</i>	<i>100m hurdle</i>		<i>1000m Steeplechase</i>
<i>high jump</i>	<i>high jump</i>	<i>high jump</i>	<i>high jump</i>		
<i>long jump</i>	<i>long jump</i>	<i>long jump</i>	<i>long jump</i>		
<i>shot put</i>	<i>shot put</i>	<i>shot put</i>	<i>shot put</i>		
<i>discus</i>	<i>discus</i>	<i>discus</i>	<i>discus</i>		
<i>javelin</i>	<i>javelin</i>	<i>javelin</i>	<i>javelin</i>		
<i>relay</i>	<i>relay</i>	<i>relay</i>	<i>relay</i>		
<i>triple jump</i>	<i>triple jump</i>	<i>triple jump</i>	<i>triple jump</i>		

Girls - Hurdles (A.A.) - Technical Specifications

<u>Age</u>	<u>Distance</u>	<u>Number</u>	<u>Height</u>	<u>Start</u>	<u>Between</u>	<u>Finish</u>
<i>U/14 yrs</i>	<i>80m</i>	<i>9</i>	<i>76.2cm</i>	<i>12m</i>	<i>7m</i>	<i>12m</i>
<i>U/15 yrs</i>	<i>90m</i>	<i>9</i>	<i>76.2cm</i>	<i>13m</i>	<i>8m</i>	<i>13m</i>
<i>U/16 yrs</i>	<i>90m</i>	<i>9</i>	<i>76.2cm</i>	<i>13m</i>	<i>8m</i>	<i>13m</i>
<i>16+ yrs</i>	<i>100m</i>	<i>10</i>	<i>84cm</i>	<i>13m</i>	<i>8.5m</i>	<i>10.5m</i>

Steeplechase

<u>Age</u>	<u>Distance</u>	<u>Barrier Height</u>
<i>Open Girls</i>	<i>1000m</i>	<i>76.2cm</i>

High Jump

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N.B. The change to smaller rises is at the discretion of the officials depending on time and the standard of competition.

<u>Age</u>	<u>Starting Height</u>	<u>Subsequent Rises</u>		
<i>U/14 yrs</i>	<i>1.10 m</i>	<i>5cm rises until ONLY 3 competitors in the event are left, then 3 cm rises</i>		
<i>U/15 yrs</i>	<i>1.15 m</i>	<i>"</i>	<i>"</i>	<i>"</i>
<i>U/16 yrs</i>	<i>1.20 m</i>	<i>"</i>	<i>"</i>	<i>"</i>
<i>16+ yrs</i>	<i>1.20 m</i>	<i>"</i>	<i>"</i>	<i>"</i>

Field Events

<u>Age</u>	<u>Shot Put</u>	<u>Discus</u>	<u>Javelin</u>
<i>U/14 yrs</i>	<i>3kg</i>	<i>1kg</i>	<i>400g</i>
<i>U/15 yrs</i>	<i>3kg</i>	<i>1kg</i>	<i>500g</i>
<i>U/16 yrs</i>	<i>3kg</i>	<i>1kg</i>	<i>500g</i>
<i>16+ yrs</i>	<i>3kg</i>	<i>1kg</i>	<i>500g</i>