

## MEETING RULES

### **GENERAL**

- 1 Where not specifically set out in these rules, the NZCAA By-Laws will apply.
- 2 Only Meeting Officials, Activity Assistants and Athletes marshalling for events, or competing in an event should be in the centre of the Arena.  
It is a rule of all athletic competitions that no coaching is allowed inside the competition arena. Athletes are expected to remain in the marshalling area for their events, and parents and coaches must remain outside the fence. If any coach or parent breaks this rule after being spoken to by a Meeting Official, both they and the athlete may be evicted from the arena (resulting in the athlete's exclusion from further participation in that event).
- 3 Every effort will be made to ensure the programme runs to time and in the order laid down. However, the Organising Committee reserves the right to make any alterations it deems necessary. The Organising Committee also reserves the right to allow the programme to run up to 15 minutes early, if the situation arises.

### **4 UNIFORMS**

All athletes must compete in their official Club Uniform. This is particularly important for the running tops. Each Club Manager should carry a supply of spare competition tops. If bike shorts are worn, they should preferably be the predominant colour of the uniform shorts, otherwise black must be worn. The bike shorts must be no longer than just above the knee.

### **5 COMPETITION BIBS**

Athletes must wear an AWJC pre-printed competition bib with their allocated competition number on their official Club Unifirm top while competing in an event during the championships. Failure to do so will mean an athlete will not be able to compete in that event.

### **6 PROTESTS**

Problems and queries, in the first instance, should be discussed by a Club Manager with the appropriate Referee or the Meeting Manager. If the explanation given or action taken does not satisfy the Club Manager, then he/she may lodge a formal protest. **Protests will only be accepted from Club Managers.** Protests must be in writing, setting out the details and grounds for the protest and must be accompanied by a \$20 fee. The fee will be forfeited if the protest is considered to be frivolous. A written protest must be conveyed to the **Meeting Manager, Track Referee or Field Referee** within 15 minutes of the official result being posted or announced.

### **7 SECURITY**

The Organising Committee accepts no responsibility. There have been instances in past years where cars have been broken into and items stolen. Remember to cover/hide/lock any valuables if you must leave them in the car.

### **8 MEDALS & RIBBONS**

Medals will be awarded to the first three placings in all Grade 7 - 15 Finals.

Athletes registered with other Centres are not eligible for AWJC Children's Championship records or titles.

Finalist ribbons will be awarded to:

the top 8 placed competitors in all Field events,

the top 9 placed competitors per 60m/100m/Hurdle Track Finals

the top 8 placed competitors per 200m and greater distance Track Finals

Finalist ribbons will not be awarded to relay competitors.

## **TRACK**

### **1 SPIKES**

Spikes may only be worn during competition, by athletes in Grades 10 – 15.

Maximum Spike length allowed: 6mm on Track / 6mm at Long Jump / 9mm at High Jump. Only cone, pyramid or xmas tree spikes are allowed, NO needle spikes.

### **2 ASSEMBLY**

Athletes **must not go** to the assembly area or Track Marshalling Tent **until called** by the Meeting Announcer or the Track Marshalling Tent.

### **3 HURDLES**

| Age & Grade             | Distance      | Hurdle Height | Start to 1 <sup>st</sup> Hurdle | Distance Between Hurdles and No |
|-------------------------|---------------|---------------|---------------------------------|---------------------------------|
| 12G & 13G,<br>12B & 13B | 80m (Black)   | 0.762m        | 12m                             | 7.5m – 8 hurdles                |
| 14G & 15G               | 80m (Black)   | 0.762m        | 12m                             | 8m – 8 hurdles                  |
| 14B & 15B               | 100m (Yellow) | 0.840m        | 13m                             | 8.5m – 10 hurdles               |

4 **METHOD OF FINDING FINALISTS (Grade 7-15 inclusive)**  
**60m, 100m, 200m, 400m, 80m Hurdles, 100m Hurdles and all Relays will be determined by times. 800m and 1500m will be determined by placings and fastest losers in the qualifying heats.**  
 Where published scheduled heats are advised in the Program of Events - ALL competing athletes must register at the Marshalling tent at the scheduled heat time to allow them to compete in a final.  
 If the published scheduled heat is found not to be required due to less confirmed starters - the race will run **at the scheduled FINALS time**.

**60m, 100m, Hurdles**

|                                |              |
|--------------------------------|--------------|
| Up to 9 confirmed starters     | Final        |
| More than 9 confirmed starters | Heats, Final |
| (Fastest 9 to the Final)       |              |

**200m, 400m**

|                                |              |
|--------------------------------|--------------|
| Up to 8 confirmed starters     | Final        |
| More than 8 confirmed starters | Heats, Final |
| (Fastest 8 to the Final)       |              |

**800m & 1500m**

|  |   |
|--|---|
| Up to 16 confirmed starters  | Final (This number may be increased after consultation with Meeting Manager and Meeting Organisers, to avoid running heats to eliminate a few athletes) |
| Over 16 confirmed starters   | Heats, Final (refer above)  |
| 2 Heats - First 6 in each Heat, plus the 4 fastest losers to qualify for the Final |   |
| 3 Heats - First 4 in each Heat, plus the 4 fastest losers to qualify for the Final |   |

5 **NOTIFICATION OF QUALIFIERS AND RESERVES**

Qualifiers for finals will be notified in the following way:

- (a) Finals sheets will be posted on noticeboards.
- (b) Two reserve athletes shall be named and ranked for each final. These reserves should report to the Track Marshalling Tent when the qualifiers are called.  
 In the event of a withdrawal or non-appearance of a finalist, the Track Marshals shall place a reserve in rank order in the final and once in place, that decision cannot be reversed.

6 **LANE DRAWS**

All lanes in heats, and finals when no preliminary races are necessary, shall be pre-drawn. Lane draws for all finals where a preliminary round has been run will be drawn by ballot and posted on noticeboards.

If there is an excessive number of withdrawals in any event, heats may be redrawn by the Track Marshalls.

Athletes competing in laned events must remain in their lanes and return to the finish line at the completion of events, until dismissed. Any athlete found to have run in an incorrect lane will be disqualified.

7 **QUALIFIERS FOR FURTHER ROUNDS**

Any athlete having qualified for a final, who fails to compete in that final, becomes ineligible for further competition on that day. Likewise, any competitor starting in a final and making no significant effort, could also face disqualification. These decisions will be the sole responsibility of the Track Referee.

8 **STARTING PROCEDURE / FALSE STARTS**

A competitor in Grades 7 to 9 may use a crouch or standing start for races.

A competitor in Grades 10 & 11 must use a crouch start for races up to 400m inclusive.

A competitor in Grades 12 to 15 must use a crouch start off blocks for races up to 400m inclusive.

Crouch starts with spiked shoes WITHOUT starting blocks WILL NOT BE ALLOWED.

Starting blocks will be supplied by the Wellington Centre. Use of athletes own blocks will not be permitted.

For races 800m and greater, a standing start will be used.

Standing starts will be used by athletes running 800m as the first leg in medley relays.

For Grade 7 to 9 the false start will be called on the athlete(s) responsible. If the same athlete(s) make further false starts, they will be disqualified.

For Grade 10 to 15 the false start will be called on the whole field. ANY athlete(s) making further false starts shall be disqualified.

Any matters relating to the start will be at the absolute discretion of the Starter, Track Referee or delegated official. It will be his or her responsibility to ensure all competitors receive a fair start.

## **RELAYS**

- 1 Athletes may be entered in maximum of ONE relay of EACH TYPE (4 x 100m and Medley). All athletes in a relay team must:
  - (a) be a registered member of the Centre and the Club that enters the Team.
  - (b) wear that Club's uniform.
  - (c) Grade 7, 8 and 9 athletes are permitted to compete up to a maximum of 3 grades higher in a 4 x 100m Relay and/or Medley Relay. Eg a Grade 7 athlete may be a member of up to a Grade 10 relay, a Grade 9 athlete may be a member of up to a Grade 12. Athletes running up an age grade will compete under that age grade rules eg: 9 yr adhering to 12 yr rules if running in a 12 yr race
  - (d) The maximum distance that a Grade 7, 8, 9 athletes may run in a Medley Relay is the 200m leg.
  - (e) Any athlete having qualified for a track final and who fails to compete in that final, is ineligible to compete in any relays.
- 2 **4x100m RELAYS**
  - (a) Relay teams may include athletes from a younger age grade except as restricted by Clause 1(c) above. Younger Age Grade athletes competing in Grade 10 or above 4 x 100m Relays, if running the first leg, must comply with the starting rules for the Grade being competed.  
Clubs may enter up to two teams per 4x100m relay race, provided there are lanes available and it is not forcing a second heat.
  - (b) All team members must be of the same sex, except in Grades 7, 8 and 9, where clubs may enter composite teams of boys and girls. The following conditions apply:
    - (1) 1 boy, 3 girls = Girls Team
    - (2) 2 boys, 2 girls - Boys or Girls Team  
(Clubs choice, but may compete in only one event)
    - (3) 3 boys, 1 girl = Boys Team
  - (d) For Grade 10 or 11, clubs may enter a composite team but must compete in Boys 10 or 11.
  - (e) There will be no finals for 4 x 100m Relays. 1st, 2nd and 3rd places will be determined from the three fastest times in the heats.

## **MEDLEY RELAYS**

- (a) Medley relays are open to athletes in Grades 10 - 15.
- (b) Clubs may enter up to two teams per Medley relay race, provided there are lanes available and it is not forcing a second heat.
- (c) Athletes from a younger grade may be used in a Medley Relay except as restricted by Clause 1(c) or (d) above. Younger Age Grade athletes competing in Grade 10 or above Medley Relays, if running the first leg, must comply with the starting rules for the Grade being competed.
- (b) Teams must comprise of either two girls and three boys or vice versa, with one girl running either the 400m leg or the 800m leg.
- (e) There is no stipulation as to the order in which a team runs their relay. Each team must run the prescribed legs: 2 x 100m, 1 x 200m, 1 x 400m and 1 x 800m
- (f) Medley relays start from the 400m stagger, and all teams may break lanes at the completion of the second curve (where the athletes enter the home straight on the first lap).
- (g) Runners are to be marshalled on the outside of the track at each change zone. Lane 1 is to be kept clear for runners not changing the baton at that zone to pass through unimpeded. The baton is to be changed in Lane 2, except for simultaneous changes where outer lanes are to be used as required.
- (h) There will be no finals for Medley Relays. 1st, 2nd and 3rd places will be determined from the three fastest times in the heats.

## **FIELD**

- 1 **ORDER OF COMPETITION**  
Competitors will be randomly sorted into an order of competition and this will be available at the respective activity desk.
- 2 **NUMBER OF ATTEMPTS**  
Age Grade 7-13: 3 x Throws, Puts and Jumps will apply to the Discus, Shot and Long Jump respectively and, if valid, each must be measured.  
Age Grade 14 & 15: 6 x Throws, Puts and Jumps will apply to the Discus, Shot and Long Jump respectively and, if valid, each must be measured.  
Three attempts at each height will be allowed at the High Jump, but three consecutive failures mean elimination.
- 3 **COUNTBACKS**  
There will be no countbacks to determine placings apart from High Jump.

The athlete will be awarded their best valid attempt.

4 **LONG JUMP**

Metre boards will be used up to and including Grade 11.

For Grade 7, 8 the front of the white coloured band will be placed 1m from the leading edge of the pit.

For Grade 9, 10 the front of the white coloured band will be placed 1.5m from the leading edge of the pit.

For Grade 11 the front of the white coloured band will be placed 2m from the leading edge of the pit.

Grades 12 - 15 will use the standard take off board. The standard take off board at Newtown Park is 2.00m from the leading edge of the pit.

5 **HIGH JUMP STARTING HEIGHTS**

| <i>Grade</i> | <i>Girls</i> | <i>Boys</i> |
|--------------|--------------|-------------|
| 10           | 1.00m        | 1.05m       |
| 11           | 1.05m        | 1.10m       |
| 12           | 1.10m        | 1.15m       |
| 13           | 1.15m        | 1.20m       |
| 14, 15       | 1.20m        | 1.25m       |

6 **DISCUS WEIGHTS**

| <i>Grade</i> | <i>Girls</i> | <i>Boys</i> |
|--------------|--------------|-------------|
| 7, 8, 9      | 500gms       | 500gms      |
| 10, 11       | 750gms       | 750gms      |
| 12           | 750gms       | 1.000kg     |
| 13           | 1.000kg      | 1.000kg     |
| 14, 15       | 1.000kg      | 1.250kg     |

7 **SHOT WEIGHTS**

| <i>Grade</i> | <i>Girls</i> | <i>Boys</i> |
|--------------|--------------|-------------|
| 7            | 1.000kg      | 1.000kg     |
| 8, 9         | 1.500kg      | 1.500kg     |
| 10           | 2.000kg      | 2.000kg     |
| 11           | 2.000kg      | 3.000kg     |
| 12           | 3.000kg      | 3.000kg     |
| 13           | 3.000kg      | 4.000kg     |
| 14           | 3.000kg      | 5.000kg     |
| 15           | 3.000kg      | 5.000kg     |

8 Only implements supplied by the Meeting Organising Committee will be allowed in the competition.