

CHAMPIONSHIP MEETING RULES

- 1** Every effort will be made to ensure the programme runs to time and in the order laid down. However the Meeting Management reserves the right to make any alterations it deems necessary.
The Meeting Management also reserves the right to allow the programme to run up to 30 minutes early if the situation arises.
-
- 2a** All events have been pre-entered.
-
- 2b** Athletes may only compete in their own grades with the exception of relays, where a younger runner may be used to make up a relay team.
-
- 2c** Attention is drawn to the following rule from the New Zealand Children's Athletic Association Rules, which will apply to the Championship Meeting :-
'An athlete may compete in a maximum of four events, excluding relays, within a one day period. The four events may include a maximum of three track or three field events.'
-
- 2d** **CAUTION:** Because 400m and 1500m, and 200m and 800m will be programmed for the same days of the Championships, Clubs are asked to be careful when letting athletes compete in both events.
This is a caution only, necessary because heats and finals are definite for the 200m and 400m events. Your Committee is reluctant to ban athletes from competing in either pair of events as it has been policy to allow all athletes to compete in events they are eligible for, but we ask all Clubs to exercise care with these events.
-
- 3** Approved spiked running shoes may be worn by competitors in Grades 10, 11, 12, 13 & 14 - 6mm cone spikes / 7mm Mondo spikes for track events and the long jump - 9mm spikes at the high jump only. No Needle Spikes.
Please note that the following rule will apply to athletes in Grades 7 to 9 inclusive.
No shoes capable of taking spikes can be worn by these athletes.
THIS MEANS TRACK SHOES WITHOUT SPIKES OR WITH STUDS INSTEAD OF SPIKES CANNOT BE WORN. Track shoes with the spike plate replaced by a rubber sole are permitted.
Own Blocks must have 12mm cone spikes - these to be checked with Track Referee before use.
-
- 4** **STARTING:**
Starting Blocks may only be used by competitors in the **10, 11, 12, 13 and 14** Grades.
A competitor in Grades **7 to 9** must use a crouch start for races up to 200m inclusive.
A competitor in Grades **10 to 14** must use a crouch start for races up to 400m inclusive.
A competitor in Grades **12 to 14** must use starting blocks for races up to 400m inclusive.
Crouch starts with spiked shoes without blocks **WILL NOT** be allowed.
For 800m, 1500m and Walk Races, a standing start will be used.
-
- 5** All athletes must be wearing the correct Club Uniform, plus a securely fastened Grade Patch and Registration Number. **No Grade Patch & Registration Number - NO START** Participants in Walk Races to wear Front & Back Rego. Numbers
-
- 6** Track events will take priority over field events. Competitors must be aware that if they leave a high jump to compete in a track event, they re-join the high jump at the height the bar is currently at.

7 Where heats are run, the following systems for finding the finalists will be used.

7a **The following table, is to be used to determine the number of Rounds, and the number of Heats in each Round, to be held and the qualification procedure. i.e. Those to advance by place (P) and time (T), for each round. 60m, 100m, 200m, 80m Hurdles and 100m Hurdles.**

Confirmed Starters	First Round			Semi-Finals		
	Heats	P	T	Heats	P	T
9 to 16	2	3	2			
17 to 24	3	2	2			
25 to 32	4	3	4	2	3	2
33 to 40	5	4	4	3	2	2
41 to 48	6	3	6	3	2	2
49 to 56	7	3	3	3	2	2

If scheduled heats or semi-finals are no longer required due to reduced starting numbers, then the final will be contested at the scheduled FINAL time.

When 3 heats are run but the number of **CONFIRMED STARTERS** drops to 24 or less, the programmed Semi-final will no longer take place – qualifying for the **FINAL** will be as follows:- **The first 2 placegetters from the 3 Heats plus 2 by time.**

When 5 heats are run, but the number of **CONFIRMED STARTERS** drops to 32 or less, the programmed 3 Semi-Finals will reduce to 2 Semi-finals – qualifying for these Semi-finals will be as follows:- **The first 2 place getters from the 5 Heats, plus 6 by time.**

7b **400m.**

Two Heats: The first three place getters in each heat, plus the two fastest losers, go to the final.

Three Heats: The first two place getters in each heat, plus the two fastest losers, go to the final.

Four Heats: The first place getter in each heat, plus the four fastest losers, go to the final.

Five Heats: The first place getter in each heat, plus the three fastest losers go to the final.

7c Where there are only NINE competitors in an event, (60m, 100m, 200m, 400m, 80m hurdles, 100m hurdles) the **EIGHT** fastest from the two heats go to the final.

7d **800m & 1500m**

Up to 16 confirmed starters. Straight final

This number may be increased after consultation with Team Managers, Meeting Manager, Track Manager, (if appointed) and Track Referee, to avoid running heats to eliminate a few athletes.

Over 16 confirmed starters. Heats, Final

Two heats - First 5 in each heat, plus 4 fastest losers to qualify for the final

7e **Notification of Qualifiers and reserves**

Qualifiers for semi-finals and finals will be notified in the following way:

(i) Semi-final and final sheets will be posted on notice boards.

(ii) Two reserve athletes shall be named and ranked for each semi-final and final.

These reserves should report to the Track Marshal when the qualifiers are called.

In the event of a withdrawal or non appearance of a semi-finalist or finalist, the Track Marshals shall place a reserve in rank order in the semi-final or final and that decision cannot be reversed.

7f Qualifiers for further rounds

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

8 FIELD EVENTS - NUMBER OF ATTEMPTS.

High Jump Three attempts at each height.

Long Jump, Shot Put, Discus Throw. Three attempts, except for Grades 12, 13 and 14 where the **TOP EIGHT** after the first three rounds will be given a further 3 attempts.

9 LONG JUMP

Metre boards shall be used by athletes up to and including Grade 11.

10 CHAMPIONSHIP POINTS

1st: 8 pts, 2nd: 7 pts, 3rd: 6 pts, 4th: 5 pts, 5th: 4 pts, 6th: 3 pts, 7th: 2 pts 8th: 1 pt

11 CHAMPIONSHIP RELAYS

CLUBS may enter more than one team in a grade.

An athlete may compete in **ONLY ONE** relay event over the two days of the Meeting. In the Grades 7, 8 & 9, Clubs may enter composite teams of girls and boys. The following conditions apply.

- (1)** 1 Boy, 3 Girls - **Girls Team**
- (2)** 2 Boys, 2 Girls - **Boys Team**
- (3)** 3 Boys, 1 Girl - **Boys Team.**

RELAY ENTRIES

Must be submitted on the OFFICIAL entry forms to the secretary in the TIC Room no later than **12.00 noon** on **SATURDAY MORNING** for BOYS, and **SUNDAY MORNING** for GIRLS, so that heats can be drawn if required. **All relays will be timed finals.**

Team members, registration numbers, full names & age patch must be entered on the Official Entry Sheets, in running order by the Team manager. Failure to compete with the named athletes or incorrect running order may lead to disqualification. Amendments to athletes names & running order may be made at the Control Room up to one hour before the race start time.

12 PROTESTS

- Problems and queries in the first instance should be discussed by the Team Managers with the appropriate Referee.
 - If the explanation given or action taken does not satisfy the Team Manager, then he or she may lodge an appeal to the Jury. Protests will only be accepted from Team Managers.
 - Protests must be on Protest Forms (available from Control Room), setting out the details and grounds for the protest, along with IAAF Rule Number or Meeting Rule number as applicable, The protest form must be accompanied by a \$20 fee.
 - The fee will be forfeited if the protest is not upheld.
 - The written protest must be conveyed to the Control Room Manager within 30 minutes of the official result being posted or receiving a ruling from the appropriate Referee.
 - A Jury of Appeal will consider the appeal and the result of their deliberations will be notified to the Team Manager by the Meeting Manager.
 - All Jury of Appeal decisions are final.
-

STARTING PROCEDURE RULES

60m to 400m, 80m & 100m Hurdles, 4 x 100m Relays & Medley Relays (100m, 200m & 400m first leg runners).

- (a) All competitors must use a **CROUCH START**
- (b) **Assembly Line:**
Athletes are placed on an assembly line by starters assistants (2 metres minimum behind start line).
- (c) **On Your Marks:**
All competitors then move forward to the Start Line.
(i) The **CROUCH POSITION** is taken up.
(ii) An athlete shall approach the start line and assume a position completely within his or her lane and behind the start line.
Both hands and at least one knee must be in contact with the ground.
If using blocks both feet must be in contact with the foot plates of the blocks.
- (d) **Set:**
This is called when all competitors are **STILL** in the '**ON YOUR MARKS**' position.
(i) The normal **SET POSITION** is adopted.
(ii) At the 'Set' command, an athlete should immediately rise to his or her final start position. Both hands must maintain contact with the ground.
If using blocks both feet must maintain contact with the footplates of the blocks.
If not using blocks, both feet must maintain contact with the ground.
- (e) **Gun:**
This will be fired when **ALL** the field is **STILL**.
- (f) **Break:**
Athletes, after assuming a full and final set position, shall not commence their start until receiving the report from the gun, or approved starting apparatus.
If, in the judgement of the starters or recallers, an athlete does so any earlier, it shall be deemed as a false start. Any athlete responsible for a false start shall be disqualified.

800m and 1500m races:

- (a) **Assembly Line:**
Athletes are placed on an assembly line by starters assistants.
- (b) **On Your Marks:**
All competitors then move forward to the start line. A standing start is mandatory. The feet **MUST** be placed in the position from which they will '**PUSH OFF**' when the gun goes.
- (c) **Gun:**
This will be fired when **ALL** the field is **STILL**.
- (d) Athletes, after assuming a full and final set position, shall not commence their start until receiving the report from the gun, or approved starting apparatus. If, in the judgement of the starters or recallers, an athlete does so any earlier, it shall be deemed as a false start. Any athlete responsible for a false start shall be disqualified.

FIELD EVENT SPECIFICATIONS

Shot Weights:	1.0 kg	Grade 7 Girls and Boys
	1.5 kg	Grade 8, 9 Girls and Boys
	2.0 kg	Grade 10 Boys, Grade 10 & 11 Girls
	3.0 kg	Grade 11 & 12 Boys , Grade 12, 13 & 14 Girls
	4.0 kg	Grade 13 Boys
	5.0 kg	Grade 14 Boys

Only shots and discus supplied by CCAA may be used in competition.

Discus Weights:	0.500 kg	Grade 7, 8 and 9 Girls and Boys
	0.750 kg	Grade 10 & 11 Girls and Boys. Grade 12 Girls
	1.000 kg	Grade 13 & 14 Girls. Grade 12 & 13 Boys
	1.250 kg	Grade 14 Boys

High Jump—Bar Starting Heights:

Grade 10 Girls - 1.05m	Grade 10 Boys - 1.10m
Grade 11 Girls - 1.10m	Grade 11 Boys - 1.15m
Grade 12 Girls - 1.15m	Grade 12 Boys - 1.25m
Grade 13 Girls - 1.20m	Grade 13 Boys - 1.30m
Grade 14 Girls - 1.25m	Grade 14 Boys - 1.35m

Hurdle Regulations

Grade	Distance of race	No. Of Flights	Height of Hurdles	Start line to first hurdle	Distance between hurdles	last hurdle to finish line
G12 Girls G13 Girls G14 Girls G12 Boys G13 Boys	80m	8	0.762m	12m	8m	12m
G14 Boys	100m	10	0.840m	13m	8.5m	10.5m