

ZONE/REGION/STATE TRACK & FIELD CHAMPIONSHIPS

These rules are to be read in conjunction with Section "A" Competition General Rules, Section "B" – Track Events and Section "C" – Field Events.

1. Eligibility

- i) All athletes must be registered with LAANSW.
- ii) LAANSW athletes can only enter the Zone Championships for the Zone containing their Centre. "Individually registered athletes" can only enter the Zone Championships for the Zone to which they have been allocated, based upon their place of residence.
- iii) The Centre must forward entries to the Zone Co-ordinator for all athletes representing their Centre. The Association must forward entries for "individually registered athletes" to the Zone Co-ordinator.
- iv) Athletes may only compete in one LAANSW Zone Championship in a season.
- v) Athletes must qualify for LAANSW Regional Championship via a LAANSW Zone Track & Field Championship. The number of entries per Zone will be based upon the number of Zones in the Region.
- vi) Athletes must qualify for LAANSW State Track & Field Championships via an LAANSW Regional Track & Field Championship. Regions will be restricted to three entries per event, however each Region has a rotational turn at qualifying four competitors through to State. The order of rotation being:
R3 - 2008/2009 R5 - 2009/2010 R2 - 2010/2011
R4 - 2011/2012 R1 - 2012/2013
- vii) Regions will be restricted to one relay team, however three nominated Regions may enter one additional team per event as follows:
R1, 2 & 3 - 2008/2009 R4, 5 & 1 - 2009/2010
R2, 3 & 4 - 2010/2011 R5, 1 & 2 - 2011/2012
R3, 4 & 5 - 2012/2013

2. Entry Restriction by Athletes at Zone Track & Field

- i) A maximum of 4 competitors (unless notified by Zone Co) from each Centre in U7 to U12 are allowed in each event and no competitor will compete in more than 4 events, excluding the relays.
- ii) In the U13, U14, U15 and U17 age groups, there is no restriction on the number of competitors a Centre may enter in an event, however no competitor will compete in more than 4 events, excluding the relays.
- iii) Age divisions:
Zone U7-U17 Region U8-U17 State U9-U17.
- iv) Competitors must compete in their own age group.

3. Uniform

- i) The Association must approve **ALL** LAANSW Centre uniforms.
- ii) **ALL** LAANSW competitors must compete in their registered Centre uniform. In the case of "individually registered athletes" Centre uniform shall be classified as the generic uniform, as determined by the Association. Clothing displaying non-approved **logos** must not be worn.
- iii) **ALL** singlets or "T" shirts must be tucked in when in the competition area. If the singlet or "T" shirts come out during the event it will not be a foul. A competitor must be warned prior to being fouled for not having singlet or "T" shirt tucked in.
- iv) Individual "sponsors" registration numbers are to be worn by **ALL** LAANSW competitors firmly affixed to the front of the uniform top.
- v) "Sponsors" Centre numbers are to be worn by **ALL** LAANSW competitors firmly affixed to the back of the uniform.
- vi) Individual and Centre numbers **must not** be modified and **must** clearly show the sponsor's name and the number.
- vii) Age numbers are to be worn on the **front left hand side** of the uniform.
- viii) The ALA sponsor patch must be worn on the **front right chest area** of the uniform top.
- ix) Approved Centre uniform must be worn on the presentation dais.

4. Footwear

- i) Footwear is compulsory for **ALL** competitors in **ALL** events.
- ii) Spike shoes **MAY NOT** be used in any U7 to U8 event or in any event not entirely run in lanes.
- iii) Competitors in U9 - U17 age groups may wear spikes in events run entirely in lanes, Javelin, Long jump, Triple jump and High jump.
- iv) Competitors **must not** wear spike shoes with the spikes removed in any event.

- v) Spike shoes must only be worn during the event and **are not** to be worn to and from the event.
- vi) Spike length:
 - a) Synthetic – Track 7mm Maximum
High/Long/Triple/Javelin 9mm Maximum
 - b) Grass - 12mm Maximumor according to ground requirements.

5. Reserves to Finals

- i) Two reserves are to be nominated for all track finals for which heats have been contested at Zone, Region and State Championships.
- ii) A lane draw for the eight finalists will be posted, with a first and second reserve nominated below the draw. If a reserve is required, due to a finalist withdrawing from the event, then that reserve will compete in the lane allocated to the withdrawing finalist, except in the circumstance of a withdrawing finalist notifying recording prior to the lane draw being posted on the board.
- iii) All listed finalists and reserves attend the marshalling for all final track events.
- iv) A reserve can take their place in the event due to the absence of any listed athlete. An athlete is deemed absent by formally withdrawing from the event or by not reporting prior to the close of marshalling.
- v) Marshalling is deemed closed when the marshal has completed the paperwork and the competitors are released from the marshalling area.

6. Local Rules

As they may apply, **but they must not contradict** the Association Rules.

7. Relay Events – Rules of entry

- i) **Centre Teams** - Centres may enter a maximum of 1 relay team in each division.
- ii) Divisions
 - a) Boys Junior b) Girls Junior
 - c) Boys Senior d) Girls Senior
- iii) Team Composition
 - a) Junior - one athlete from U9, U10, U11 & U12
 - b) Senior - one athlete from U13, U14, U15 & U17
- iv) Eligibility
Minimum Age - Athletes must be genuine U9 and older.
- v) Age Substitution
 - a) If a Centre does not have any competitors in one of the age groups (U9-U15), actually competing at the Zone Championships, a competitor from the age group below (minimum U9) is allowed to go up one age group for the purpose of entering a relay team. If the team qualifies, the age composition of that team shall remain the same through the progression to Region and/or State.
 - b) If a Centre does not have any competitors in the U17 age group, actually competing at the Zone Championships, an additional competitor from the U13, U14 or U15 age group is allowed to go up to replace the U17 athlete for the purpose of entering a senior relay team. If the team qualifies, the age composition of that team shall remain the same through the progression to Region and/or State.

8. Team Progression - Zone to Region

- i) The Region Co-ordinator, in conjunction with the Zone Co-ordinators may determine the number of relay teams from each Zone Championship that qualify to Region.
- ii) Once the team qualifies individual athletes may be replaced as required. Replacement athletes must be from the same age group as the athlete being replaced.

9. Selection criteria – LAANSW State team

- LAANSW State Team to compete at the Australian Teams' Championships.
- i) A team of 22 U13 athletes will be chosen from performances recorded during the current season's LAANSW State Track & Field Championships.
 - ii) Athletes will be selected on the basis of their ability to gain maximum **team** points for NSW.
 - iii) Winners are not necessarily chosen. A good second or third place with a back-up event may be more attractive to the selectors with reference to the ALAC program of events. Athletes, generally, will need to excel at more than one event.