

1. **Boundaries**
Only performing athletes plus track, field and recording officials will be allowed into the track/arena. Managers alone if required by the referees may have access to the control room or enter the marshalling area proper when officially lodging a complaint.
2. **Dress**
Any competitor who fails to wear his/her District's registered uniform will be disqualified.
3. **Draws**
 - a) Draws for the lanes in heats for track events and the order in which competitors take their finals in field events will be finalized by the Meet Manager software. Any changes as a result of a reduction in competitors will be decided by the respective referees.
 - b) Draws for the lanes in the finals will be organized by the "Meet Manager" programme.
4. **Reporting for Events**
 - a) All competitors shall report to the Marshalls at the call room 30 minutes before the start of their events or immediately after their events are called. Any competitor who does not report to the Marshall after his/her final call will be disqualified.
 - b) No competitor shall enter the field without first reporting to the Marshalls. Entry will be made in an organised manner, initially to the check-in marquee and then on to the call room.
 - c) No Manager will be allowed to enter the check-in marquee and the call room.
 - d) Programme starting times are approximations and may be altered by the Meet Director.
5. **Leaving the Arena**
At the end of each event, competitors shall return immediately to their team base through the area specified on the day in an orderly manner. No competitor will be allowed to watch or loiter inside the arena when not competing.
6. **Entries**
 - a) Each athlete can compete in one age group only. Young athletes may compete in an older age group.
 - b) The age of each category will be determined on the 31st of December in the year of competition:
 - Under 9:
Born in 2008.
 - Under 10:
Born in 2007.
 - Under 11:
Born in 2006.
 - Under 12:
Born in 2005.
 - Under 13:
Born in 2004.
 - Under 14:
Born in 2003.
 - c) Athletes are allowed to perform in a maximum of 3 events:
 - i. One (1) Track, one (1) Field and the relay *OR*
 - ii. Two (2) field and the relay *OR*
 - iii. Two (2) track and the relay
 - d) Each district will only be permitted to enter two (2) athletes per event in every grade.
7. **Clash of Events**
When there is a clash between a track and a field event, the track takes precedence. The competitor must check in with the field event judge, go and compete in the track event, and then return immediately to the field event where he/she will be allowed the full number of throws and jumps. Any unnecessary delay may lead to disqualification.
8. **Coaching and Assisting**
Coaches will not be allowed in the competition or marshalling area. Disqualification of athletes will result, if coaches choose to ignore this rule.

Athletes in relay teams who assist their fellow athletes by running along the side of the track will have their team disqualified.
9. **Qualification for Finals in Track Events**
 - a) 3 Heats – First 2 in each heat and next fastest 2
 - b) 2 Heats – First 3 in each heat and next fastest 2
 - c) 4 Heats – First in each heat and next fastest 4
10. **Field Events**
 - a) Each competitor shall be allowed **Three (3) throws or jumps**, excluding any trial attempts.
 - b) In the high jump the Jump Referee will determine the starting height. The winner will continue jumping until he/she has three (3) failures at one height.
11. **Track Starting Rules**
The following will be applicable for all age groups (Under 9 – Under14): In any track event only ONE break start will be permitted. Any athlete that makes a break start after this will be disqualified.
12. **Disputes**
 - a) Disputes Committee/Jury of Appeal
 - Meet Director
 - Meet Manager
 - Technical Director
 - Respective Referee of the Appealed Event
 - b) Any dispute must be lodged within **fifteen minutes** after the completion of the event.

- c) Disputes in Track Events should be lodged with Track Referee.
- d) Disputes in the Field Events should be lodged with the Respective Referee.
- e) Only Team Managers will be allowed to lodge complaints in writing on the appropriate form with a deposit of twenty dollars (\$20.00). The deposit will be refunded in genuine cases that are upheld.
- f) The decision of the Dispute Committee will be final.

13. **Running Shoes**

These are optional. Competitors wearing running shoes must wear the correct type i.e. spikes 6mm (or less) in length.

14. **Relays**

Competitors in relays must compete in their correct grade.

In relay races the baton must be passed within the takeover zone marked and must be carried by the hand throughout the race. If it is dropped, the baton must be picked up by the athlete who dropped it. **Lanes must be kept throughout the race.**

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15. **Substitution**

Substitution can only be made under the following conditions:

- 1. The competitor is certified medically unfit to perform due to illness or injury. A medical certificate must be provided.

2. **The Replacement -**

- a) is on the official list of reserves or in another event of the same age group in question.
- b) is of the same age group.
- c) will not have exceeded the amount of events he/she is entitled to take part in.

- 3. The Team Manager should officially apply through the Meet Administrator at or before the Managers' Meeting.

- 4. Only 7 substitutions for the girls' team and 7 for the boys' team will be permitted.

5. **No substitution will be permitted on the day of competition except in the case of the relays where the following rule applies:**

When an athlete in a relay team is medically certified unfit to run in his/her event, then a substitute from the reserve list of the same age group will be allowed to run in the relay team

16. **Trophies**

Team trophies will be awarded to both boys and girls for the highest number of gold medals gained in each individual grade.

There will be an Overall Team Trophy in both sections for the teams with the highest total of gold medals across the six grades.

In the event of a tie for the Teams Trophy (both Grade and overall), the Trophy shall be awarded to the team with the greater number of **silver medals.**

17. **Competition Conduct**

- I. Athletes should uphold the same values of sportsmanship off the field as they do when engaged in athletics.
- II. Athletes should always thank the coaches and officials who enable them to participate in athletics.
- III. Athletes should act with dignity and display courtesy and good manners towards others. If an athlete is found abusing another athlete whilst competing, he/she will be disqualified. No athlete is permitted to throw the relay baton away after completing his/her event as this will disqualify his/her team. Batons, will therefore, be handed to the respective official at the end of the relay event.
- IV. Athletes will avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to themselves or others.
- V. Any competitor acting in an unsporting or improper manner renders himself/herself liable to disqualification from participating in all further events in the competition.
- VI. Athletes must notify their Team Manager or a responsible adult if they have to go somewhere (why, where and when they will return)

- 18. Apart from the foregoing, all Officials of events will be guided by internationally accepted rules and regulations except where modified by the Referees in consultation with the Meet Director. All competitors will be informed of any such change.