



***ATHLETICS WEST***

**Little Athletics WA Program  
2025/26 Season Rules &  
Regulations**

**Last Updated 26 August 2025**

## RELEVANT POLICIES

The Australian Athletics Code of Conduct applies for all Strive and State competitions.

Policies and related documents can be found on the Athletics West website below and any updates will be communicated directly to members: <https://www.athleticswest.com.au/about>

## ATHLETICS WEST CONTACT

Contact: 08 6272 0480

Email: [admin@athleticswest.com.au](mailto:admin@athleticswest.com.au)

Postal Address: PO Box 157, Floreat WA 6014

Physical Address: Aisle 8, Level 1, WA Athletics Stadium, Stephenson Ave, Mt Claremont 6010

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## PREFACE

Unless otherwise specified in this regulation, the World Athletics (WA) Technical Rules (TR), Competition Rules (CR) and Medical Rules (MR) will be used and applied as found in the WA official handbook.

Modifications in this document for Multi-Class athletes are based on the World Para Athletics (WPA) Rules and Regulations.

Athletics West aims to provide high quality, accessible opportunities through sport and physical activity to all children of all abilities, improving health, confidence, and skills, increasing positive behaviours, and bringing enjoyment and connection.

This document is divided into Three parts:

- **Standard Events & Equipment Specifications** – lists the events determined as the set of standard events for the Little Athletics WA program and its competitions. It also states what events are not deemed suitable for Little Athletics WA competitions at all levels of the organisation.
- **Medical Rules**
- **Competition & Technical Rules** – these are the set of standard rules to be used in conjunction with the WA and WPA Competition Rules for Little Athletics WA competitions and are essentially a list of modifications from those Rules.

Little Athletics WA competitions are conducted in accordance with the WA Technical Rules (TR), Competition Rules (CR) and Medical Rules (MR) and the WPA Rules, Regulations and Classifications currently in force with modifications provided for in these Rules.

Where a whole Rule or part of a Rule is modified, the modification will be listed.

These rules apply to Little Athletics WA Program competitions (State, Region level). Except as otherwise provided in these rules, all competition will be conducted in accordance with the WA/WPA rules of competition. The exceptions to the WA/WPA Rules stated in these rules have been modified to be age appropriate for children and young people from the age of Under 10 and above.

For Athletes and Officials participating in competitions covered under these Rules, you will need to understand the WA, WPA Rules and this document.

At any time where there is doubt about the application or interpretation of these rules, the benefit of that doubt shall be in favour of the athlete.

## WORLD ATHLETICS (WA) COMPETITION RULE BOOK

Online copies of the current WA Rule Book can be downloaded from the website:

<http://www.worldathletics.org>

Click on the menu option at the top right of the page (three stacked lines), click on LIBRARY. At the top of the page click on Constitution and Book of Rules. The main tab to use will be Book C – Competition. The rules consist of two documents – C1.1 Competition Rules and C2.1 Technical Rules.

## **WORLD PARA ATHLETICS (WPA) COMPETITION AND CLASSIFICATION RULE BOOKS**

Online copies of the current WPA Rule Books can be downloaded by clicking following links:

[World Para Athletics Rules and Regulations 2024](#) and

[World Para Athletics Classification Rules and Regulations 2023](#)

## **LA WA STANDARD EVENTS & EQUIPMENT SPECIFICATIONS**

### **LA WA Rule - Standard Events**

1. Athletics West shall determine a list of standard events for the Under 10 to Under 16 age groups. Such events and their specifications are be listed in this document as Table.
2. Athletics West shall determine a list of standard events for Multi-Class athletes that are available to offer at Championships for the U13 to Under 18 age groups. Such events shall be listed in this document as Table 2 – Standard Events Multi-Class.
3. Athletics West shall determine a list of recommended Standard Events and Specifications for the Under 7 to Under 9 age groups and a list of events that must not be offered for those age groups at any level of competition. Such events and their specifications shall be listed in this document as Table 3 and Table 4.
4. Athletics West shall determine a list of recommended Standard Events and Specifications for the Under 17 and Under 18 age groups. Such events and their specifications shall be listed as Table 5.
5. Athletics West shall determine a maximum allowable distance to be offered for each age group for the conduct of Out of Stadia Cross-Country races, Road Races and Road Race Walking at all levels of competition. Such events and their specifications shall be listed in this document as Table 6.
6. Athletics West shall determine a list of Able-bodied Standard Implement Weights for the Under 10 to Under 16 age groups. Such specifications are listed in this document as Table 7.
7. Athletics West shall determine a list of Multi-Class Standard Implement Weights for the Under 10 to Under 18 age groups. Such specifications are listed in this document as Table 8.
8. The maximum (individual leg) distance for track and height/weight specification for field within a relay event, must not exceed that age group's individual maximum specification as listed in the Standard Event Table and/or the Recommended Standard Events Table(s).
9. Events deemed inappropriate for inclusion at all levels of competition of the Little Athletics WA program by all Athletics West:
  - All events over 8km
  - Pole Vault
  - Hammer Throw
  - Steeplechase
  - All events, Track or Field, which are listed as not allowed at any level of competition in Table 1- Standard Events.

### LA WA Rule - Guidelines for Trialling an Event

1. Ensure that all equipment and specifications are in strict accordance with that as advised by Athletics West.
2. The trialist must only be the age and gender as specified suitable for the event. It is not permissible to “experiment” outside these specifications.
4. The trial must be conducted under normal conditions.
5. At all times, the appropriate safety considerations must be adopted.
6. The trial shall be conducted with the greatest number of athletes in each age/gender group(s) possible.
7. The trial shall be for a maximum of two years.
8. The following points are to be reported:
  - a. Age, gender and number of athletes involved in each trial
  - b. safety considerations
  - c. event acceptance by athletes
  - d. ability of athletes to learn and perform the event, level of skill attained
  - e. compare those skill levels to other events if possible
  - f. determine whether modifications etc. are required by consulting participating athletes/officials
  - g. final evaluation should give an overall judgement on the event as to its viability as an additional event
  - h. to replace an existing event
  - i. not to be adopted for a particular gender/age group; or
  - j. not to be adopted for any gender/age group.

## **LA WA Rule – Eligibility & Classification**

### **Eligibility:**

1. All competitors must be a current registered member of a Little Athletics WA Centre in the current season.

### **Classification:**

1. All competitors who compete at Country and State Championships should have received as a minimum a Provisional classification prior to the closing date of registration of the event.
2. Proof of classification forms a part of the entry.
3. Athletics West must check all classifications against the Australian Athletics Master List. If a competitor is not on the Master List, Athletics West shall check with Australian Athletics if paperwork has been received. If the competitor is a T/F20 or T/F21 classification, Athletics West will check against the Master List found on the Sport Inclusion Australia website (Sport Inclusion Australia have a separate listing).
4. The following disabilities can be classified for athletics and are therefore eligible to compete in Multi-Class events:
  - T/F01 – Hearing Impairment
  - RR1-3 – Physical Impairment
  - T/F11-13 – Visual Impairment
  - T/F20-21 – Intellectual Impairment
  - T31-54; F31-57 – Physical Impairment
  - T/F60 – Transplant
  - T/F61-64 – Physical Impairment

### **Format:**

1. All events to be conducted as Multi-Class events. Competitors will compete against a Baseline standard time or distance for their classification. Placings will be determined by the competitor's time/distance calculated against a percentage of the Baseline standard for their classification.
2. For Cross-Country and Road Races the 1500m Baseline performance will be used to calculate the final placings.
3. In all competitions involving throwing events athletes must use the implement weight specified for their classification/age group. (Refer to the LA WA Multi-Class Implement Specification Table 6).

## Table 1 – Standard Events

<b>X</b>	May be offered at Centre and Athletics West Competitions	<b>*</b>	Where the venue does not have boards available
<b>O</b>	Available for programming at all levels of Competition		May be offered at Centre Level Only
	Not allowed at any level of Competition	<b>#</b>	May be offered by LA WA Program at all levels

EVENT	Under 10		Under 11		Under 12		Under 13		Under 14		Under 15		Under 16	
	G	B	G	B	G	B	G	B	G	B	G	B	G	B
70 metres	x	x	x	x										
100 metres	x	x	x	x	x	x	x	x	x	x	x	x	x	x
200 metres	x	x	x	x	x	x	x	x	x	x	x	x	x	x
400 metres	x	x	x	x	x	x	x	x	x	x	x	x	x	x
800 metres	x	x	x	x	x	x	x	x	x	x	x	x	x	x
1500 metres					x	x	x	x	x	x	x	x	x	x
60 metre hurdles (45cm)														
60 metre hurdles (60cm)	x	x												
60 metre hurdles (68cm)			x	x										
80 metre hurdles (45cm)														
80 metre hurdles (60cm)														
80 metre hurdles (68cm)					x	x	x	x						
80 metre hurdles (76cm)									x	x	x			
90 metre hurdles (76cm)												x	x	
100 metre hurdles (76cm)									x	x				x
200 metre hurdles (68cm)									x	x				
200 metre hurdles (76cm)											x	x		
300 metre hurdles (76cm)													x	x
700 metre Race Walk	x	x												
1100 metre Race Walk			x	x	x	x								
1500 metre Race Walk							x	x	x	x	x	x	x	x
3000 metre Race Walk									#	#	#	#	#	#
5000 metre Race Walk														
4 x 100 metre Relay	x	x	x	x	x	x	x	x	x	x	x	x	x	x
4 x 200 metre Relay	O	O	O	O	O	O	O	O	O	O	O	O	O	O
4 x Medley Relay (Swedish)	O	O	O	O	O	O	O	O	O	O	O	O	O	O
Long Jump (mat)	x	x	x	x	*	*	*	*	*	*	*	*	*	*
Long Jump (board)					x	x	x	x	x	x	x	x	x	x
Triple Jump (mat)					*	*	*	*	*	*	*	*	*	*
Triple Jump (board)					x	x	x	x	x	x	x	x	x	x
High Jump (scissor technique)	x	x	x	x	O	O	O	O	O	O	O	O	O	O
High Jump					x	x	x	x	x	x	x	x	x	x
Shot Put (2kg – orange)	x	x	x	x	x	x								
Shot Put (3kg – white)							x	x	x	x	x	*	x	
Shot Put (4kg – red)											x			x
Discus (500g)	x	x	x	x	x	x								
Discus (750g)							x	x						
Discus (1kg)									x	x	x	x	x	x
Javelin (400g)					x	x	x		x		*			
Javelin (500g)											x		x	
Javelin (600g)								x		x		*		
Javelin (700g)											x			x

**Table 2 – Standard Events Multi-Class**

	Available to offer at WA Championship events where U13 – U18 feature
	Optional Events U11 and above
	Not Available as no Baseline Exists
	Optional Relay, Cross-Country, and Road Races

CLASS	100m	200m	400m	800m	1500m	Shot Put	Discus	Javelin	Long Jump	Relays	Cross Country	Road Races
T/F01												
RR1												
RR2												
RR3												
T/F11												
T/F12												
T/F13												
T/F20												
T/F21												
T/F31												
T/F32												
T/F33												
T/F34												
T/F35												
T/F36												
T/F37												
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F55												
F56												
F57												
T/F60												
T/F61												
T/F62												
T/F63												
T/F64												

**NOTE:** Throwing Weights as per Implement Specifications Table 8.

**NOTE:** Maximum Cross Country Distances as per Table 6.



**Table 3 – Recommended Standard Events: Under 7 to Under 9**

The events listed in Table 3 are the recommended standard events that could be offered to all Under 7 to Under 9's. Events must not exceed the distances and/or specifications as listed.

Event Type	Under 7	Under 8	Under 9
<b>Track – Running</b>	Laned: Up to and including 100m	Laned: Up to and including 200m	Laned: Up to and including 200m
	Unlaned: Up to and including 300m (group start on arched start line)	Unlaned: Up to and including 500m (group start on arched start line)	Unlaned: Up to and including 700m (group start on arched start line)
<b>Track – Hurdles</b>	60m, max height 20cm	60m, max height 30cm	60m, max height 45cm
<b>Track – Relays</b>	Max leg of 100m	Max leg of 200m	Max leg of 200m
<b>Track – Race Walks</b>			Up to and including 700m
<b>Vertical Jumps</b>			High Jump (scissors only - bar or flexy rope)
<b>Horizontal Jumps</b>	Long Jump (using a 0.5m x 1.22m or for T11 and T12 athletes, a 1.0 x 1.22m mat covered with damp sand, soft earth or any similar materials where the foot imprint can be observed) Take off area must be placed at max 0.5m from the nearer edge of the landing area)	Long Jump (using a 0.5m x 1.22m or for T11 and T12 athletes, a 1.0 x 1.22m mat covered with damp sand, soft earth or any similar materials where the foot imprint can be observed) Take off area must be placed at max 0.5m from the nearer edge of the landing area)	Long Jump (using a 0.5m x 1.22m or for T11 and T12 athletes, a 1.0 x 1.22m mat covered with damp sand, soft earth or any similar materials where the foot imprint can be observed) Take off area must be placed at max 0.5m from the nearer edge of the landing area)
<b>Throws</b>	Shot Put - 1kg	Shot Put - 1kg	Shot Put - 1.5kg
	Discus - 350g	Discus - 350g	Discus - 500g
	Vortex - 300g	Vortex - 300g	Turbo Jav - 300g

**Table 4 – Must not offer events to Under 7 to Under 9**

The events listed below must not be offered at any level of competition for these age groups.

Event Type	Under 7	Under 8	Under 9
<b>Race Walks</b>	Any	Any	Distances greater than 700m
<b>Throws</b>	Javelin / Turbo Jav	Javelin / Turbo Jav	Javelin
<b>Horizontal Jumps</b>	Triple Jump	Triple Jump	Triple Jump
<b>Vertical Jumps</b>	High Jump	High Jump	



### Table 5 – Recommended Standard Events: Under 17 & Under 18

The events listed in Table 5 are the recommended standard events that could be offered to Under 17 & Under 18s. These event specifications are based of Australian Athletics for the appropriate age groups except for hurdle heights.

**NOTE:** Race Walks, Hurdles, Triple Jump and High Jump are not available to Multi-Class athletes.

**NOTE:** Maximum distance of 1500m only for Multi-Class athletes.

**NOTE:** Implement specifications as per Implement Table 8 for Multi Class athletes.

Event Type	Under 17	Under 18
<b>Track – Race Walks</b>	# Up to and including 5000m	# Up to and including 5000m
<b>Track – Running</b>	Laned - Up to and including 400m	Laned - Up to and including 400m
	Unlaned - Up to and including 3000m	Unlaned - Up to and including 3000m
<b>Hurdles</b>	Girls - 100m (76cm) Boys - 110m (76cm) Boys & Girls 300m (76cm)	Girls - 100m (76cm) Boys - 110m (76cm) Boys & Girls 300m (76cm)
<b>Throws</b>	Girls Shot Put – 3kg Discus – 1kg Javelin – 500g	Girls Shot Put – 3kg Discus – 1kg Javelin – 500g
	Boys Shot Put – 5kg Discus – 1.5kg Javelin – 700g	Boys Shot Put – 5kg Discus – 1.5kg Javelin – 700g
<b>Horizontal Jumps</b>	Long Jump (board) Triple Jump (board)	Long Jump (board) Triple Jump (board)
<b>Vertical Jumps</b>	High Jump (Any legal jumping technique)	High Jump (Any legal jumping technique)
<b>Relays</b>	4 x 100m 4 x 200m 4 x 400m 4 x Medley (Max leg of 800m) Swedish Relay	4 x 100m 4 x 200m 4 x 400m 4 x Medley (Max leg of 800m) Swedish Relay

### Table 6 – Maximum Distance: Out of Stadia Events

The following distances are the **maximum** allowable distance to be offered for each age group for the conduct of Out of Stadia Cross-Country, Road Running and Road Race Walking races at all levels of competitions.

#### Able Bodied:

Cross-Country												
	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
<b>Girls</b>	0.5km	1km	1km	2.0km	2.0km	3.0km	3.0km	3.0km	4.0km	4.0km	4.0km	4.0km
<b>Boys</b>	0.5km	1km	1km	2.0km	2.0km	3.0km	3.0km	3.0km	4.0km	4.0km	6.0km	6.0km

Road Race Walks												
	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
<b>Girls</b>	N/A	N/A	N/A	1.5km	2.0km	2.0km	3.0km	3.0km	5.0km	5.0km	5.0km	5.0km
<b>Boys</b>	N/A	N/A	N/A	1.5km	2.0km	2.0km	3.0km	3.0km	5.0km	5.0km	5.0km	5.0km

Road Running												
	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
<b>Girls</b>	0.5km	1km	1km	1.5km	1.5km	2.0km	2.0km	3.0km	3.0km	4.0km	4.0km	4.0km
<b>Boys</b>	0.5km	1km	1km	1.5km	1.5km	2.0km	2.0km	3.0km	3.0km	4.0km	4.0km	5.0km

#### Multi Class:

Cross-Country												
	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
<b>Girls</b>	0.5km	1km	1km	2.0km	2.0km	2.0km	2.0km	3.0km	3.0km	3.0km	3.0km	3.0km
<b>Boys</b>	0.5km	1km	1km	2.0km	2.0km	2.0km	2.0km	3.0km	3.0km	3.0km	3.0km	3.0km

Road Running												
	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
<b>Girls</b>	0.5km	1km	1km	1.5km	1.5km	2.0km	2.0km	3.0km	3.0km	3.0km	3.0km	3.0km
<b>Boys</b>	0.5km	1km	1km	1.5km	1.5km	2.0km	2.0km	3.0km	3.0km	3.0km	3.0km	3.0km



## **MEDICAL RULES**

### **WA MR3 – Medical / Safety Services at Competitions**

WA Rule MR3 has been replaced by the following:

1. If on the advice of the Medical Officer:
  - a. Further treatment is required and/or
  - b. The athlete should not compete further

The athlete should at that point be withdrawn from the event and, if required, further events. All results up to that point remain.
2. On advice from the Medical Officer to the appropriate Referee, an athlete may be removed from an event if they appear to be suffering from heat stress, an asthma attack or any other medical condition which poses a serious risk of injury.
3. Asthmatics should use their inhalers prior to the event if necessary and shall be allowed to take their inhalers to the event site. Asthma inhalers may be carried by an athlete during the event but must not be held in the hand.
4. If the inhaler is used after the event has commenced, the athlete is required to withdraw immediately and may not return to the event.
5. If following the application of Rule 3.2 the athlete returns to competition and suffers a further asthma attack, they shall be immediately removed from that and all other events and seek medical treatment.

## **COMPETITION & TECHNICAL RULES**

### **Section 1 – Officials**

#### **WA CR6 / WPA 2.2 – Medical Delegate / Medical Safety Services at Competitions**

WA Rules CR6 and WPA 2.2 have been replaced by the following:

1. A Medical Officer, with appropriate first aid or medical qualifications, should be appointed at each athletics competition.
2. A Referee may call the attending Medical Officer to examine any athlete in obvious stress or pain, due to illness or injury.

#### **WA CR12 / WPA 2.7 – Jury of Appeal**

As per WA Rules CR12 and WPA 2.7 including the following:

1. A Jury of Appeal should be appointed at competitions where the organisers deem it desirable or necessary to ensure proper conduct of the competition.

#### **WA CR18 / WPA 2.13 – Referees**

As per WA Rules CR18 and WPA 2.13 including the following:

1. Sufficient Referees shall be appointed to cover all event areas, including but not limited to, Call Room, Track Events and Field Events.
2. It shall be the responsibility of a Referee to:
  - a. Ensure that the field officials prepare and set up their respective areas and have them ready for inspection by the Referee a minimum of 15 minutes prior to the commencement of the first event of the day.
  - b. Ensure that the rules are observed and explained to the athletes.
  - c. Decide any technical points that arise during the competition, including those not covered by the rules
  - d. Ensure the Chief Judges correctly supervise the measurement of performances.
  - e. Upon completion of each event check and sign the final result sheet and immediately hand to the Recording Area.
  - f. Verify that records have been correctly measured and verify High Jump record attempts are measured prior to trials being taken.
3. The appropriate Referee shall rule on any protest or objection regarding the conduct of the competition

**WA CR19 / WPA 2.14 – Judges**

WA Rules CR19.2, 19.3 and WPA 2.14.2 and 2.14.3 have been replaced by the following:

1. If place judges are used, then the following applies:
  - a. The Place Judges determine the official placing's when hand timing or gate timing is used. They may be used when a Photo Finish System is in use, but only as a back-up for system failure.
  - b. Where hand timing and manual place judging is used, finishing posts should be painted white, be a minimum of 1.5m high and should be placed 20cm from the inside and outside edge of the track at the finish line.
  - c. A Chief Judge will be appointed and will be responsible for allocating Place Judges for all placing's.
  - d. Sufficient judges shall be appointed for the number of athletes entered.
2. Place Judges shall:
  - a. Decide the order in which the athletes finish
  - b. Write down the lane number of the athlete they are placing. These numbers must be written down without the Judge taking their eyes off the finishers.
  - c. Act independently from one another i.e., do not discuss placing.
3. The athletes shall be placed in the order in which any part of the torso (as distinguished from the head, neck, arms, legs, hands, or feet) reaches the vertical plane of the nearer edge of the finishing line.
4. The Chief Judge will ensure that all athletes have been placed prior to advising the athletes of their placing.
5. The Chief Judge will notify the Chief Timekeeper or Gate Timing Operator when all Judges are ready for the next event.
6. The judges may reconsider any original decision made by them if it was made in error, provided the new decision is still applicable. Alternatively, or if a decision has subsequently been made by a Referee or the Jury of Appeal, they refer all available information to the Referee.

**WA CR22 / WPA 2.17 – Starter**

As per WA Rules CR22 and WPA 2.17 except for the following which replaces WA Rule CR22.2 and WPA 2.17.2:

1. The Starter has entire control of the athletes on their marks and is the sole judge of any event connected with the start. Decisions made by the starter can only be overruled by a Start Referee.

**WA CR29 / WPA 2.24 – Call Room Judges**

WA Rules CR29 and WPA 2.24 have been replaced by the following:

1. The Call Room Judges shall ensure athletes and all guide-runners or assistants are correctly attired, including but not limited to uniforms, spikes, bibs and equipment/aids.
2. Maximum Allowable Standing Height will not be applied in Little Athletics WA competitions.

**WPA 2.27 – Classifiers**

WPA Rule 2.27 has been replaced by the following:

1. Australian Athletics appointed Classifiers may be available at some events where prior organisation has taken place to evaluate and observe athletes in terms of their respective impairment and to allocate sport classes.

## **Section 2 – General Competition Rules**

### **WA TR2 / WPA 3 - The Athletics Facility**

WA Rules TR2 and WPA 3 have been replaced by the following:

1. Where possible, the venue should comply with the specifications laid out within the WA Track & Field Facilities Manual.
2. Facilities used for the conduct of Country and State Championships, please refer to Championship specific rules.
3. Only athletes / guide runners, assistants and officials are permitted on the field of play. Athletes / guide runners and assistants must leave the field of play after the completion of their event at the direction of the officials.

### **WA TR3 / WPA 4 - Age and Gender Categories**

WA Rules TR3 and WPA 4 have been replaced by the following:

#### **Age Categories**

1. Little Athletics WA Programs may be conducted in the age groups below.
2. Age groups shall be based on being under the specific age at 31 December in the calendar year in which the Little Athletics WA summer season commences.
  - Tiny Tots (children who are Born in 2021 & 2022) to participate in approved activities for the development of gross motor skills
  - Under 7 – means five years of age as at midnight on 31 December that year
  - Under 8 – means six years of age as at midnight on 31 December that year
  - Under 9– means seven years of age as at midnight on 31 December that year
  - Under 10 – means eight years of age as at midnight on 31 December that year
  - Under 11 – means nine years of age as at midnight on 31 December that year
  - Under 12 – means ten years of age as at midnight on 31 December that year
  - Under 13 - means eleven years of age as at midnight on 31 December that year
  - Under 14 – means twelve years of age as at midnight on 31 December that year
  - Under 15 - means thirteen years of age as at midnight on 31 December that year
  - Under 16 - means fourteen years of age as at midnight on 31 December that year
  - Under 17 – means fifteen years of age as at midnight on 31 December that year
  - Under 18 – means sixteen years of age as at midnight on 31 December that year

#### **Mixed Competition**

1. Boys and girls may compete together in both track and field events where warranted. All shall compete using the correct implement specifications as well as be judged and awarded for their particular age and gender.

**WA TR4 / WPA 5 - Entries**

WA Rules TR4 and WPA 5 have been replaced by the following:

**Simultaneous Entries**

1. Except for High Jump, where a clash of events occurs, the Chief Judge may allow the athlete to compete out of round and out of order in all rounds. It is not permitted for an athlete to have two or more consecutive trials (except for seated throws), nor can an athlete demand to have a trial that has been missed.

**Note:** The first three rounds of trials must be completed, and a final eight determined prior to any other subsequent rounds of trials being commenced.

2. For High Jump, where a clash of events occurs, the Chief Judge may allow the athlete to compete out of order. The athlete re-joins the competition at the current height of the bar.

**WA TR5 / WPA 6 - Clothing, Shoes, Athlete Bibs, Eye Masks, Tethers and Helmets**

WA Rules TR5.2 & 5.4 and WPA Rules 6.2, 6.4, 6.18, 6.19 and 6.22 have been replaced by the following:

**Clothing**

1. In seated throws, clothing must be close fitting so that the view of the judges is not impeded.

**Footwear**

2. Appropriate footwear is compulsory for all athletes in all events
  - a. There may be instances where an athlete with a physical impairment, such as a club foot may need to wear a shoe which does not meet the normal requirements. As long as the shoe does not give the athlete any unfair additional assistance it should be allowed.
  - b. No athlete may wear football boots or cleats in any event
  - c. Athletes in the U10 - U11 age group may not wear spike shoes.
  - d. Athletes in the U12 - U13 age group may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump, and javelin.
  - e. Athletes in the U14 and above age groups may wear spike shoes in all track events except walks. Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.
  - f. All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
  - g. Spike shoes cannot be worn outside the defined "Field of Play" unless all spikes are suitably covered.

### Dimension of Spikes

3. Spike length (subject to any further constraint from ground policies):
  - a. Synthetic
    - a. Track - 7mm maximum
    - b. Long Jump / Triple Jump / High Jump / Javelin - 9mm maximum
  - b. Grass
    - a. Track / Long Jump / Triple Jump / High Jump / Javelin - 12mm maximum

**Note:** The organising body will advise participants of the dimensions and type of spikes allowed at the competition venue as determined by the venue management.

### Eye Mask

4. Competitors in the T/F11 classification must wear approved opaque glasses or an appropriate substitute in all track and field events. The opaque glasses or substitute must be approved by the Competition Manager. Glasses, once approved, must be made available for checking at all times. When not competing, the athlete may remove the dark glasses or substitute them.

### Tether

5. An athlete competing in Sports Class T11 and T12 with a guide runner, shall be guided with a commercially produced tether or elbow lead supplied by the athlete. It shall be made from non-elastic material and shall not store energy and/or offer a performance gain to the athlete.

### Helmets

6. The wearing of helmets for Sport Classes T32 – T34 and T-51 – T54 is compulsory in all track Wheelchair and Race Running races. All helmets must meet the Australian safety standard AS/NZS 2063:2008.

### WA TR6 / WPA 7 - Assistance to Athletes

WA Rules TR6.3.2, 6.3.5, 6.4.1, 6.4.2 and WPA Rules 7.3(b), 7.4(a), 7.4(b), 7.6, 7.9, 7.12, 7.15, 7.16 and 7.17 have been replaced by the following:

1. The possession or use by athletes of music devices, mobile phones or similar devices in the competition area shall not be permitted. This includes any device that can be used to communicate with any other person (Rule 6.3.2).
2. Coaching by officials at an event is not permitted. It shall not be considered coaching for an official to provide factual feedback to an athlete after a trial in a field event e.g., where the athlete's foot landed in relation to the take-off area in the long jump. (Rule 6.3.5)
3. For the purpose of this rule the following shall not be considered as unfair aid or assistance to an athlete and are therefore allowed:
  - a. Verbal or other communication, to or from an individual who is not in the competition area (e.g., a coach). (Rule 6.4.1)

- b. A hands-on medical examination during the progress of an event by the Medical Officer(s) designated by the Organising Committee if it does not delay the conduct of the competition or an athlete's trial in the designated order. (Rule 6.4.2)
- 4. Acoustic signals are permitted for athletes in T/F11 classification, as specified in the following rules.
  - a. Where acoustic assistance is being used (e.g., Long Jump) complete silence shall be requested from the other athletes.

#### **Assistants/Guide Runners**

- 5. Associations shall use their own discretion and set rules for **off the field of play** for assistants based upon the needs of individual athletes.
- 6. **On the field of play** assistants must have a clear understanding of the rules for competition. Any breach of a rule by an assistant may result in the athlete being disqualified in that event.
- 7. Only assistants / guide runners for athletes in the T/F11 & 12 classification will be permitted to accompany competitors onto the track or into the throwing and jumping areas.
- 8. Those persons acting as assistants or guides must be clearly identifiable by wearing a bright coloured vest provided by the organising committee.
- 9. Guide Runners must have a clear understanding of the rules for competition. Any breach of a rule by a guide runner may result in the athlete being disqualified in that event.
- 10. Assistants may provide verbal instruction for positioning and orientation before, during and after each attempt.

#### **Assistance Track**

- 11. Athletes must provide their own guide runners for all competitions.
  - a. When a competitor and guide runner are in competition, they are to be regarded as a team. As the athlete crosses the finish line, the guide runner must be behind the athlete or disqualification will apply.
  - b. The athlete can choose the method of guidance. The athlete may use an elbow lead, or a tether. In addition, the athlete may receive verbal instruction from the guide runner. Regardless of the method used, the athlete and guide runner shall not be more than 0.50m apart at all times.
  - c. Bicycles or other mechanical means of transport may not be used by guide runners.

#### **Assistance Field Events**

- 12. In field events where competitors receive assistance from assistants, the time allowed for an attempt shall begin from the moment when the official responsible is satisfied that the athlete has completed the process of orientation.

**Note:** if the athlete loses their orientation so that they require to be re-orientate, the clock shall be stopped and only re-started (to include any elapsed time already recorded) once orientation has again been completed.

### **Long Jump**

13. Assistants may be used only by athletes in the F11 and F12 classifications.
14. It is the task of the assistant to help the athlete orientate themselves on the runway before attempting the jump. The assistant must leave the runway before the jump can begin.
15. The assistant may re-locate themselves nearer to the take-off area to give acoustic or verbal directions to the athlete approaching the take-off board or mat to indicate where the board /mat is. However, they must not interfere with or obscure the officials view of the athlete and the jump.

### **Throws**

16. Assistants may be used only by athletes in the F11 and F12 classifications.
17. Athletes with F11 and F12 classification, (where appropriate) must be brought to the throwing circle by an assistant.
18. The assistant may help the athlete orientate himself or herself in the throwing circle before the throwing attempt and then must leave the circle before the throw can begin.
19. Acoustic orientation is permitted for athletes with F11 and F12 classification before, during and after their throwing attempts.
20. If the event judge determines that an assistant who is providing acoustic orientation is in an unsafe location, the judge may shall direct the assistant to move to a more suitable position.
21. Athletes with F11 and F12 classifications must be escorted from the throwing circle only after the judges have determined whether the attempt is valid or not.

### **Wheelchair General**

22. If strapping is used it must only be to the chair and of non-elastic material.

### **WA TR7 / WPA 8 - Disqualification**

WA Rules TR7 and WPA 8.1, 8.2, 8.3 and 8.4 have been replaced by the following:

1. The appropriate Referee (or Association equivalent) will speak to an athlete who displays unacceptable or unsporting behaviour. Any repetition of that behaviour will result in the athlete being disqualified.
2. If the offence is of a serious nature immediate disqualification may occur.
3. The Meeting Manager shall notify the athlete's nominated Association representative of the behaviour and outcome.

**WA TR8 / WPA 50 - Protests and Appeals**

WA Rules TR8.2, 8.4.1, 8.5, 8.5.1, 8.5.2 and 8.10 and WPA Rule 50 have been replaced by the following:

1. Protests must be made by the Team Manager, in writing, on the approved protest form within 15 minutes of the official results being posted. The organising committee shall be responsible for recording the time of posting. The protest must be handed to the Announcer (or other designated area), accompanied by a deposit of an amount as set by the Host Association.
2. When a protest is lodged with the Announcer (or other designated area), the name of the protesting Association / Member and the reason for the protest is to be notified to all team managers and the main recording room.
3. One of two types of reasons will be notified – either on a technicality or on the judges' decision.
4. The decision will be conveyed to the relevant Team Manager/Managers prior to being notified to the Team Managers of the other Associations / Members. The notification shall be either - dismissed, upheld, or sent to Jury of Appeal.
5. There shall be a "Right of Appeal" to the Jury, which must be lodged within 15 minutes after the notification of the decision. The Appeal must be in writing and lodged with the Announcer (or other designated area).
6. All Team managers will be notified that an Appeal has been lodged.
7. To arrive at a fair decision, the Jury of Appeal only, may consult all available evidence including video evidence however video will not be considered for any breaches of technical rules for Race Walking.
8. The decision will be conveyed to the relevant Team Manager/Managers prior to being notified to the Team Managers of the other Associations / Members. The notification shall be either – dismissed or upheld.
9. The protest fee as set by the Host Association will be refunded if the protest is upheld by either the Referee or the Jury of Appeal. If the protest is dismissed the fee will not be refunded. If the protest is deemed frivolous by the Jury of Appeal, the fee will not be refunded.

**On-Field Protests (Field Events only)**

10. If an athlete in the U13 and above age groups makes an immediate oral protest against having an attempt judged as a failure, the Referee and/or Chief of the event may, at his discretion, order that the attempt be measured and the result recorded, in order to preserve the rights of all concerned. At the end of the round the Referee will adjudicate on the protest.

**WA TR10 / WPA 10 - Measurements**

WA Rules TR10 and WPA 10 have been replaced by the following:

1. The Judges shall judge, measure, and record each valid trial of the athletes.
2. All measurements shall be made immediately after each valid trial.
3. Where possible, all measurements must be made using Electronic Distance Measuring (EDM). When EDM is not available, a fibreglass or steel tape measure graduated in centimetres, or a graduated bar for high jump, should be used.
4. In measuring all field events, except the High Jump, the zero end of the tape or EDM prism should be placed at the nearest edge of the mark where the implement first lands or where the athlete makes a mark in the pit closest to the take-off.
5. Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre.
6. In High Jump all measurements shall be made, in whole centimetres, perpendicular from the ground with a steel or fibreglass measuring bar to the lowest part of the upper (top) side of the bar.

### Section 3 – Track Events

#### WA TR15 / WPA 16 - Starting Blocks

WA Rules TR15.1, 15.2.5, 15.3 and 15.4 and WPA 16.1, 16.2(e), 16.3 and 16.4 have been replaced by the following:

1. Starting blocks may be used by athletes in the U11 and above age groups for all races up to and including the 400 metres (including the first leg of all relays).
2. Starting blocks may be used for sport classes T11-13, T20-21, T35-38, T42-47, and T61-64 by athletes in the U11 and above age groups for all races up to and including the 400 metres (including the first leg of all relays).
3. Personal starting blocks are not permitted where starting blocks are provided either by the venue or the Organising Committee for the Competition.
4. This rule will not apply where it contravenes any rule(s) made by the Venue Manager on the use of starting blocks. Any advice issued by the Venue Manager must be in writing on an official letterhead.

**Note:** Some athletes in Sports Classes T20, T21, T35-38, T42-47, and T61-64 may require their starting blocks to be set for them by the Starter's Assistant.

#### WA TR16 / WPA 17 - The Start

WA Rule TR16 and WPA 17.1, 17.7 [excl. (a) & (b)], 17.8, 17.10 and 17.11 have been replaced by the following:

**NOTE:** Athlete(s) in Sport Class T11 and T12 under this rule shall refer to athlete(s) and/or guide-runner(s). In the event a breach of the rule committed by a guide-runner resulting in warning, or disqualification the accompanying athlete shall be consequently warned or disqualified.

1. Before the start signal is given, the Starter shall ascertain that the timing system and judges are ready.
2. In races run entirely in lanes the Starter shall make the following commands: 'On your marks', 'Set', and the firing of the gun.
3. If an athlete has a hearing impairment the starter or his assistant may use a flag, a strobe light or other visual device as well as a pistol to signal the start. In some circumstances, for athletes with both a vision and a hearing impairment, an official may touch an athlete to signal the start.
4. Once the command 'On your marks' has been given, late athletes are not permitted to join the event.
5. In events run entirely in lanes, on the command of 'On your marks' all athletes shall approach the starting line. When all athletes are steady the Starter issues the command 'Set', upon which the athletes shall assume the position from which they will commence the race. When all athletes are again steady the Starter shall fire the gun to commence the race.
6. In races not run entirely in lanes the Starter shall make the following commands: 'On your marks', and the firing of the gun.

7. In events not run entirely in lanes, on the command 'On your marks' all athletes shall approach the starting line and assume the position from which they will commence the race. When all athletes are steady the Starter shall fire the gun to commence the race.
8. No athlete may place any part of their body on the ground on or over the starting line when they are 'on their-marks'. Where a crouch start is used by the first runner of a relay race the baton may touch the ground in front of the start line, providing the preceding rules are met.
9. If for any reason the Starter has to speak to any athlete after the athletes are 'on their marks', the Starter shall order the athletes to stand up and the Starter's Assistant shall place them on the assembly line again.

#### **False Starts**

10. If either the Starter or their Assistant(s) are of the opinion that the start was not a fair one, they shall recall the athletes by firing a gun or activating a suitable audible signal. If the unfair start is not due to any athlete, no warning shall be given.
11. If the Starter is of the opinion that an athlete left their mark with hand or foot after the words 'Set' (in events run entirely in their lane) or 'On your marks' (in events not run entirely in their lane) and before the gun is fired, it shall be considered a false start.
12. An athlete, who after the command 'On your marks' disturbs other athletes in the race through sound or otherwise, may be considered to have committed a false start.
13. If an athlete fails to comply with the 'set' command after a reasonable time this may constitute a false start.

#### **Athletics West False Start Rules**

The number of false starts that leads to disqualification can vary across Centres. At the WA State Combined Event Championships, Little Athletics WA Challenge and the WA State Junior Track & Field Championships, any athlete who commits a false start shall be warned, as follows:

**a. U7 – U8 age groups**

Any individual athlete in each heat, shall be allowed a maximum of TWO (2) false starts without disqualification. Any individual athlete responsible for more than TWO (2) false starts shall be disqualified.

**b. U9 - U13 age groups**

A maximum of TWO (2) false starts per race shall be allowed without disqualification, regardless of which athlete is responsible. Any athlete responsible for a subsequent false start shall be disqualified.

**c. U14 – U18 age groups**

A maximum of ONE false start per race shall be allowed without disqualification, regardless of which athlete is responsible. Any athlete responsible for a subsequent false start shall be disqualified.

Please note the **WA Junior State Track & Field Championships** is conducted under World Athletics rules. Please see the WA Junior State Track & Field Championship Rules & Regulations for further details.

### **Starting Techniques**

15. Athletes may use a standing start for all track events. Where a standing start is used, an athlete who, immediately after the command “set”, moves their foot to take up their final starting position shall be deemed to have complied with the rules of starting.
16. In races run entirely in lanes the following starting methods may be used:
  - a. In a crouch start, the athlete’s feet must touch the starting blocks (if in use) and both hands must touch the ground. At the call of ‘On your marks’ the athlete must have one knee placed on the ground. At the call of ‘Set’ the athlete must raise the knee off the ground.
  - b. In a standing start, no part of the hand or knee shall touch the ground.
17. In races not run entirely in lanes only a standing start may be used.
18. In the case of wheelchair races (classes T33-34 and T51-54), including classes T31-32, the following commands and positions are required. After the ‘On Your marks’ command, an athlete shall approach the start line, assume a position entirely within his allocated lane and behind the start line. At the ‘Set’ command, an athlete should immediately take up his final starting position retaining the contact of the front wheel with the ground behind the line”.
19. It is acceptable for arm amputee athletes or those with short arms to use pads on which to rest stumps at the start or to improve balance. Pads must be completely behind the start line and not interfere with any other athlete.
20. For further information on starting techniques for other classes, please refer to the WPA rules document.

### **WA TR17 / WPA 18 - The Race**

WA Rule TR17 and WPA 18 with the exception of WA Rules TR17.1 and 17.4 and WPA 18.2, 18.5(a) and 18.10 have been replaced by the following:

#### **Obstruction**

1. Any athlete or athlete’s guide runner who jostles or obstructs another athlete, so as to impede their progress, shall be liable to disqualification from that event. The Referee shall have the authority to order the race to be re- held excluding any disqualified athlete or, in the case of heats, to permit any athlete/s seriously affected by jostling or obstruction (other than the disqualified athlete) to compete in the final of the event. Normally, such an athlete should have completed the event with bona fide effort. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if they consider it just and reasonable to do so.
2. For further information regarding wheelchair races, please refer to the WPA rules document.

#### **Lane Infringement**

3. In all races run in lanes, each athlete and the athlete’s guide runner shall keep within their allocated lane from start to finish. This shall also apply to any portion of a race run

in lanes. If the Referee is satisfied that an athlete has violated this Rule and that a material advantage was gained over other athletes, they:

- In the U9-U11 age group: May be disqualified.
  - In the U12 and above age groups: Shall be disqualified.
6. The following events shall be conducted entirely in lanes: 70m, 100m, 200m, 400m, 4x100m relay and all hurdles' races.
  7. The 1500m, 1100m and 700m Race Walks and the 1500m shall not be run in lanes.
  8. The 800m shall be run in lanes as far as the near edge of the break-line marked after the first bend where athletes may leave their respective lanes. Up to two athletes may start the race in each lane.

**NOTE:** For wheelchair races, cones should not be placed on the track. Coloured flat markers 50mm x 50mm may be placed at the intersection of the lane lines at the break-line.

**NOTE:** For wheelchair races, a flag, 1.5m high must be positioned on both ends of the break line. One on the infield and the other on the outside of the track.

**NOTE:** For wheelchair races, athletes may leave their respective lanes when the bottom of both rear wheels which are touching the ground have gone past the nearer edge of the break line close to the start line.

#### **Check-Marks**

9. Except as stated in WA Rule TR24.4 and WPA 23.4, athletes may not place check marks on or alongside the track for their assistance.

#### **WA TR19 / WPA 20 - Timing and Photo Finish**

WA Rules TR19.1, 19.8, 19.13, 19.23, 19.24 and 19.25 and WPA 20.1, 20.9, 20.24, 20.25 and 20.26 have been replaced by the following:

1. Three alternative methods of timekeeping shall be recognised as official within the Little Athletics WA program:
  - a. Fully Automatic Timing obtained from a Photo Finish System
  - b. Hand Timing
  - c. Gate Timing System

**Note:** In Wheelchair and RaceRunning races, the time shall be taken to the moment in which the centre of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line. Hand timing would need to be used for these classes where gate timing systems would otherwise be used.

#### **Hand Timing**

2. Sufficient timekeepers shall be appointed for the number of athletes entered; one shall be the Chief Timekeeper. The Chief Timekeeper shall allocate separate Timekeepers to record each of the minor places and where possible, shall allocate additional Timekeepers for second and third placing's.

#### **Fully Automatic Timing and Photo Finish System**

3. The System must record the finish through a camera with a vertical slit, positioned in the extension of the finishing line, producing a composite image. The image must also be synchronised with a uniformly marked time-scale graduated in 1/100th of a second.
4. Times shall be read and recorded from the Photo Finish image to 1/100th of a second. Unless a time is an exact 1/100th of a second, it shall be read and recorded to the next longer 1/100th of a second.

#### **Gate Timing System**

5. The System shall be a commercially produced system and be checked / calibrated with a certificate supplied on a 12-monthly basis.
6. The System shall be started either automatically by the Starter's gun or manually at the smoke or flash of the Starter's gun.
7. The System must automatically record a time through the breaking of at least two adjacent infrared beams positioned on the leading edge of the finish line. The beams should be positioned at an appropriate height so that the athlete's torso is the most likely part of the body to break the beam.
8. The System must be capable of printing out the time for each lane.
9. Judging of the race shall take place as per WA Rule CR19/WPA 2.14. The time recorded for each lane shall only be referred to in the determination of places in cases of doubt, and then only at the discretion of the Chief Judge.
10. Times from the Gate System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Gate System printout image, shall be official. Any appropriate back-up system should be appointed where any possibility exists of failure of the timing system.
11. Where the system is started and/or finished manually, the time shall be recorded to the 1/10th of a second. Unless a time is an exact 1/10th of a second, it shall be recorded to the next longer 1/10th of a second.
12. Where the system is started and finished fully automatically, the time shall be recorded as an electronic time with no adjustment.

#### **WA TR20 / WPA 21 - Seeding's, Draws and Qualification in Track Events**

WA Rule TR20 and WPA 21 have been replaced by the following:

##### **Lane and Heat Draws**

1. For track events where more than one round will be applied; and if seed times are provided athletes shall be seeded in heats using a zigzag distribution method. If no seed times are provided, athletes will be randomly drawn into heats.
2. For track events where only one round of competition is applied, and progression is not necessary; and if seed times are provided, athletes shall be seeded slowest to fastest. If no seed times are provided, athletes will be randomly drawn into heats.
3. Lanes for heats shall be randomly drawn.

4. Where there are more lanes available than athletes in a heat, the inside lane should always remain free.

### **Progression to Finals**

5. The following athletes shall progress to the final in their event:
  1. 5 Heats – Top 1 from each heat and next best 3 advance to final.
  2. 4 Heats – Top 1 from each heat and next best 4 advance to final.
  3. 3 Heats – Top 2 from each heat and next best 2 advance to final.
  4. 2 Heats – Top 3 from each heat and next best 2 advance to final.
6. Where there is a tie in determining the next fastest times, if possible both athletes shall progress through to the final. Failing that, the higher placed athlete in their heat shall progress. If the tie still remains, a random process with equal probability (e.g., a coin toss) shall be used to determine progression.
7. Races 800m or longer will be conducted as Timed Finals.

**Note:** Where the venue has nine or more lanes, the Competition organiser shall have the discretion to allow nine or more athletes to contest the final of an event. In such cases, WA TR20.5 shall be modified by increasing the number of athletes qualified due to the 'next fastest times' as appropriate.

### **Lane Draw for Finals**

8. Following the running of the heats, athletes shall be ranked on the following basis:
  - a. Fastest heat winner, second fastest heat winner, etc.
  - b. Fastest 2nd place in heat, second fastest 2nd place in heat, etc.
  - c. Concluding with: Fastest next qualifier, second fastest next qualifier
9. Using the rank determined in WA Rule TR20.8, a random draw of the priority lanes shall occur amongst the top four ranked athletes and a random draw of the non-priority lanes shall occur amongst the remaining athletes.
10. On an eight lane track, the priority lanes are 3, 4, 5 and 6, whilst on a nine lane track, they are 4, 5, 6 and 7.
11. Competition organisers may, at their discretion, conduct two random draws for the non-priority lanes, with the 5th and 6th ranked athletes being drawn for the outside two lanes of the track and the 7th and 8th ranked athletes being drawn for the inside two lanes of the track.
12. Where there are more lanes than athletes, the inside lane should always remain free.

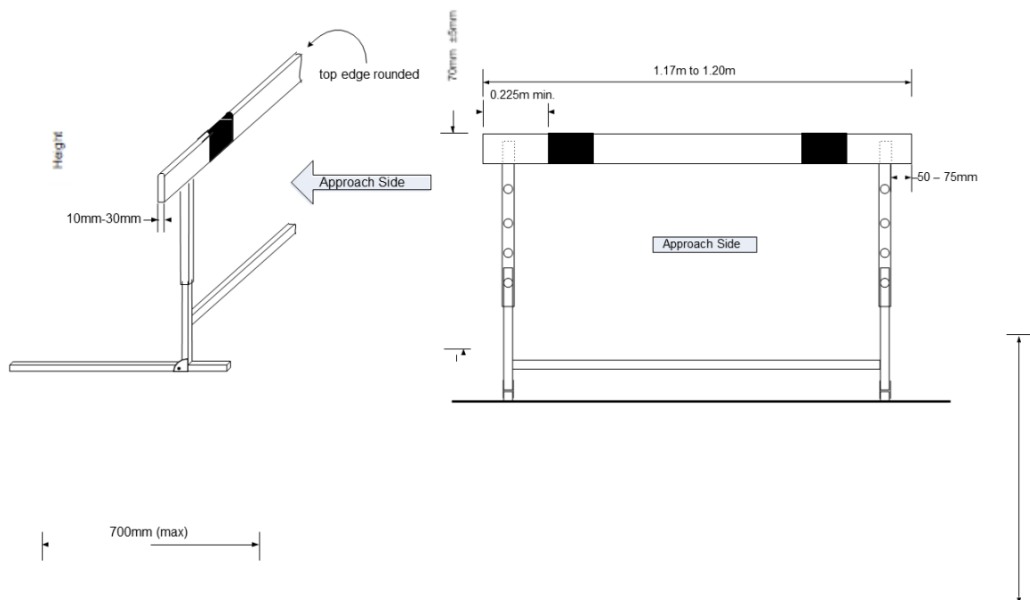
### **Minimum Time Between Rounds**

13. The following minimum times must be allowed, when practicable, between the last heat of any round and the first heat of a subsequent round or final:
  - a. Up to and including 200m: 45 minutes
  - b. Over 200m up to and including 800m: 90 minutes
  - c. Over 800m: Not on the same day

## WA TR22 - Hurdle Races

WA Rules TR22.1, 22.3 and 22.5 have been replaced by the following:

- Hurdles **must** be of the collapsible type. (Collapsible type means when a hurdle is knocked down it lays flat on the track without any part of the hurdle protruding).



## Hurdles Distances and Flights

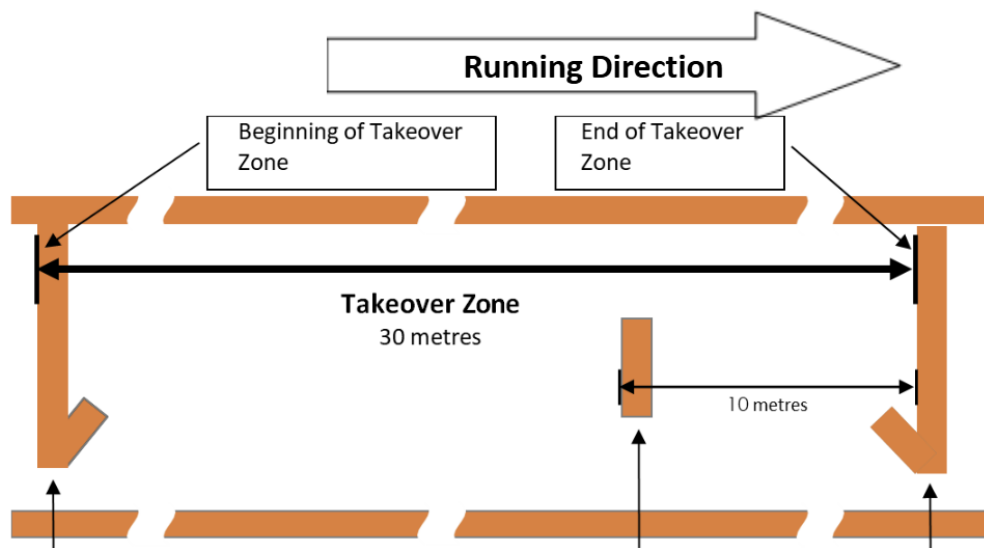
Distance	No. of Flights	Run In	Distance between flights	Run Out
60mH	6	12m	7m	13m
80mH	9	12m	7m	12m
90mH	9	13m	8m	13m
100mH	10	13m	8.5m	10.5m
110mH	10	13.72m	9.14m	14.02m
200mH	5	20m	35m	40m
300mH	7	50m	35m	40m



## WA TR24 / WPA 23 - Relay Races

WA Rule TR24 and WPA 23 have been replaced by the following:

1. The standard distances will be: 4 x 100m, 4 x 200m (Standard optional event), 100m-300m-200m-400m Medley Relay (Swedish Medley Relay) (Standard optional event)
2. The Multi-Class standard distance will be: 4 x 100m. Team make up at Association level shall be as per each Athletics West rules and regulations for State Relay Championships. The 4 x 200m, 4 x medley relay and other variations are available as optional events for the U9 and above age groups.
3. Lines 50mm wide will be drawn across the track to mark the distances of the legs and to denote the scratch line.
4. In the 4 x 100m and the 4 x 200m and for the first and second changes of the Medley Relay, each takeover zone will be 30m long, of which the scratch line is 20m from the start of the zone. For the third change in the Medley Relay the takeover zone will be 20m long of which the scratch line is the centre.
5. In the ambulant 4 x 100m Relay, the takeover zone will be 30m long, of which the scratch line is 20m from the start of the zone. For wheelchair relay races of 4 x 100m the takeover zone shall be 40m long of which the scratch line is 30m from the start of the zone. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their take over zone.
6. When all or the first portion of a relay race is being run in lanes, an athlete may place one checkmark on the track within their own lane supplied or approved by the Organising Body. No other check mark may be used. The Judges shall direct the relevant athlete to adapt or remove any marks not complying with this Rule. If they do not the Judges shall remove them.
7. The relay baton will be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which must be 280mm to 300mm. The outside diameter must be 32mm  $\pm$  2mm or 38mm  $\pm$  2mm and it must not weigh less than 50g. It should be coloured to be easily visible during the race.



**Note:** Unless a track has been specifically marked for 30m takeover zones, the existing line marked on the track to denote the acceleration line shall be used as the incoming zone line.

8. A baton will be used for all Relay Races held in the Stadium and will be carried by hand throughout the race except for wheelchair relays and amputee relays. Batons do not have to be numbered but should be of a different colour in neighbouring lanes where possible.
9. Athletes are not permitted to wear gloves or to place material or substances on their hands in order to obtain a better grip of the baton.
10. If dropped, the baton must be recovered by the athlete who dropped it. The athlete may leave their lane to retrieve it provided that, by doing so, the athlete does not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete or guide-runner who dropped it, after retrieving it, must return at least to the point where it was last in their hand, before continuing in the race. Provided these procedures are adopted where applicable and no other athlete is impeded, dropping the baton shall not result in disqualification.

**If an athlete or guide runner does not follow this Rule, the athlete's team will be disqualified.**

11. The baton must be passed within the takeover zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete. In relation to the takeover zone, it is only the position of the baton which is decisive. Passing of the baton outside the takeover zone will result in disqualification. For wheelchair relays (T33-34, T51-52, and T53-54) and ambulant relays (T42-47 and T61-64) the Take-over shall be by a touch on any part of the body of either the incoming or outgoing athlete. The first touch must be within the Take-over Zone.

**Pushing the outgoing athlete to gain advantage during Take-over shall result in disqualification.**

12. Until the moment when the baton is in the hand of only the receiving athlete, lane infringement rules shall be applicable only to the incoming athlete or guide-runner. Thereafter it shall be applicable only to the receiving athlete. Additionally, athletes or guide-runner, before receiving and/or after handing over the baton, should keep in their lanes or maintain position until the course is clear to avoid obstruction to other athletes. If, however an athlete or guide-runner impedes a member of another team, including by running out of position or lane at the finish of their leg, obstruction rules will be applied.
13. Either the athlete or the guide-runner in the T11-T13 relays can carry the baton.
  - a. The baton exchange may take place between either guide-runners or athletes without restriction, except that the conditions of the method of guidance must be met;
  - b. A fair exchange is established when the baton carrier passes the baton to the baton receiver within the take-over zone;
  - c. Once the outgoing athletes and/or guide-runner leaves the take-over zone they can re-enter the take-over zone to receive the baton (i.e., if they go too early);

- d. One (1) assistant per take-over zone will be allowed on the track to help with the positioning of any T12 athlete competing without a guide-runner. The assistant must leave the competition area prior to the start of the event and must remain in a position designated by the technical officials which does not interfere with the conduct of the race. In violation of this rule, the athlete shall be warned or disqualified.
- 14. If during the race an athlete takes or picks up the baton of another team, the athlete's team will be disqualified. The other team should not be penalised unless an advantage is obtained.
  - 15. Each member of a relay team may run one leg only.
  - 16. Refer to the relevant Competition Regulations for any Relay team compositions.
  - 17. The 4 x 100m race will be run entirely in lanes.
  - 18. The 4 x 200m race may be run in any of the following ways
    - a. entirely in lanes;
    - b. in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline (an arched line marked after the first bend across all lanes other than one), where athletes may leave their respective lanes (three bends in lanes). Athletes are to be placed onto the track in lane order for the 3<sup>rd</sup> and 4<sup>th</sup> takeover.
  - 19. The Medley Relay race begins at the 200 metres start area, using the 200m start line staggers with the first leg run in lanes as well as that part of the second leg up to the breakline in the front straight, where athletes may leave their respective lanes. The athletes running the final two legs will, under the direction of a designated official, place themselves in their waiting position in the order of the start list (inside to out). Once the incoming athletes have passed the breakline, the waiting athletes must maintain their order, and must not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, his team may be disqualified.
  - 20. If an athlete does not follow Rules WA 24.11. 24.12 or 24.13, the team shall be disqualified.
  - 21. For all takeovers, athletes are not permitted to begin running or wheeling outside their takeover zones and will start within this zone. If an athlete does not follow this Rule, the athlete's team will be disqualified.
  - 22. In the 4 x 200m, the athletes running the final leg and, in the Medley Relay the athletes running the third and fourth legs will, under the direction of a designated official, place themselves in their waiting position in the order of the start list (inside to out). Once the incoming athletes have passed the breakline, the waiting athletes must maintain their order, and must not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, his team may be disqualified.
  - 23. In any race, when lanes are not being used for the takeover zone, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete to impede their progress. In 4 x 200m and Medley Relay, waiting athletes will maintain the order in accordance with Rule 170.17. If an athlete does not follow this Rule, the athlete's team may be disqualified.

24. For wheelchair relays and relays for Sports Classes T11-13 (i.e., involving guide-runners), where it is required for the relay to be run in lanes, each team shall be allocated two adjacent lanes. The athletes/guide-runners may use either of their two allocated lanes. The lines on the inner of the two allocated lanes shall be extended across the outer of the two allocated lanes to mark the distances of the stages and to denote the scratch lines. Changes will take place as for lanes 1, 3, 5 and 7. The extension-of-start and exchange box lanes should be done with tape of the same colour and width as the existing lane markings.
25. In the case of relay events not covered by this Rule, the relevant competition regulations should specify any particular rules that should be applied and the method by which the relay should be conducted.

## Section 4 – Field Events

### WA TR25 / WPA 24 - General Conditions: Field Events

WA Rule 25 and WPA 24 with the exception of WA Rules TR25.1, 25.2, 25.3.2, 25.17 and WPA Rules 24.1, 24.2, 24.3(b), 24.17, 24.18 and 24.23 have been replaced by the following:

#### Markers

1. An athlete may place alongside the runway 1 or 2 markers (supplied or approved by the organisers) to assist them in their run-up and take-off.
2. The use of sharp or pointed markers or anything considered dangerous by the Referee will be prohibited.

#### Competition Order

3. The order in which athletes shall take their trials shall be drawn randomly.
4. In all events, except for the High Jump, where there are more than 8 athletes, each athlete shall be allowed 3 trials and the 8 athletes with the best valid performances may be allowed additional trials.
5. Except for Seated Throwing Events, no athlete shall have more than one trial consecutively.
6. In the event of a tie (after a count-back) for the 8th place, any athletes so tying may also be allowed the additional trials. (Tying means, in this case achieving the same distance).
7. Where there are 8 athletes or fewer, each athlete shall be allowed all applicable trials regardless of the number of failures recorded.
8. The competing order for any additional trials shall be in the reverse ranking order recorded after the first 3 rounds of trials.
9. In all events except High Jump, each athlete shall have a minimum of 3 trials and no more than 6.

#### Commencement of Competition

10. Competition commences with the first trial in the first round.
11. The trials shall commence when the Official responsible indicates to the athlete that all is ready for the trial to begin, and the athlete is called.
12. The period allowed for this trial shall commence from that moment.
13. A round commences when the first athlete eligible to compete in the round commences their trial.
14. A round is complete when the last athlete eligible and present to compete in the round completes their trial.

#### Completion of Trial

15. Throws - a trial is complete when the athlete leaves the circle (discus and shot put) or runway (javelin).
16. Seated Throws – a trial is complete once the implement has landed within the permitted zone.

17. Long & Triple Jump - a trial is complete when the athlete leaves the landing pit.

**Note:** Leaving the pit is defined as the first contact made by the foot with the border or ground outside the landing area.

18. High Jump - a trial is complete when the Chief Judge designates a “fair/fail jump”.

### **Completion of Competition**

19. High Jump - the high jump is complete when the last remaining athlete fails or decides to stop.

20. All other events are complete when the last round is completed.

**Note:** The number of rounds in a competition must be clearly stated at the start of the competition and where possible indicated in the program.

### **Failure**

21. In all field events if an athlete incurs a failure, they will be told the reason for the failure at the completion of the trial.

### **Substitute Trials**

22. If, for any reason, an athlete is hampered in a trial in a field event, the Referee shall have the power to award that athlete a substitute trial.

### **Delay**

23. A time warning may be given to an athlete. Such a warning is indicated by a raised yellow flag, which is kept raised for the last 15 seconds prior to the disallowing of a trial for exceeding the time limit.

### **Absence during competition**

24. Any athlete who leaves the immediate event area (as defined prior to the commencement of the competition by the Chief Judge or Referee) without permission, may be cautioned by the Chief Judge and warned that any repetition, may result in them being excluded from further participation in that event. The Referee may make the decision to disqualify the athlete. Any performance up to the time of a disqualification shall stand.

### **Change of competition area**

25. Referees shall have the power to change the place of the competition in any field event, if in their opinion the conditions justify a change.

26. Such a change shall be made only after a round is completed.

27. If a change is required because conditions are dangerous, then the round shall be restarted.

### **Results**

28. Upon completion of each event the final result sheet shall be checked and signed by the Referee and immediately handed to the recording area and/or Key site official.

### **Ties**

29. In all field events, except for High Jump:

- a. The 2nd best performance of the athletes tying shall decide the tie. If a tie remains, the 3rd best and so on
- b. If athletes in field events are tied for any place after all count backs have been applied, then equal placing will be declared

30. High Jump ties:

- a. The athlete with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place
- b. If the tie remains, the athlete with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
- c. If the tie remains the athletes shall be awarded the same place in the competition. There is no jump-off for placing's.
- d. If the result determines progression to the next level of competition, then a jump off should take place. This jump off will not affect placing's.

**Measuring**

- 31. The Judges shall judge, measure, and record each valid trial of the athletes.
- 32. All measurements shall be made immediately after each valid trial.
- 33. Where possible, all measurements must be made using Electronic Distance Measuring (EDM).

When EDM is not available, a fibreglass or steel tape measure graduated in centimetres, or a graduated bar for high jump, should be used.

- 34. In measuring all field events, except the High Jump, the zero end of the tape or EDM prism should be placed at the nearest edge of the mark where the implement first lands or where the athlete makes a mark in the pit closest to the take-off.
- 35. Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre.
- 36. In High Jump all measurements shall be made, in whole centimetres, perpendicular from the ground with a steel or fibreglass measuring bar to the lowest part of the upper (top) side of the bar.

**WA TR27 - High Jump**

WA Rules TR27.2.1, 27.3, 27.4, 27.5, 27.7 and 27.10 have been replaced by the following:

**Safety**

1. The Chief Judge (or Association equivalent) shall ensure that the landing area is satisfactory and that the uprights and cross bar are in good condition
2. The Chief Judge (or Association equivalent) shall have the power to caution any athlete using an unsafe technique, and if necessary, not allow the athlete to continue further in the event.

**Validity of Jumps**

3. An athlete may commence jumping at any height above the minimum height and may jump at their own discretion at any subsequent height. 3 successive failures, not necessarily at the same height, disqualifies the athlete from competing further.
4. The effect of this rule is that an athlete may forego their 2nd or 3rd jumps at a particular height (after failing 1st or 2nd time) and still jump at a subsequent height.
5. If the bar falls off without having been knocked by the athlete (e.g., due to strong wind) the athlete is not penalised.

**Measuring**

6. Before the commencement of the competition the Judge shall announce to the athletes the starting height and the subsequent heights to which the bar has been raised at the commencement of each round.
7. The height of the crossbar should be checked at both ends to confirm it is horizontal and, in the centre, to confirm the correct height.
8. In the case of a sagging crossbar measurement is made from the ground perpendicular to the upper edge of the crossbar at the point where it is lowest.
9. In the case of records, the Referee and Chief Judge must check the measurement when the crossbar is placed at the record height. They must recheck the measurement before each subsequent record attempt if the crossbar has been disturbed since last measured.
10. Even after all other athletes have failed an athlete is entitled to continue until they forfeit their right to compete further.
11. The heights to which the crossbar is raised shall be decided after consulting with the athlete
12. Each athlete shall be credited with the best of all their jumps, subject to the conditions relating to ties.

**Increments**

13. It is recommended that the bar be raised by 5cm increments until there are six or fewer athletes remaining and by increments of 2cm thereafter until only one athlete remains. When only one athlete remains, that athlete may choose the increments.

### Measurement of Run In

14. Once the competition starts, athletes may only re-measure their run up with the permission of the Chief Judge. This re-measurement must be done within the allocated time for the athletes' time for the trial. The athlete may touch the upright or bar, but should the bar be dislodged, a failure must be recorded for that trial.

### Age Restrictions

15. Under 9 will be the starting age group for High Jump at Association level competitions in all Affiliated Associations.
16. The Scissor technique will be the only allowable technique performed in High Jump for the Under 9, Under 10 and Under 11 age groups at all levels of competition.
  - a. It shall be a valid scissor jump if all other relevant high jump rules are adhered to, and:
  - b. The head of the athlete does not go over the bar before the leading foot (the foot of the leg closest to the bar at take-off);
  - c. The head of the athlete is not below the buttocks when the buttocks clear the bar, and
  - d. The athlete's lead foot touches the mat before any other part of the body.
17. All athletes in the Under 12 and above age groups will have the option to use any legal jumping technique where flop mats are provided at all levels of competition.

### Minimum Height for mats

18. The height for scissor mats at all competition levels and in all Affiliated Associations will be between 150mm and 300mm with minimum dimensions of 5m x 3m
19. The minimum height for flop mats at all competition levels and in all Affiliated Associations will be 400mm with minimum dimensions of 5m x 3m.

**Note:** AW recommends that 500mm mats or higher be the preferred height.

### WA TR29 / WPA 27 - General Conditions: Horizontal Jumps

WA Rule TR29 and WPA Rule 27 have been replaced by the following:

1. The long jump runway and pit shall comply with the specifications set out within the WA Track & Field Facilities Manual, except as modified within this section.

### Runway

2. Where possible the length of the runway shall be at least 40m. There is no limitation on the maximum length of the runway.

### Take-off Board

3. Only one type of take-off area shall be used in competition:
  - a. U9-U10: A 0.5m x 1.22m mat covered with damp sand, soft earth or any similar materials where the foot imprint can be observed.
  - b. U11 and above: A 0.2m x 1.22m area, consisting of either a board sunk level with the runway, or painted on to the runway. A strip of plasticine or other suitable

material (e.g., damp sand) may be placed immediately beyond the take-off line, to a maximum height of 7mm. Where a board or painted take-off area is not available a mat may be used.

- c. All age groups Classes T11 and T12: A 1.00m x 1.22m mat covered with damp sand, soft earth, or any similar materials where the foot imprint can be observed.

## Landing Area

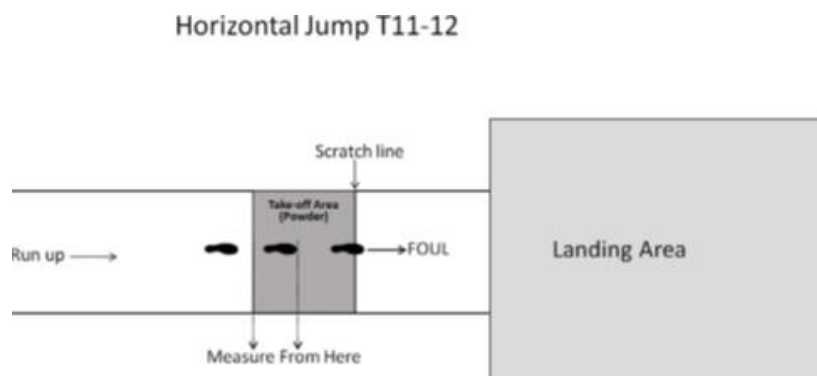
- 4. The Landing Area shall have a minimum width of 2.75m and a maximum width of 3m. It shall, if possible, be placed that the middle of the runway, if extended, would coincide with the middle of the landing area.

**NOTE:** If the middle of the runway is not in line with the middle of the landing area, a tape shall be placed along the landing area to achieve the dimensions, listed above.

- 5. The landing area should be filled with a soft dump sand, the top surface of which shall be level with the take-off board.

## Distance Measurement

- 6. U10 – U11 and all ages Classes T11 & T12:
  - a. Where any part of the athlete's foot lands on the take-off area, the jump will be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the imprint made in the take-off area by the take-off foot.
  - b. Where no part of the athlete's foot lands in the take-off area, the jump will be measured from the nearest break in the landing area made by any part of the body or limbs to the edge of the take-off area furthest from the landing area, or its extension. The measurement must be taken perpendicular to the back of the mat or its extension.



- 7. U12 and above:
  - a. The jump shall be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the front edge of the take-off area.
  - b. The measurement must be taken perpendicular to the take-off area or its extension.

## Run Up Measurement



8. Once the competition starts, athletes may only re-measure their run up with the permission of the Chief Judge. This further re-measurement must not be made on the runway, except where the Chief Judge deems the outsides of the runway unsafe.

#### **Failure**

9. In the Long Jump and the Triple Jump, it shall be counted as a failure if:
  - a. While taking-off (prior to the instant at which they cease contact with the take-off board or ground) any part of the athlete's take-off foot or shoe protrudes over the vertical plane of the front edge of the take-off area.
  - b. If an athlete takes off before reaching the take-off area it shall not, for that reason, be counted as a failure.
  - c. In the course of landing, the athlete touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump.
  - d. When leaving the landing area, an athlete's first contact with the border or ground outside is nearer the take-off line than the nearest break in the sand made on landing or made by overbalancing.
  - e. After landing, the athlete walks back through the landing area without first correctly exiting the pit.
  - f. An athlete takes off from outside either end of the take-off area, whether beyond or before the extension take-off line.
  - g. Any sort of somersaulting is used.

**Note:** Shoelaces, caps, jewellery are not relevant to determining a failure in breaking the vertical plane.

#### **Prosthetic Device(s)**

10. For athletes competing in horizontal Jumping Events in sport classes T61-64, the use of prosthetic device(s) is optional. The relevant Official shall ensure that Rule 6.12(b) is observed.
  - a. If the prosthetic device(s) is lost during the run-up then the athlete cannot continue without the prosthetic device(s). The athlete shall fix/adjust the prosthetic devices and recommence the trial provided they are within the time allowed for the trial;
  - b. If the prosthetic devices are lost during the process of jumping and the mark where the prosthetic device(s) lands is the closest mark to the take-off board in the landing area, then that is the mark that the trial will be measured from;
  - c. If the prosthetic device(s) lands outside the landing area, it shall be counted as a failure and recorded as such.

### WA TR30 / WPA 28 - Long Jump

WA Rule TR30.5 and WPA Rule 28.5 have been replaced by the following:

#### Take-off Line

1. U10 & below age groups: The take-off area or mat shall be placed at a maximum 0.5m from the nearer edge of the landing area
2. U11 and above age groups: The take-off line shall be placed between 1m and 2m from the nearer edge of the landing area.

### WA TR31 - Triple Jump

WA Rules TR31.3, 31.4 and 31.5 have been replaced by the following:

1. In the Triple Jump, the take-off lines shall be in whole metre increments from the nearer edge of the pit. The Organising Committee for the Competition shall determine the take-off lines to be used for each event, prior to the commencement of the Competition.
2. Athletes may change their take-off board as many times as they wish, as long as they notify the officials at the event, prior to each jump.

**NOTE:** Rule 30.1.4 does not apply to the normal landing from the hop and step phases.

### WA TR32 / WPA 30 - General Conditions: Throwing Events

WA Rule TR32 and WPA Rule 30 with the exception WA Rules TR32.15 and 32.18 and WPA Rules 30.15 and 30.18 have been replaced by the following:

1. All implements shall conform to the specification set out with Little Athletics WA standard events
2. All implements shall be provided by the organisers of the Competition.
3. No athlete is allowed to use any other implements, or to take them on to the competition area.

**Table 7 – Implements: Able Body**

Age Group	Girls			Age Group	Boys		
	Shot Put	Discus	Javelin		Shot Put	Discus	Javelin
<b>U16</b>	3kg	1kg	500g	<b>U16</b>	4kg	1kg	700g
<b>U15</b>	3kg	1kg	500g	<b>U15</b>	4kg	1kg	700g
<b>U14</b>	3kg	1kg	500g	<b>U14</b>	3kg	1kg	600g
<b>U13</b>	3kg	750g	400g	<b>U13</b>	3kg	750g	600g
<b>U12</b>	2kg	500g	400g	<b>U12</b>	2kg	500g	400g
<b>U11</b>	2kg	500g	*Turbo	<b>U11</b>	2kg	500g	*Turbo
<b>U10</b>	2kg	500g	*Turbo	<b>U10</b>	2kg	500g	*Turbo



**Table 8 – Implements: Multi Class**

Classification	Age Group	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
<b>F01</b>	<b>U18</b>	3.0Kg	1.0Kg	500g	5.0Kg	1.5Kg	700g
	<b>U17</b>	3.0Kg	1.0Kg	500g	4.0Kg	1.0Kg	700g
	<b>U16</b>	3.0Kg	1.0Kg	500g	4.0Kg	1.0Kg	700g
	<b>U15</b>	3.0Kg	1.0Kg	400g	3.0Kg	1.0Kg	600g
	<b>U14</b>	3.0Kg	750g	400g	3.0Kg	750g	600g
	<b>U13</b>	2.0Kg	750g	400g	2.0Kg	750g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	<b>U10</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
<b>F11-F13</b>	<b>U18</b>	3.0Kg	1.0Kg	500g	5.0Kg	1.5Kg	700g
	<b>U17</b>	3.0Kg	1.0Kg	500g	4.0Kg	1.0Kg	700g
	<b>U16</b>	3.0Kg	1.0Kg	500g	4.0Kg	1.0Kg	700g
	<b>U15</b>	3.0Kg	1.0Kg	400g	3.0Kg	1.0Kg	600g
	<b>U14</b>	3.0Kg	750g	400g	3.0Kg	750g	600g
	<b>U13</b>	2.0Kg	750g	400g	2.0Kg	750g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	<b>U10</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event



Classification	Age Group	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
<b>F20</b>	<b>U18</b>	3.0Kg	1.0Kg	500g	5.0Kg	1.5Kg	700g
	<b>U17</b>	3.0Kg	1.0Kg	500g	4.0Kg	1.0Kg	700g
	<b>U16</b>	3.0Kg	1.0Kg	500g	4.0Kg	1.0Kg	700g
	<b>U15</b>	3.0Kg	1.0Kg	400g	3.0Kg	1.0Kg	600g
	<b>U14</b>	3.0Kg	750g	400g	3.0Kg	750g	600g
	<b>U13</b>	2.0Kg	750g	400g	2.0Kg	750g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	<b>U10</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
<b>F21</b>	<b>U18</b>	2.0Kg	750g	400g	3.0Kg	1.0Kg	500g
	<b>U17</b>	2.0Kg	750g	400g	3.0Kg	1.0Kg	500g
	<b>U16</b>	2.0Kg	750g	400g	3.0Kg	1.0Kg	500g
	<b>U15</b>	2.0Kg	750g	400g	3.0Kg	1.0Kg	500g
	<b>U14</b>	2.0Kg	500g	400g	3.0Kg	750g	400g
	<b>U13</b>	1.0Kg	500g	400g	2.0Kg	750g	400g
	<b>U12</b>	1.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	1.0Kg	500g	No Event	2.0Kg	500g	No Event
	<b>U10</b>	1.0Kg	500g	No Event	2.0Kg	500g	No Event
<b>F31</b> Seated Throws	<b>U18</b>	No Event	No Event	No Event	No Event	No Event	No Event
	<b>U17</b>	No Event	No Event	No Event	No Event	No Event	No Event
	<b>U16</b>	No Event	No Event	No Event	No Event	No Event	No Event
	<b>U15</b>	No Event	No Event	No Event	No Event	No Event	No Event
	<b>U14</b>	No Event	No Event	No Event	No Event	No Event	No Event
	<b>U13</b>	No Event	No Event	No Event	No Event	No Event	No Event
	<b>U12</b>	No Event	No Event	No Event	No Event	No Event	No Event
	<b>U11</b>	No Event	No Event	No Event	No Event	No Event	No Event
	<b>U10</b>	No Event	No Event	No Event	No Event	No Event	No Event
<b>F32</b> Seated Throws	<b>U18</b>	1.0Kg	750g	No Event	2.0Kg	750g	No Event
	<b>U17</b>	1.0Kg	750g	No Event	2.0kg	750g	No Event
	<b>U16</b>	1.0Kg	750g	No Event	1.0kg	750g	No Event
	<b>U15</b>	1.0Kg	500g	No Event	1.0kg	500g	No Event
	<b>U14</b>	1.0Kg	500g	No Event	1.0kg	500g	No Event
	<b>U13</b>	1.0Kg	500g	No Event	1.0Kg	500g	No Event
	<b>U12</b>	1.0Kg	500g	No Event	1.0Kg	500g	No Event
	<b>U11</b>	1.0Kg	500g	No Event	1.0Kg	500g	No Event
	<b>U10</b>	1.0Kg	350g	No Event	1.0Kg	350g	No Event



Classification	Age Group	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
<b>F33</b> <b>Seated Throws</b>	<b>U18</b>	2.0Kg	750g	500g	2.0Kg	750g	500g
	<b>U17</b>	2.0Kg	750g	500g	2.0kg	750g	500g
	<b>U16</b>	2.0Kg	750g	400g	2.0kg	750g	500g
	<b>U15</b>	1.0Kg	500g	400g	2.0kg	500g	500g
	<b>U14</b>	1.0Kg	500g	400g	2.0kg	500g	400g
	<b>U13</b>	1.0Kg	500g	400g	1.0Kg	500g	400g
	<b>U12</b>	1.0Kg	500g	400g	1.0Kg	500g	400g
	<b>U11</b>	1.0Kg	500g	No Event	1.0Kg	500g	No Event
	<b>U10</b>	1.0Kg	500g	No Event	1.0Kg	500g	No Event
<b>F34</b> <b>Seated Throws</b>	<b>U18</b>	2.0Kg	750g	500g	3.0Kg	750g	500g
	<b>U17</b>	2.0Kg	750g	500g	3.0kg	750g	500g
	<b>U16</b>	2.0Kg	750g	400g	3.0kg	750g	500g
	<b>U15</b>	2.0Kg	500g	400g	2.0kg	500g	500g
	<b>U14</b>	2.0Kg	500g	400g	2.0kg	500g	400g
	<b>U13</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	<b>U10</b>	1.5Kg	500g	No Event	1.5Kg	500g	No Event
<b>F35</b>	<b>U18</b>	2.0Kg	750g	500g	3.0Kg	750g	500g
	<b>U17</b>	2.0Kg	750g	500g	3.0kg	750g	500g
	<b>U16</b>	2.0Kg	750g	400g	3.0kg	750g	500g
	<b>U15</b>	2.0Kg	500g	400g	2.0kg	500g	500g
	<b>U14</b>	2.0Kg	500g	400g	2.0kg	500g	400g
	<b>U13</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	<b>U10</b>	1.5Kg	500g	No Event	1.5Kg	500g	No Event
<b>F36</b>	<b>U18</b>	2.0Kg	750g	500g	3.0Kg	750g	500g
	<b>U17</b>	2.0Kg	750g	500g	3.0kg	750g	500g
	<b>U16</b>	2.0Kg	750g	400g	3.0kg	750g	500g
	<b>U15</b>	2.0Kg	500g	400g	2.0kg	500g	500g
	<b>U14</b>	2.0Kg	500g	400g	2.0kg	500g	400g
	<b>U13</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	<b>U10</b>	1.5Kg	500g	No Event	1.5Kg	500g	No Event



Classification	Age Group	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
<b>F37</b>	<b>U18</b>	2.0Kg	750g	500g	4.0Kg	750g	500g
	<b>U17</b>	2.0Kg	750g	500g	3.0Kg	750g	500g
	<b>U16</b>	2.0Kg	750g	400g	3.0kg	750g	500g
	<b>U15</b>	2.0Kg	500g	400g	2.0kg	500g	500g
	<b>U14</b>	2.0Kg	500g	400g	2.0kg	500g	400g
	<b>U13</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	<b>U10</b>	1.5Kg	500g	No Event	1.5Kg	500g	No Event
<b>F38</b>	<b>U18</b>	2.0Kg	750g	500g	4.0Kg	1.0Kg	600g
	<b>U17</b>	2.0Kg	750g	500g	3.0Kg	750g	600g
	<b>U16</b>	2.0Kg	750g	400g	3.0kg	750g	500g
	<b>U15</b>	2.0Kg	500g	400g	2.0kg	500g	500g
	<b>U14</b>	2.0Kg	500g	400g	2.0kg	500g	400g
	<b>U13</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	<b>U10</b>	1.5Kg	500g	No Event	1.5Kg	500g	No Event
<b>F40-F41</b>	<b>U18</b>	2.0Kg	750g	400g	3.0Kg	1.0Kg	500g
	<b>U17</b>	2.0Kg	750g	400g	3.0Kg	1.0Kg	500g
	<b>U16</b>	2.0Kg	750g	400g	3.0Kg	1.0Kg	400g
	<b>U15</b>	2.0Kg	500g	400g	2.0Kg	750g	400g
	<b>U14</b>	2.0Kg	500g	400g	2.0Kg	750g	400g
	<b>U13</b>	1.5Kg	500g	400g	1.5Kg	500g	400g
	<b>U12</b>	1.5Kg	500g	400g	1.5Kg	500g	400g
	<b>U11</b>	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	<b>U10</b>	1.5Kg	500g	No Event	1.5Kg	500g	No Event
<b>F42</b>	<b>U18</b>	3.0Kg	1.0Kg	500g	5.0Kg	1.0Kg	700g
	<b>U17</b>	3.0Kg	1.0Kg	500g	4.0Kg	1.0Kg	700g
	<b>U16</b>	3.0Kg	1.0Kg	400g	4.0Kg	1.0Kg	600g
	<b>U15</b>	3.0Kg	1.0Kg	400g	3.0Kg	1.0Kg	600g
	<b>U14</b>	3.0Kg	750g	400g	3.0Kg	750g	500g
	<b>U13</b>	2.0Kg	750g	400g	2.0Kg	750g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	<b>U10</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event



Classification	Age Group	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
<b>F43-F44</b>	<b>U18</b>	3.0Kg	1.0Kg	500g	5.0Kg	1.0Kg	700g
	<b>U17</b>	3.0Kg	1.0Kg	500g	4.0Kg	1.0Kg	700g
	<b>U16</b>	3.0Kg	1.0Kg	400g	4.0Kg	1.0Kg	600g
	<b>U15</b>	3.0Kg	1.0Kg	400g	3.0Kg	1.0Kg	600g
	<b>U14</b>	3.0Kg	750g	400g	3.0Kg	750g	500g
	<b>U13</b>	2.0Kg	750g	400g	2.0Kg	750g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	<b>U10</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
<b>F45</b>	<b>U18</b>	3.0Kg	1.0Kg	500g	5.0Kg	1.0Kg	700g
	<b>U17</b>	3.0Kg	1.0Kg	500g	4.0Kg	1.0Kg	700g
	<b>U16</b>	3.0Kg	1.0Kg	400g	4.0Kg	1.0Kg	600g
	<b>U15</b>	3.0Kg	1.0Kg	400g	3.0Kg	1.0Kg	600g
	<b>U14</b>	3.0Kg	750g	400g	3.0Kg	750g	500g
	<b>U13</b>	2.0Kg	750g	400g	2.0Kg	750g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	<b>U10</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
<b>F46</b>	<b>U18</b>	3.0Kg	1.0Kg	500g	5.0Kg	1.0Kg	700g
	<b>U17</b>	3.0Kg	1.0Kg	500g	4.0Kg	1.0Kg	700g
	<b>U16</b>	3.0Kg	1.0Kg	400g	4.0Kg	1.0Kg	600g
	<b>U15</b>	3.0Kg	1.0Kg	400g	3.0Kg	1.0Kg	600g
	<b>U14</b>	3.0Kg	750g	400g	3.0Kg	750g	500g
	<b>U13</b>	2.0Kg	750g	400g	2.0Kg	750g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	<b>U10</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
<b>F51</b> <b>Seated Throws</b>	<b>U18</b>	No Event	750g	No Event	No Event	750g	No Event
	<b>U17</b>	No Event	750g	No Event	No Event	750g	No Event
	<b>U16</b>	No Event	750g	No Event	No Event	750g	No Event
	<b>U15</b>	No Event	500g	No Event	No Event	500g	No Event
	<b>U14</b>	No Event	500g	No Event	No Event	500g	No Event
	<b>U13</b>	No Event	500g	No Event	No Event	500g	No Event
	<b>U12</b>	No Event	500g	No Event	No Event	500g	No Event
	<b>U11</b>	No Event	500g	No Event	No Event	500g	No Event
	<b>U10</b>	No Event	350g	No Event	No Event	350g	No Event



Classification	Age Group	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
<b>F52</b> <b>Seated Throws</b>	<b>U18</b>	2.0Kg	750g	500g	2.0Kg	750g	500g
	<b>U17</b>	2.0Kg	750g	500g	2.0Kg	750g	500g
	<b>U16</b>	2.0Kg	750g	400g	2.0Kg	750g	400g
	<b>U15</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U14</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U13</b>	1.5Kg	500g	400g	1.5Kg	500g	400g
	<b>U12</b>	1.5Kg	500g	400g	1.5Kg	500g	400g
	<b>U11</b>	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	<b>U10</b>	1.5Kg	350g	No Event	1.5Kg	350g	No Event
<b>F53</b> <b>Seated Throws</b>	<b>U18</b>	2.0Kg	750g	500g	2.0Kg	750g	500g
	<b>U17</b>	2.0Kg	750g	500g	2.0Kg	750g	500g
	<b>U16</b>	2.0Kg	750g	400g	2.0Kg	750g	400g
	<b>U15</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U14</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U13</b>	1.5Kg	500g	400g	1.5Kg	500g	400g
	<b>U12</b>	1.5Kg	500g	400g	1.5Kg	500g	400g
	<b>U11</b>	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	<b>U10</b>	1.5Kg	350g	No Event	1.5Kg	350g	No Event
<b>F54</b> <b>Seated Throws</b>	<b>U18</b>	2.0Kg	750g	500g	3.0Kg	750g	500g
	<b>U17</b>	2.0Kg	750g	500g	2.0Kg	750g	500g
	<b>U16</b>	2.0Kg	750g	400g	2.0Kg	750g	400g
	<b>U15</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U14</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U13</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	<b>U10</b>	1.5Kg	350g	No Event	1.5Kg	350g	No Event
<b>F55</b> <b>Seated Throws</b>	<b>U18</b>	2.0Kg	750g	500g	3.0Kg	750g	500g
	<b>U17</b>	2.0Kg	750g	500g	2.0Kg	750g	500g
	<b>U16</b>	2.0Kg	750g	400g	2.0Kg	750g	400g
	<b>U15</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U14</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U13</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	<b>U10</b>	1.5Kg	350g	No Event	1.5Kg	350g	No Event



Classification	Age Group	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
<b>F56</b> <b>Seated Throws</b>	<b>U18</b>	2.0Kg	750g	500g	3.0Kg	750g	500g
	<b>U17</b>	2.0Kg	750g	500g	2.0Kg	750g	500g
	<b>U16</b>	2.0Kg	750g	400g	2.0Kg	750g	400g
	<b>U15</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U14</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U13</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	<b>U10</b>	1.5Kg	350g	No Event	1.5Kg	350g	No Event
<b>F57</b> <b>Seated Throws</b>	<b>U18</b>	2.0Kg	750g	500g	3.0Kg	750g	600g
	<b>U17</b>	2.0Kg	750g	500g	2.0Kg	750g	600g
	<b>U16</b>	2.0Kg	750g	400g	2.0Kg	750g	500g
	<b>U15</b>	2.0Kg	500g	400g	2.0Kg	500g	500g
	<b>U14</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U13</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	1.5Kg	500g	No Event	1.5Kg	500g	No Event
	<b>U10</b>	1.5Kg	350g	No Event	1.5Kg	350g	No Event
<b>F60</b>	<b>U18</b>	3.0Kg	1.0Kg	500g	5.0Kg	1.5Kg	700g
	<b>U17</b>	3.0Kg	1.0Kg	500g	4.0Kg	1.0Kg	700g
	<b>U16</b>	3.0Kg	1.0Kg	500g	4.0Kg	1.0Kg	700g
	<b>U15</b>	3.0Kg	1.0Kg	400g	3.0Kg	1.0Kg	600g
	<b>U14</b>	3.0Kg	750g	400g	3.0Kg	750g	600g
	<b>U13</b>	2.0Kg	750g	400g	2.0kg	750g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	<b>U10</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
<b>F61</b>	<b>U18</b>	3.0Kg	1.0Kg	500g	5.0Kg	1.0Kg	700g
	<b>U17</b>	3.0Kg	1.0Kg	500g	4.0Kg	1.0Kg	700g
	<b>U16</b>	3.0Kg	1.0Kg	400g	4.0Kg	1.0Kg	600g
	<b>U15</b>	3.0Kg	1.0Kg	400g	3.0Kg	1.0Kg	600g
	<b>U14</b>	3.0Kg	750g	400g	3.0Kg	750g	500g
	<b>U13</b>	2.0Kg	750g	400g	2.0kg	750g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	<b>U10</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event



Classification	Age Group	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
<b>F62</b>	<b>U18</b>	3.0Kg	1.0Kg	500g	5.0Kg	1.0Kg	700g
	<b>U17</b>	3.0Kg	1.0Kg	500g	4.0Kg	1.0Kg	700g
	<b>U16</b>	3.0Kg	1.0Kg	400g	4.0Kg	1.0Kg	600g
	<b>U15</b>	3.0Kg	1.0Kg	400g	3.0Kg	1.0Kg	600g
	<b>U14</b>	3.0Kg	750g	400g	3.0Kg	750g	500g
	<b>U13</b>	2.0Kg	750g	400g	2.0kg	750g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	<b>U10</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
<b>F63</b>	<b>U18</b>	3.0Kg	1.0Kg	500g	5.0Kg	1.0Kg	700g
	<b>U17</b>	3.0Kg	1.0Kg	500g	4.0Kg	1.0Kg	700g
	<b>U16</b>	3.0Kg	1.0Kg	400g	4.0Kg	1.0Kg	600g
	<b>U15</b>	3.0Kg	1.0Kg	400g	3.0Kg	1.0Kg	600g
	<b>U14</b>	3.0Kg	750g	400g	3.0Kg	750g	500g
	<b>U13</b>	2.0Kg	750g	400g	2.0kg	750g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	<b>U10</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
<b>F64</b>	<b>U18</b>	3.0Kg	1.0Kg	500g	5.0Kg	1.0Kg	700g
	<b>U17</b>	3.0Kg	1.0Kg	500g	4.0Kg	1.0Kg	700g
	<b>U16</b>	3.0Kg	1.0Kg	400g	4.0Kg	1.0Kg	600g
	<b>U15</b>	3.0Kg	1.0Kg	400g	3.0Kg	1.0Kg	600g
	<b>U14</b>	3.0Kg	750g	400g	3.0Kg	750g	500g
	<b>U13</b>	2.0Kg	750g	400g	2.0kg	750g	400g
	<b>U12</b>	2.0Kg	500g	400g	2.0Kg	500g	400g
	<b>U11</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event
	<b>U10</b>	2.0Kg	500g	No Event	2.0Kg	500g	No Event



### **Personal Safeguards and Assistance**

4. No device of any kind which in any way assists an athlete when making a throw, shall be allowed except for:
  - a. Shot Put: In order to protect the wrist from injury, an athlete may wear a bandage at the wrist.
  - b. Discus and Javelin: The use of tape on the wrist will only be allowed upon the production of a doctor's certificate or authority given by the Medical Officer.
  - c. Javelin: An athlete may wear elbow protection.
  - d. The use of tape on the hand to cover an open cut.
5. In order to obtain a better grip, athletes in throwing events are permitted to use a suitable substance on their hands only.
6. An athlete may not spray or spread any substance in the throwing circle.
7. In order to protect the spine from injury, an athlete may wear a belt of leather or other suitable material.
8. Once the competition has begun, athletes are not permitted to use the circle or ground within the sector for practice trials, with or without implements

### **Throwing Area and Landing Sector**

9. The dimension of the circles used for Shot Put and Discus, and the runway used for Javelin, shall conform to the specifications set out in the WA Track & Field Facilities Manual.
10. The landing sector should be extended well in excess of the best thrower.

### **Record Markers**

11. In competitions where a State Best Performance can be broken, markers may be placed to indicate the current ratified records. When record markers are used, they should be placed outside the sector.

### **Validity of Throws**

12. In throwing events from a circle:
  - a. An athlete must commence the throw from a stationary position. Note that stationary refers to both feet of the athlete, not the hands, arms or other parts of the athlete's body.
  - b. The athlete is allowed to touch the inside of the iron band of the circle or stop board.
13. It shall be a failure if the athlete, after entering the circle and commencing to make a throw, touches with any part of the body to top of the circle or the ground outside or improperly releases the implement in making the attempt.

**Note:** It, however, will not be considered a failure if the touch happens during the rotation, backward of the white line which is drawn outside the circle running, theoretically, through the centre of the circle.

**Note:** Shoelaces, clothing, caps, jewellery are not relevant to determining a failure if they touch the ground or top of the stopboard outside the ring.

14. A throw will be measured and not considered a failure, if after release, it strikes the cage and lands completely within the inner edges of the landing sector with no other rule being infringed.

#### **Interruption of a Trial**

15. It is not a failure if an athlete drops an implement and it does not touch the ground outside the throwing circle or runway, provided no other rule is breached.
16. In the case of Rule TR 32.15 above, the athlete can retrieve the implement and continue the trial within the allocated time.
17. If the implement touches the ground outside the circle or runway it becomes a failure.

#### **Measurements**

18. All measurements shall be made immediately after each valid trial.
19. The measurement of each throw will be made from the nearest mark made by the fall of the implement to the inside of the circumference of the circle, along a line from the mark to the centre of the circle.
20. For a valid trial, the implement must fall completely within the inner edges of the landing sector.
21. In Javelin the measurement of each throw will be made from where the head of the javelin first struck the ground, to the inside edge of the arc, with the tape being pulled through the point 8m back on the run-up, that being the centre of the circle of which the arc is a part.

#### **WA TR33 / WPA 31 - Shot Put**

WA Rule TR33.5 and WPA Rule 31.5 have been replaced by the following:

1. The shot shall be made from solid metal and conform to these specifications:

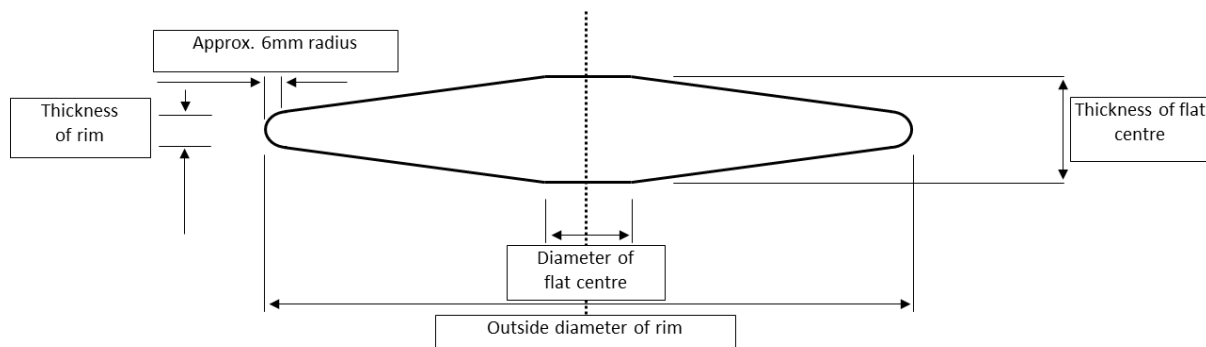
<b>Minimum Weight for admission to competition and acceptance of a Record:</b>					
	1.000kg	1.500kg	2.000kg	3.000kg	4.000kg
<b>Diameter:</b>					
Minimum	65mm	76mm	76mm	85mm	95mm
Maximum	85mm	90mm	90mm	110mm	110mm
<b>Colour:</b>					
	Royal Blue	Yellow	Orange	White	Red



### WA TR34 / WPA 32 - Discus Throw

WA Rule TR34 and WPA Rule 32 have been replaced by the following:

1. The discus shall conform to the dimensions shown in the diagrams below and shall be made from rubber or synthetic compound, or wood or synthetic compound with a metal rim.



Minimum weight for admission to competition and acceptance of a record				
	500g	750g	1.000kg	1.500kg
Outside Diameter of Metal Rim:				
Minimum	134mm	154mm	180mm	200mm
Maximum	138mm	156mm	182mm	202mm
Diameter of Metal Plate or Flat Centre Area:				
Minimum	N/A	N/A	50mm	50mm
Maximum	N/A	N/A	57mm	57mm
Thickness of Metal Plate or Flat Centre Area:				
Minimum	22mm	27mm	37mm	38mm
Maximum	27mm	35mm	39mm	40mm
Thickness of Rim (6mm from edge):				
Minimum	10mm	10mm	12mm	12mm
Maximum	10mm	10mm	13mm	13mm

### WA TR35 - Discus Cage

WA Rule TR35 with the exception of WA Rule TR35.1 has been replaced by the following:

1. The cage should be designed, manufactured and maintained so as to stop the discus so there is no danger of it ricocheting off fixed members of the cage, back towards the athlete or over the top of the net.
2. The breaking strain should be at least 40kg.



### WA TR38 / WPA 33 - Javelin Throw

WA Rule TR38 and WPA 33 with the exception of WA Rules TR38.1 and 38.4 and WPA Rules 33.1, 33.2, 33.3, 33.4, 33.6 and 33.9 have been replaced by the following:

1. The javelin shall conform to the following specifications:

<b>Minimum Weight for admission to competition and acceptance of a Record (inclusive of the cord grip):</b>				
	400g	500g	600g	700g
<b>Overall Length (L0):</b>				
<b>Minimum</b>	1.850m	2.000m	2.200m	2.300m
<b>Maximum</b>	1.950m	2.100m	2.300m	2.400m
<b>Distance from tip of metal to centre of gravity (L1):</b>				
<b>Minimum</b>	0.750m	0.780m	0.800m	0.860m
<b>Maximum</b>	0.800m	0.880m	0.920m	1.000m

2. The sector may be accurately laid out by making the distance between the two sector lines 20m at a point 40m distance from the centre of the throwing arc along one of the sector lines.
3. A throw shall be valid only if the metal head strikes the ground before any other part of the javelin. The javelin is not required to stick in the ground.
4. For a valid throw, the head of the javelin must fall completely within the inner edges of the landing sector.
5. It shall be a failure if the athlete, after starting their throw, touches with any part of their body or limbs, the lines marking the runway, the ground outside the runway, or crosses the throwing arc marking the end of the runway.
6. It is not a failure if the end of the javelin touches the ground during the run up.
7. At no time during the throw, until the javelin has been discharged into the air, may the athlete turn completely around, so that their back is towards the throwing arc.
8. It shall be a failure if the athlete leaves the runway before the implement has touched the ground, or if, when leaving the runway, the athlete's first contact with the parallel lines or the ground outside the runway is not completely behind the white lines of the arc or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, four metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, he shall be considered to have left the runway correctly.
9. An athlete may interrupt a trial once started, may lay the implement down inside or outside the runway and may leave the runway (as required above), before returning to the runway to continue their throw within the time limit.

**WPA 34 - General Conditions: Throwing Events For Seated Athletes**

WPA Rule 34.1, 34.2, 34.3 have been replaced by the following:

**Official Implements**

1. The implements used shall comply with the current Little Athletics WA program specifications. Implement weights set out in Table 8 above.

**Note:** In combined sports class events, athletes must use the correct implement weight relevant to their sports class.

2. All implements shall be provided by the organisers of the Competition.
3. No athlete is allowed to use any other implements, or to take them on to the competition area.

**WPA 35 - Seated Throwing Requirements**

WPA Rule 35.5 has been replaced by the following:

(Sport Classes F31-34, F51-57)

**Note:** All seated throws events will be conducted from a site with tie down devices. An athlete may use a standard day wheelchair to compete in throws. Athletics West take no responsibility for any damage caused to a chair through being restrained.

1. Time Allocation for Securing Frames and wheelchairs

A reasonable amount of time will be permitted for an athlete's throwing frame or wheelchair to be secured in the circle before the athlete attains a seated position. The maximum time allowed is for athletes to secure themselves to the chair and have as many warm-up throws as time permits is:

- a. 5 minutes for Sport Classes F32-34 and F54-57, or
- b. 6 minutes for Sport Classes F31 and F51-53.

**Note:** Timing should begin at the time the chair is oriented, secured to the throwing platform and made available to the athlete to secure themselves into position.

**WPA 36 - Seated Throwing Requirements**

WPA Rule 36.1 (except a and b) has been replaced by the following:

1. In Seated Throw Events, all athletes (Sport Classes F31-34, F51-57) shall throw implements from a Throwing Frame or Standard Day Wheelchair in a seated position.

## Section 5 - Combined Events Competition

### WA TR39 - Combined Events Competitions

Please refer to Athletics West Rules for the WA State Combined Event Championships.

## Section 6 - Race Walking Events

### WA TR54 - Race Walking

WA Rule TR54 has been replaced by the following:

#### Definition of Race Walking

1. Race walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until the vertical upright position

**Note:** The advancing foot of the walker must make contact with the ground before the rear foot leaves the ground

#### Judging

2. The appointed judges shall elect between them a Chief Judge unless one has already been appointed a Chief Judge for the relevant carnival
3. The number of appointed walk judges for a track event, including the Chief, shall comprise a minimum of 4 and maximum of 6
4. The independence of judges is extremely important and wherever possible connections between athletes and judges should be avoided. Individual Judges are required to declare their interests
5. The Competition Director shall have the authority to allow judges where such connections exist. Connections mean relative, coach or protégé.
  - a. This is provided there are an insufficient number of available, experienced, and qualified judges without such connection.
  - b. It will be up to individual judges to disclose these connections and to indicate if they wish to stand down for a particular race.
  - c. Where possible members of the same family should not serve as a judge for the same race

#### Yellow Paddle

6. Any judge can give a "Yellow Paddle" to an athlete when an athlete appears to be in danger of failing to comply with the rules (definition of race walking per Rule 230.1)
7. Yellow Paddles are issued verbally and briefly taking care that remarks do not constitute coaching

**Note:** All remarks should be loud and clear and always in the form: e.g., "Yellow Paddle No. xx contact or knees"

8. For loss of contact ~ a wavy line in black on a yellow background
9. For knees a 45° angle < also in black on a yellow background shall be used

10. A judge can only yellow paddle an athlete once for each offence during the event
11. A yellow paddle has no bearing on disqualification. It is possible to be yellow paddled by every judge in the race yet not receive a single Red Card.

### **Red Card**

12. A judge gives a "Red Card" for disqualification if an athlete is actually breaking the rules of race walking
13. For the U12 and above age groups, no verbal Red Card will be given. For other age groups, the Red Card will be given verbally at the time of detection of the actual infringement

**Note:** All remarks should be loud and clear and always in the form: e.g., "Red Card No. xx contact or knees"

14. Red Card is recorded on the judging pad and forwarded to the Chief Judge as soon as practicable
15. A judge may only give an athlete one Red Card during the event irrespective of the infringement
16. If a judge in an event requiring verbal Red Cards to be given, is not sure an athlete has heard the "Red Card" the Judge should repeat it at the next suitable opportunity

**Note:** A Red Card should never be given unless there is absolute certainty the rules have been infringed. Any doubt existing must be given to the athlete and the Red Card not issued

### **Disqualification**

17. A Red Card by 3 or more walk judges, that in their opinion an athlete's mode of progression failed to comply with the definition of race walking brings about a disqualification
18. Only the Chief Judge may advise an athlete of their disqualification
19. Where an athlete is disqualified, the Chief Judge shall indicate to such athlete verbally that they are disqualified and give the reasons for the disqualification
20. The result of an event shall not become final until the Chief Walk Judge and Track Referee has given the all clear

### **Methods of Judging**

21. Prior to each walking event, the Chief Judge or a judge appointed by the Chief Judge, will acquaint the athletes with the judging procedures for the event
22. It is imperative that during an event all judges act in an individual capacity and their judging is not influenced by the judging of another judge, per medium of conversation or messages
23. The Chief Judge shall allocate judges their judging position
24. Walk judges, recorders or messengers shall not use transceivers during the conduct of the event.
25. The judges must adequately cover the whole of the track/course; this can be done by having approximately equal distance between judges. There should be no blind spots,

judges should judge from the outside of the track/course and not encroach on an area allocated to another judge, but judge from their allotted position as walkers are passing or approaching their section

26. Hip numbers must be worn by all walkers as supplied by the host Association. The number must be clearly visible to all judges.

### **Track Umpires and Referees**

27. Track Umpires and Referees shall work during the event to determine the fairness of the competition other than walking rules
28. The Track Referee should confer with the Chief Walk Judge and indicate any athletes who are to be disqualified before walk results are finalised

### **Walk Judge's Master Sheet**

29. A copy of the master sheets of each walk event will be posted on the notice board with the result sheet
30. The master sheet is that document which the Chief Judge records the Red Cards of the judges and them self and indicates which athletes received 3 or more Red Cards
31. Judges should be indicated by number and not by name on the notice board copy of the sheet

## **Section 7 - Road Races**

### **WA TR55 - Road Races**

Maximum distances have been set for Out of Stadia Road Races (refer LA WA Rule – Table 6)  
Please refer to Athletics West Winter Season Rules regarding Road Races.

## **Section 8 - Cross-Country and Mountain Races**

### **WA TR56 - Cross-Country Races**

Maximum distances have been set for Out of Stadia Cross-Country (refer LA WA Rule – Table 6)  
Please refer to Athletics West Winter Season Rules regarding Cross-Country Races.