

RULES FOR CENTRE COMPETITION

All meetings are conducted according to the guidelines laid down by Little Athletics Western Australia (LAWA) except where allowing for local Centre rules/conditions.

1. REGISTRATION

- 1.1 All athletes must be registered with an affiliated club of the Cockburn Little Athletics Centre Inc. (CLAC), and therefore registered with LAWA.
- 1.2 Male and female athletes in the Under 6 to Under 17 age groups may register at CLAC. An athlete's age group shall be based upon being under the specified age on the 31st December in the year the summer season begins. Athletes must compete in that age group unless given permission in writing by the CLAC Executive. Athletes aged 4 or under on 31st December in the year the summer season begins will not be permitted to register or compete. [Note that the various State events run by LAWA have age group restrictions.]
- 1.3 Athletes registered with another centre or an interstate association may seek permission to compete at CLAC by applying to the Arena Manager.
- 1.4 Registration entitles the athlete to compete in both the Summer and Winter programs.
- 1.5 Upon registration, athletes U14 and up are automatically registered with Athletics WA. Athletes in these age groups wishing to compete at Senior events can do so in their CLAC uniform.

2. CONDUCT OF THE MEETING

- 2.1 The competition/program may be altered, discontinued, postponed or cancelled, at any time, at the discretion of the Arena Manager in consultation with the Board Members.
- 2.2 Competition Officials may mix male and female athletes of differing ages to compete in the same event depending on numbers.
- 2.3 Club's Team Managers or delegates are to ensure athletes attend marshalling and do not go straight to site unless authorised by the Arena Manager.
- 2.4 An escort shall take all athletes from Marshalling to their designated site.
- 2.5 Parents/guardians of participating athletes are expected to assist in the running of the program.
- 2.6 For insurance purposes, all parent helpers are to sign the event sheets for which they have been assisting.
- 2.7 Interference or coaching on site at an event is not tolerated.
- 2.8 Education of athletes on sites by accredited key officials, prior to or after an event is permitted during the season, but not at Centre Championships.
- 2.9 Athletes may consult with a coach or parent between trials. Athletes must not leave the site to do so, nor may the coach or parent enter the site.
- 2.10 All questions regarding events or the running of the program should be directed to your club's Team Manager.

3. ATHLETE BEHAVIOUR and CONDUCT

- 3.1 Athletes are expected to conduct themselves in accordance with the rules, and in an appropriate and acceptable manner.
- 3.2 Offensive language or behaviour will not be tolerated. (Refer Rule 4.1)
- 3.3 Abuse or misuse of equipment will not be tolerated.
- 3.4 Mobile phones, electronic games, food or chewing gum are not permitted at marshalling, track or

field sites. Personal drink containers are permitted but must be removed at the completion of the event.

3.5 On completion of an event or as directed by an official, athletes are to return to their club area. Care is to be taken so as not to infringe on other events taking place. Walk around the outer perimeter of the circular track - not through the centre of the arena.

3.6 Look out and wait for competing athletes before crossing any part of the track.

4. MISCONDUCT

4.1 Failure to comply with the rules or misconduct may result in a penalty to the offender, athlete or club. The Arena Manager, Referees & Key Officials have the authority to suspend an athlete from an event and report the incident to the Arena Manager for further action. Such action may include:

- Athlete being ineligible to compete.
- Athlete being disqualified from the event.
- Athlete being suspended from competition for the day.
- Athlete being permanently suspended from competition.
- Athlete not eligible to receive Centre age or special category trophies.
- Club penalised.

5. ATTIRE

5.1 Athletes must be attired in the correct Club uniform. (as per list of affiliated clubs)

5.2 Registration number to be secured to the front of the uniform top and be clearly visible.

5.3 Age group tag to be secured at the top of the front left shoulder and be clearly visible.

5.4 Any sponsor tags specified by LAWA shall be secured at the top of the front right shoulder and be clearly visible.

5.5 Appropriate enclosed footwear is to be worn for all events inclusive of all presentations.

6. SPIKES

6.1 Athletes in the U6-U10 age groups are not allowed to wear spike shoes.

6.2 Athletes in the U11-U12 age groups may wear spikes shoes in events run entirely in lanes [i.e.: 100m, 200m, 400m, & hurdles], horizontal jumps, high jump and javelin

6.3 Athletes in the U13-U17 age groups may wear spikes shoes in all track events [excluding the walks], long jump, triple jump, high jump and javelin.

6.4 No shoes capable of taking spikes are permitted in the Discus or Shot Put rings, due to safety reasons.

6.5 The only spikes permitted are the Christmas tree or pyramid styles. Needle spikes are NOT permitted.

6.6 Spiked shoes shall carry a maximum spike length of 7mm in length at CLAC. (LAWA permits 7mm for track and 9mm for Jumps at Association run events)

6.7 Spikes must not be worn on the outer areas of the track or in the club areas. They are to be put on at the site immediately prior to the start of an event and removed at the site at the completion of the event.

6.8 Spiked shoes shall always be carried with the spikes facing each other or contained in a carry bag to minimise the risk of injury.

6.9 Athletes failing to exercise care with spiked shoes may be penalised under the rules for "Misconduct".

7. EQUIPMENT & STARTING BLOCKS

- 7.1 Only equipment provided by CLAC may be used during competition, with the exception of starting blocks.
- 7.2 Athletes in the U11-U17 age groups may use blocks in laned events only (i.e.: 100m, 200m, 400m and Hurdles).
- 7.3 Athletes may supply their own blocks.
- 7.4 Athletes are to remove their blocks from the track at the completion of the event.

8. PROTESTS

- 8.1 An athlete who believes they have been unfairly treated, placed or judged is entitled to lodge a protest.
- 8.2 Protests shall be presented by the athlete's Club's Team Manager to the Arena Manager within 30 minutes of the completion of the event. (In extenuating circumstances the Arena Manager may agree to an extension of the 30 minute time limit).
- 8.3 Protests shall be determined by the Arena Manager after consultation with applicable board members, officials, or other sources deemed relevant and a decision, where practical, made on the day.
- 8.4 Photographic or video evidence may be considered at the discretion of the Arena Manager [excluding walk events].
- 8.5 Frivolous protests may incur a penalty to the club presenting the protest.

9. RECORDS

- 9.1 Only an athlete first in their age group can be accorded a record.
- 9.2 For mixed sex or age group events, record performances shall be ratified regardless of overall placing.
- 9.3 Record attempts or performances can only and MUST be ratified by both the Key Official and Arena Manager, Track Referee or Field Referee.
- 9.4 For Field events [excluding High Jump], if it appears a record has been broken:
 - Horizontal Jumps: the pit shall not be raked and take off mat not moved. The spike shall not be removed.
 - Javelin, Shot Put and Discus: to be left where they land.
 - The Field Referee or Arena Manager shall measure the trial using a standardised steel tape.
- 9.5 For High Jump the Bar shall be set by the Field Referee or Arena Manager before the attempt is made. The height of the bar shall be measured at the centre of the bar using a standardised measuring pole.
- 9.6 A Certificate shall be awarded for each record.
- 9.7 State Records and Australian Best Performances can only be ratified at LAWA run events.

10. POINTS

10.1 All athletes receive a points allocation for each event they compete in at Centre Competition. Points are not allocated for special events such as President 's Cup.

10.2 Points are awarded based on the athlete's overall placing in each event, and will be on the following scale:

1st	2nd	3rd	4th	5th	6th	7th	8th	9th etc
15	12	10	8	6	4	3	2	1

10.3 Athletes that attempt an event and achieve a DNF, DSQ, NT, or NJ will only receive 1 point for participating [no placing points will be awarded].

10.4 **Coastal Cup** - If Coastal Cup is held at Santich Park, placing points apply towards the end of season trophies. Placing points are allocated in the order CLAC athletes finish in the event, irrespective of their actual position in the event. Any records broken by CLAC athletes are counted as Centre records, and PB's are also counted.

If Coastal Cup is held at another Centre, only participation points are allocated [10 points per event]. Centre records arnd PBs do not apply due to the varying nature of the arena surfaces.

10.5 Points tallied are used in determining the Age Group Champion Athletes, Runners up and Champion Club. The award of Age Group Champion Athlete recognises a high level of achievement across the whole season, and may differ from the winner of individual events at Centre Championships.

11. TROPHY ELIGIBILITY

11.1 An athlete should have competed in a minimum of three of each of the Centre Competition programs 1 & 2 to be eligible to receive a Centre trophy.

11.2 Injuries must be reported to the club's Team Manager in writing within seven days of the injury occurring which then will be forwarded to the Centre Executive for future reference. Entry to Centre championships for athletes with long term injuries will be at the Executive Committee's discretion.

11.3 Written notification of absences should be presented to your club's Team Manager/nominated representative so that in consultation with the Executive Committee a ruling can be made as to the effect on the eligibility criteria.

11.4 Athletes must return to competition after the Christmas Break.

12. LAWA STATE EVENTS SELECTION

12.1 State events include the Junior Athletics Carnival, State Track & Field Relays, Combined Events, Zone Championships and State Track & Field Championships.

12.2 Athletes may nominate to compete in the Junior Carnival, Combined Events and Zones. Nomination is completed on-line. LAWA charges a small fee for these events.

12.3 Athletes are invited to represent CLAC in State Track and Field Relays.

12.4 Athletes must qualify through Zones to compete at State Track and Field Championships (except Under 16s and 17s who may nominate directly).