

Rule LR7 must be read in conjunction with the Little Athletics SA Competitions and Regulations and Rule LR5 (Eligibility)

LR7 State Track and Field Relay Championships

Specified Dates

1. Athletes must be registered with the Association by 26/11/2023.
2. Centres must submit team nominations to LASA by 8/11/2023.
3. Names of team members must be submitted to LASA by 27/11/2023.

Eligibility

4. Athletes must be registered with the Association by the specified date and have competed in at least one Centre meet by this date.
5. There are no eligibility criteria for the Mums and Dads events, other than to be the parent or legal guardian of a registered Little Athletics member.

Competition Entry

6. An athlete is considered available if they are registered with the Centre by the specified cut-off date and have made themselves available for selection for relay teams.
7. A Centre may enter up to three teams per track event. Where multiple teams are entered, team members will be required to wear a team identification patch on their uniform. Teams will be identified by letter ('A', 'B', 'C').
8. A Centre may only enter one field event team per age group.
9. Centres may apply to the Organising Committee via the Competition and Events Coordinator to enter combined centre teams using the prescribed form. One of the centres comprising the combined team must nominate the team on their Centre Entry Form.
10. Centres are to submit team nominations by the specified date (team member names are not required at this time).
11. Centres are to submit team member names by 5:00 PM on the specified date.
12. Subject to event rules, team member substitutions are to be advised by submitting a Substitution Form to the Technical Information Centre up to 45 minutes prior to the start-time of the event.
13. Multi-Class (Para) athletes may be selected as members of Centre relay teams.

Track Relays

14. In order to fill teams, athletes may be advanced from a younger age group. Under 8 athletes may not be advanced to Under 9 teams, and Under 7 athletes and below cannot compete.
 - 14.1. Under 9 to Under 12 athletes may be advanced one age group (e.g. an Under 9 athlete can compete in an Under 10 team, an Under 12 athlete can compete in an Under 13 team).
 - 14.2. Under 13 to Under 16 athletes may be advanced one or more age groups (e.g. an Under 13 athlete may compete in an Under 14, Under 15, Under 16, or Under 17 team).

15. Subject to all other rules and conditions, including the age group advancement rule, teams can comprise of the following:

- 15.1. Girls: Four girls in the same age group.
- 15.2. Boys: Four boys in the same age group.
- 15.3. Mixed Boys/Girls: At least one girl and one boy.

Field Relays

16. In order to fill teams, athletes may be advanced from a younger age group. Under 8 athletes may not be advanced to Under 9 teams, and Under 7 athletes and below cannot compete.

- 16.1. Under 9 to Under 12 athletes may be advanced one age group (e.g. an Under 9 athlete can compete in an Under 10 team).
- 16.2. Under 13 to Under 16 athletes may be advanced one or more age groups (e.g. an Under 13 athlete may compete in an Under 14, Under 15, Under 16, or Under 17 team).
- 16.3. An athlete may only compete in a throwing event where the implement weight is the same as their own age group, with the exception of U16 boys who may throw the U17 implement.
Note: U16 boys competing in U17 throws events will not be eligible for U16 or U17 State Best Performances in those events.
- 16.4. Under 10 athletes may not compete in the U11 High Jump event.
- 16.5. Note that U10 athletes competing in the U11 Long Jump event will have to take off from the 200mm board.

17. Subject to all other rules, teams can comprise of the following:

- 17.1. Girls: Minimum of two and maximum of four girls in the same age group.
- 17.2. Boys: Minimum of two and maximum of four boys in the same age group.

Events Provided

18. Track Relays

- 18.1. U8: 4x70m shuttle relay for both boys and girls.
- 18.2. U9 to U16: 4x100m and 4x200m for both boys and girls in each age group.
- 18.3. U17: 4x100m and 4x200m for both boys and girls and mixed boys/girls.
- 18.4. Combined Mixed Medley of 2x100m, 1x200m, 1x400m in the following divisions:
 - 18.4.1. U9 to U11.
 - 18.4.2. U12 to U14.
 - 18.4.3. U15 to U17.

Each Combined Mixed team must have at least one boy and one girl, and at least one athlete must be from an age group below the top age group for the event.

- 18.5. Mums: 4x100m relay.
- 18.6. Dads: 4x100m relay.

19. Field Relays

- 19.1. Four events are provided for each team – Long Jump, High Jump, Shot Put and Discus. Please refer to the section on Nominations for details of the make-up of teams.
- 19.2. The teams available for each age group are:
- 19.2.1. U9 to U17: Available for both boys and girls teams in each age group.
- 19.2.2. Note that mixed boy/girl teams are not provided.

Marshalling

20. Teams/athletes are required to report to the Call Room 20 minutes for Track Events and 30 minutes for Field Events prior to the scheduled start time of each event.
21. Where a team/athlete fails to report to the call room by the specified time may be issued a Yellow Card, or be disqualified from the event.
22. Parents assisting as officials are required to report to the event site 15 minutes prior to the scheduled start of their time-slot.

Special Competition Rules

23. Changes to the program, rules or other conditions will be announced over the public address system. The onus is on competitors to be aware of any changes.
24. Athletes may compete in a maximum of three events during the Championships. This may comprise of:
- 24.1. Two track events and one field event; or
- 24.2. One track event and two field events.
- 24.3. Note: Field event means a single event within a field relay (eg Long Jump).
25. All Centres competing at this Championship are required to take part in the March Past.
26. Any breach of the rules of this competition renders the team liable to disqualification. Notices of disqualification will be given to the last leg runner of the track event team for handing to the Centre Team Manager. (The onus is on the Team Manager to seek out notices of disqualification).

Track Relays

27. Where more than one heat is programmed for a particular event and only sufficient teams report to fill one heat, then at the discretion of the Competition Director, that heat may be run as a final.
28. No athlete may run more than one section of an event for their team.
29. Athletes may not compete for more than one team in the same relay event (e.g. cannot compete in the 4x100m for two different teams). Note that the medley counts as a single event, so an athlete cannot compete for two medley teams, but may compete in the 100m leg of a medley and a 4x100m team.
30. The composition of a team cannot be changed between any heat and any subsequent heat or final. An exception may only be made if certified by the Medical Officer on the basis of being medically unwise to run, together with the approval of the Competition Director. In these circumstances, any replacement runner must be of the same gender as the replaced athlete and any advancement of a younger athlete is subject to the normal advancement rule.

31. An athlete substituted into a team to replace an ill or injured athlete may do so in addition to the event(s) they have originally been selected in, providing that they do not compete in more than three events for the Championships. Note: This only applies when replacing an athlete who has already competed during the Championships.
32. The 4x100m is run entirely in lanes.
33. The 4x200m is run with the first two legs entirely in lanes, the third leg commences in lanes, with the athletes able to merge to lane one after the break line near the 1500m start. The final changeover is out of lanes.
34. The Medley is run with the first two legs entirely in lanes (100m-100m), the third leg (200m) runs in lanes to the break line near the 100m start. The final changeover is out of lanes.

Field Relays

35. Each team must compete in all events available for their age group.
36. An age group team may be made up of 4, 3, or 2 athletes as follows:
 - 36.1. Four athletes: Each athlete is to compete in one event only.
 - 36.2. Three athletes: One athlete competes in 2 events, others compete in 1 event each.
 - 36.3. Two athletes: Both athletes must compete in two events.
37. Athletes may not compete for more than one team.

High Jump Bar

38. The high jump bar will start at a height to ensure a recorded jump is achieved for every competing athlete.
39. The high jump bar will be raised in increments of 5 cm for the entire event.

Progression from Heats to Finals

40. Track Relays
 - 40.1. The following teams shall progress to the final in their event:
First in each heat with the remaining lanes filled by the next fastest times.
 - 40.2. If a tie occurs in the heats for a position in the final, and if there are sufficient lanes available all tying teams shall qualify for the final. If sufficient lanes are not available, then the positions in the final will be randomly drawn.
 - 40.3. A list of teams to compete in a final will be posted on the windows of the grandstand approximately 30 minutes after the completion of the heats.
 - 40.4. Where only sufficient entries are received to fill a single heat, that event will be conducted as a straight final at the scheduled heat time.
41. Field Relays
 - 41.1. Each athlete will receive three attempts at each field event (except high jump).

Scoring System

42. Track Relays
 - 42.1. Points for the Teams Competition will be scored for the finals of the Under 9 to Under 17 4x100m and 4x200m events only.

- 42.2. The scoring allocation for finishing position in finals is as per the following table.

| Placing | Score | Placing | Score |
|-----------------|-------|-----------------|-------|
| 1 st | 10 | 5 th | 4 |
| 2 nd | 8 | 6 th | 3 |
| 3 rd | 6 | 7 th | 2 |
| 4 th | 5 | 8 th | 1 |

43. Field Relays

- 43.1. Points will be awarded for every athlete's performance. These points contribute to their teams point score.
- 43.2. Points will be awarded for every place in all events. No points are awarded when an athlete records No Measure (i.e. no valid attempt).
- 43.3. Count-backs will be used to break any ties in an event. If a tie remains, then the tied teams will share the available points as per the following example.

If two teams tie for second place in an event, then the points available to be shared are 24 for 2nd place plus 23 for 3rd place giving a total available of 47 points. These points are then shared equally giving 23.5 points each. The next team (in fourth place) will receive the normal points for fourth place, i.e. 22 points.

Similarly, if three teams tie for fourth place in an event then they receive 21 points each and the next team (in 7th place) receives the normal 19 points for 7th place.

- 43.4. The team points (for an age group) are the total points over all of their events. The team with the highest total points wins the Field Relay for that age group.
- 43.5. In the event of a tie for total team points in an age group, and it concerns a medal position, then the performances for the tying teams in each event will be expressed as a percentage of the State Best Performance for that event. These percentages will be totalled, and the team with the higher total will take the higher place. If the tie remains, then both teams will be awarded the same place.
- 43.6. Team points for places in each event will be as per the following table:

| Team Placing | Points Scored | Team Placing | Points Scored | Team Placing | Points Scored |
|--------------|---------------|--------------|---------------|--------------|---------------|
| 1 | 25 | 10 | 16 | 19 | 7 |
| 2 | 24 | 11 | 15 | 20 | 6 |
| 3 | 23 | 12 | 14 | 21 | 5 |
| 4 | 22 | 13 | 13 | 22 | 4 |

| | | | | | |
|---|----|----|----|------|---|
| 5 | 21 | 14 | 12 | 23 | 3 |
| 6 | 20 | 15 | 11 | 24 | 2 |
| 7 | 19 | 16 | 10 | 25 | 1 |
| 8 | 18 | 17 | 9 | > 25 | 1 |
| 9 | 17 | 18 | 8 | | |

Protests and Appeals

44. Protests may be lodged at this meeting in accordance with Rule TR8 for Under 9 to Under 17 events. Protests will not be considered for Under 8 or Mums and Dads events.

Recording and Awards

45. Medals will be presented to the first three place getters in the finals of each track event, and the first three placegetters in the field relay. There are no individual medals for the field events.
46. Presentations will be delayed in order for medal winners who are competing in other events to complete those events without interruption.
47. Medal winners who must leave the venue prior to their medal presentation are requested to notify the Medal Presentation Area so that the other medal winners in their event are not unfairly delayed in their medal presentation.
48. Please note that places for medals in track events are based solely on the judged order of finishing and not simply on the basis of recorded times for the event.
49. The Pam Sard Trophy will be presented to the Centre which scores the highest points totalled over all track events, as per LR7.42 above.
50. The Lou Moyes Trophy will be presented to the Centre which has the greatest improvement in points based on the previous State Relay Championship.
51. The March Past Trophy will be presented following the March Past. This trophy is judged by representatives of the event sponsor based on the presentation of the centres in the March Past.
52. State Best Performances may be claimed at this meeting.