

Little Athletics SA

Competition Regulations

2025/26 Season



Preface

Little Athletics competitions in South Australia are conducted under the Standard Rules for Competition of Little Athletics Australia.

The Standard Rules for Competition of Little Athletics Australia are a modification of the World Athletics Competition and Technical Rules and the World Para Athletics Rules and Regulations.

The Technical Rules authorise organising committees to alter the rules of competition under Technical Rule 1, and to set relevant Technical Regulations for the competitions being conducted. This document sets out the modifications and regulations for competitions conducted by Little Athletics SA.

The Standard Rules for Competition of Little Athletics Australia are available from <https://www.littleathletics.com.au/competitions-and-regulations/standard-rules-of-competition/>.

The current World Athletics Competition and Technical Rules are available from <https://worldathletics.org/about-iaaf/documents/book-of-rules#collapsebook-c-competition>.

The current World Para-Athletics Rules and Regulations are available from <https://www.paralympic.org/athletics/rules>.

Table of Contents

Preface	2
Modifications to Competition and Technical Rules.....	4
CR31 South Australian Best Performances	4
CR32 Events for Which SA Best Performance Records Are Recognised	6
TR5 Clothing, Shoes and Athletes Bibs.....	7
TR6 Assistance to Athletes	7
TR8 Protests and Appeals	8
TR9 Mixed Competition.....	8
TR26 Vertical Jumps	8
TR30 Long Jump	9
TR31 Triple Jump	9
TR32 General Conditions – Throwing Events.....	9
Technical Regulations	10
LR1 Standard Events.....	10
LR2 Event Specifications	12
LR3 Officials.....	15
LR4 Team Manager	15
LR5 Eligibility	15
LR6 State PB Classics	18
LR7 State Track and Field Relay Championships.....	19
LR8 State Combined Event Championships	25
LR9 State Challenge	28
LR10 State Individual Championships.....	31
LR11 Cross Country Season and Championships	36
LR12 Road Race Walking Season and Championships	38

Modifications to Competition and Technical Rules

The following rules are modifications to the Standard Rule for Competition of Little Athletics Australia that shall apply to competitions conducted by Little Athletics SA.

CR31 South Australian Best Performances

1. South Australian Best Performances (SBP) will be maintained for all events listed in Rule CR32.
2. The performance must be achieved at
 - 2.1. a State Championship or other approved Association controlled special meeting. This does not include normal Centre meetings, Centre Championships or Open Days.
 - 2.2. the Australian Little Athletics Championships
3. For a performance achieved at a South Australian Championship event, the claim for the performance must be submitted on an official form supplied by the Organising Committee to the Competition Director of the meeting by the Competition Officials. The Referee and at least one other official signing the claim form must be graded as Level 1 or higher in the Australian Athletics Officials Education Scheme.
4. For a performance achieved at the Australian Little Athletics Championships, the performance must be shown on the official results of the competition, and a copy of the signed result sheet and/or photo finish image must be obtained from Little Athletics Australia by LASA.
5. The facility at which the performance took place must have been certified as compliant with World Athletics rules, and a copy of this certificate must be provided to Little Athletics SA.
6. For Track events:
 - 6.1. The timing must conform to TR19.
 - 6.2. Where photo finish is being used (see TR 19.13), the official time from the photo finish along with a copy of the photo finish image needs to be lodged with the SBP claim.
 - 6.3. Where timing gates are being used, if the printout from the timing gates does not indicate that the gates are automatically started then at least two manual (hand) times must also be lodged in addition to the time from the gates with the SBP claim.
 - 6.4. If fully automatic timing is not being used, three times must be lodged with the SBP claim.
 - 6.5. Times must be checked and signed by the Chief Photo Finish Operator or the Chief Timekeeper and the Referee of the meeting.
 - 6.6. For hand time performances, the performance will be rounded to 0.1 seconds and then standardised to align to a fully automatic time as follows:
 - 6.6.1. Distances under 400m: + 0.24 seconds
 - 6.6.2. Distances of 400m or 4x100m relay: + 0.14 seconds
 - 6.6.3. Distances greater than 400m: No change
 - 6.6.4. Note: As of August 2015, all existing SBP Track performances were standardised using the formulas as above.
7. For Field events:
 - 7.1. All distances and heights must be checked, and the recording sheet signed by the Chief Judge and Referee or Referee's delegate.

- 7.2. All implements and measuring apparatus must be verified for compliance with specifications or certified equipment prior to the commencement of the competition program. (Refer to World Athletics CR28 for the process for compliance of approved scientific measuring apparatus e.g. EDM devices)
- 7.3. The performance will be measured either by using a calibrated and certified steel tape or bar or by an approved scientific measuring apparatus, the accuracy of which has been confirmed by a qualified Measurement Judge.
- 7.4. The recording of a South Australian Best Performance requires the Referee to check the trial is measured correctly and to verify the measurement of the trial using a certified tape, except where an approved scientific measuring apparatus is being used.
8. Wind assistance will not be considered as a factor in determining South Australian Best Performances.
9. Claims for South Australian Best Performance will be accepted for individual events as follows:
 - 9.1. Existing South Australian Best Performance: The number of athletes/teams in the event will not be an impediment.
 - 9.2. New Event:
 - 9.2.1.1. There must be at least three athletes/teams participating.
 - 9.2.1.2. The SBP will be awarded at the end of the season and will consider the best performance at all valid competitions listed in CR31.2.
 - 9.2.1.3. Providing the criteria at (i) and (ii) above are met, Organising Committees will submit completed paperwork for new events as if it is a claim for an existing South Australian Best Performance.

CR32 Events for Which SA Best Performance Records Are Recognised

Event	Age Group								
	U9	U10	U11	U12	U13	U14	U15	U16	U17
70m	X	X							
100m	X	X	X	X	X	X	X	X	X
200m	X	X	X	X	X	X	X	X	X
400m	X	X	X	X	X	X	X	X	X
800m	X	X	X	X	X	X	X	X	X
1500m			X	X	X	X	X	X	X
60m Hurdles	X	X							
80m Hurdles			X	X	X	G			
90m Hurdles						B	G	G	
100m Hurdles							B	B	G
110m Hurdles									B
200m Hurdles					X	X			
300m Hurdles							X	X	X
700m Walk	X								
1100m Walk		X	X						
1500m Walk				X	X	X	X	X	X
High Jump Scissors	X	X							
High Jump			X	X	X	X	X	X	X
Long Jump	X	X	X	X	X	X	X	X	X
Triple Jump			X	X	X	X	X	X	X
Discus	X	X	X	X	X	X	X	X	X
Javelin			X	X	X	X	X	X	X
Shot Put	X	X	X	X	X	X	X	X	X
4x100m Relay	X	X	X	X	X	X	X	X	X, MS
4x200m Relay	X	X	X	X	X	X	X	X	X, MS
Medley Relay			MAS			MAS			MAS

Legend

B – Boys Only	MS – Mixed Sex
G – Girls Only	MAS – Mixed age and sex (U9-11, U12-14, U15-17)
X – Both Boys and Girls	Shaded Areas – Event not recognised as an SBP for that age group

TR5 Clothing, Shoes and Athletes Bibs

The following apply in addition to the Standard Rule TR5

Clothing

1. Any change in the colour, style, or design of any part of a competition uniform must be submitted to the Association by the Centre for approval, prior to manufacture.
2. Uniforms must not carry any unapproved branding larger than 30mm x 30mm square.
3. Athletes may wear undergarments underneath their approved centre uniform
 - 3.1. Undergarment bottoms (leggings or bike shorts) must be the same colour as the approved Centre shorts or black. Undergarment tops (long sleeve or t-shirts) must be the same base colour as the approved Centre top or black or white.
4. Athletes may wear leggings of any length as an outer garment except where they impinge on the safety of the athlete in the event. If worn they must be plain and the same colour as the approved Centre shorts, or black.
5. For Race Walking events, where leggings are worn, they must be worn such that the action of the athlete's knees is clearly visible to the judges.
6. For Cross Country events, athletes may wear black leggings in lieu of their approved Centre shorts colour and must conform to Rule TR5.2.
7. Headwear worn during competition (i.e. while competing on the track or taking an attempt at a field event) may have a manufacturers logo.
8. The Organising Committee will provide lane/team identification where necessary, e.g. lane numbers, wrist bands or other identification.
9. Failure to comply with uniform standards may result in an athlete receiving a yellow card or being disqualified.
10. Athletes requiring alternative uniform items for medical or cultural reasons may request an exemption by writing to the Organising Committee via the Competition and Events Coordinator.

Footwear and Shoes

11. Spike shoes will only be permitted to be worn in the events listed in the following table:

Age Groups	Track Events	Field Events	Relays	Out of Stadium
U9, U10	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed
U11, U12	All events run entirely in lanes	All jump events and Javelin	4x100m, laned sections of 4x200m and Medley	U11 – No spike shoes allowed U12 – Spikes shoes allowed on grass/dirt Cross Country courses.
U13 – U17	All events except Race Walks	All jump events and Javelin	All Events	Spikes shoes allowed on grass/dirt Cross Country courses.

TR6 Assistance to Athletes

As per Standard Rule TR6, with the addition of the following

1. For competitions designated as State Championships, officials may not coach athletes within the competition area. Officials may coach from the designated coaching area for the event.

TR8 Protests and Appeals

As per World Athletics TR8 with the following exceptions

WATR 8.2, WATR 8.3, and WATR 8.7

2. Protests concerning the result or conduct of an event must be made within 15 minutes of the official publication of the result of that event.
3. Only athletes or Team Managers can make oral protests to the Referee.
7. An appeal to the Jury of Appeal must be made within 15 minutes:
 - 7.1. of the official publication of the amended result of an event arising from the decision made by the Referee; or
 - 7.2. of the advice being given to those making the protest, where there is no amendment of any result.
 - 7.3. And the protest fee will be set at \$50.00.

TR9 Mixed Competition

1. Mixed events between boys and girls and different age groups may be permitted at the discretion of the Organising Committee.
2. Athletes must only compete in the scheduled event for their age group.
3. In the case of mixed events (Track or Field) being scheduled, State Best Performances may be claimed - see Rule CR31.
4. Where mixed competitions are conducted, separate results must be declared for each sex and age group.

TR26 Vertical Jumps

As per World Athletics TR26, except for the following

4. Unless there is only one athlete remaining and they have won the competition:
 - 4.1. The bar must never be raised by less than 2cm in the High Jump after each round of trials; and
 - 4.2. The increment of the raising of the bar must never increase; and
 - 4.3. The bar must be raised after each round of trials in increments depending on the number of athletes remaining in the competition, as per the following table:

No of Athletes	Increment
Greater than 6	5cm
6 or less	3cm
3 or less	2cm

- 4.4. Note: At least the first two raises of the bar will be by 5cm regardless of the number of athletes in the competition.
- 4.5. These Rules TR 26.4 (1), (2) and (3) will not apply once the athletes still competing agree to raise it to a State Best Performance height directly.
- 4.6. After an athlete has won the competition, the height or heights to which the bar is raised will be decided by the athlete, in consultation with the relevant Chief Judge or Referee.

Note: This does not apply for a Combined Events Competition.

TR30 Long Jump

As per standard rules, except for TR30.5, which is replaced by the following

1. For U6 to U10 age groups, the foul line of the take-off mat shall be placed 50cm from the front edge of the landing area.
2. For U11 and above age groups, the foul line of the take-off board shall be 1m or 2m from the edge of the landing area, as determined by the Referee or Chief Judge.
3. Only a single board position may be used in a competition (with the exception of classified Multi-Class (para) athletes competing under World Para Athletics Rules).
4. Where a competition is conducted in multiple groups over multiple sites, different boards may be used at each site depending on the ability of the athletes in each group.
5. Note: Fixed boards at 2m from the edge of the pit will be used for U13 and above events where available. For the State Individual Championships, the fixed 2m board will be used for all age groups U11 and above.

TR31 Triple Jump

As per Standard Rule TR31, with the addition of the following

1. For safety reasons a warning will be given to any athlete who lands less than 50cm into the pit. It will be recommended that the athlete change the take-off line. If the athlete continues to land less than 50cm into the pit after the warning, the jump will be considered a foul.

TR32 General Conditions – Throwing Events

As per Standard Rule TR32, with the following modification

1. All implements will be provided by the Organising Committee.

Athletes in the U13 and above age groups may submit personal implements for use in competition for the State Combined Event Championships and State Individual Championships. Implements must be submitted to the Technical Information Centre (SALAA tent) at least two hours prior to the event, or to the SALAA office on the Friday before the competition. Implements will be inspected to ensure they comply with all applicable regulations. Not more than two implements may be submitted by any athlete for any throwing event in which they are competing. Implements accepted for competition must be available for the use of all athletes in the same event.

Technical Regulations

LR1 Standard Events

The following events are approved and recommended for use at Centre/Club meetings.

Tiny Tots

Tiny Tots are to participate in a program based on the Little Athletics SA Tiny Tots Centre Program resource manual.

Under 6 to Under 8 Track and Field Events

	Under 6		Under 7		Under 8	
	Girls	Boys	Girls	Boys	Girls	Boys
50m	✓	✓	✓	✓		
70m	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
Pack Start	300m	300m	500m	500m	700m	700m
60m Hurdles	*	*	*	*	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓
High Jump					✂	✂
Shot Put	1kg	1kg	1kg	1kg	1.5kg	1.5kg
Discus	350g	350g	350g	350g	500g	500g
Vortex	✓	✓	✓	✓	✓	✓

✂ Athletes in the Under 8 age group must jump using the "scissors" technique.

High Jump will not be available for Under 6 and Under 7 athletes at any competition.

* Mini-hurdles must be used - up to 23cm in height for U6 hurdle events, and up to 30cm in height for U7 events. Standard hurdles are not to be used for these age groups.

Events in grey may not be offered to any athlete in that age group.

Centres may also conduct the LAVic "On Track" program in support of the standard events for the Under 6 to Under 8 age groups.

Under 9 to Under 17 Track and Field Events

	U9		U10		U11		U12		U13		U14		U15		U16		U17	
	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B
70m	✓	✓	✓	✓														
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
60m Hurdles	45cm	45cm	60cm	60cm														
80m Hurdles					60cm	60cm	68cm	68cm	76cm	76cm	76cm							
90m Hurdles												✓	✓			✓		
100m Hurdles														✓		✓	✓	
110m Hurdles																		✓
200m Hurdles									68cm	68cm	76cm	76cm						
300m Hurdles													✓	✓	✓	✓	✓	✓
700m Walk	✓	✓																
1100m Walk			✓	✓	✓	✓												
1500m Walk							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Jump	✂	✂	✂	✂	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	2kg	2kg	2kg	2kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg	3kg	3kg	4kg	3kg	4kg	3kg	5kg
Discus	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg	1kg	1.5kg
Javelin	*	*	*	*	400g	400g	400g	400g	400g	600g	400g	600g	500g	700g	500g	700g	500g	700g
4x100m Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x200m Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

✂ Athletes in the Under 9 and Under 10 age groups must jump using the "scissors" technique.

*Centres may offer the Vortex, TurboJav or Fly-Hi Kids Javelin at Centre competitions. This will not be offered as a Championship event.

Events in grey may not be offered to any athlete in that age group.

Centres may allow athletes to compete over a lesser distance in a track event, use a lower hurdle height, or use a lesser weight in a field event where an athlete would not be able to compete with the standard distance, height or weight. Such performances will not be valid for records or qualification purposes.

Refer to Table 2 and Table 8 in the "Standard Rules for Competition of Little Athletics Australia" for events and specifications for Multi-Class (Para) Events.

LR2 Event Specifications

Some of the events and age groups in the following tables are not held for State competitions. Where these events are held, it is recommended that the relevant Organising Committee uses these specifications as listed.

Hurdle Specifications

Age Groups	Distance	No of Flights	Height	Distance to first Hurdle	Spacing Between	Last Hurdle to Finish Line	Colour Code for Markings
U6	60m	6	20 cm	12 metres	7.0 metres	13 metres	Pink
U7	60m	6	30 cm	12 metres	7.0 metres	13 metres	Pink
U8-U9	60m	6	45 cm	12 metres	7.0 metres	13 metres	Pink
U10	60m	6	60 cm	12 metres	7.0 metres	13 metres	Pink
U11	80m	9	60 cm	12 metres	7.0 metres	12 metres	Black
U12	80m	9	68 cm	12 metres	7.0 metres	12 metres	Black
U13, U14G	80m	9	76 cm	12 metres	7.0 metres	12 metres	Black
U14B, U15-16G	90m	9	76 cm	13 metres	8.0 metres	13 metres	White
U15-16B, U17G	100m	10	76 cm	13 metres	8.5 metres	10.5 metres	Yellow
U17B	110m	10	76cm	13.72m	9.14m	14.02m	Red
U13	200m	5	68 cm	20 metres	35 metres	40 metres	Green
U14	200m	5	76 cm	20 metres	35 metres	40 metres	Green
U15-17	300m	7	76 cm	50 metres	35 metres	40 metres	Green

Note: All hurdles must be of the fully collapsible type.

Colour codes are as used at SA Athletics Stadium and are recommended for use at all venues. Note that blue may be substituted where the standard colour would clash with the track colour.

At Centre Level if there is insufficient room to conduct the 110m Hurdles, the Under 17 Boys event may be conducted over 100m as follows:

U17B	100m	9	76cm	13.72m	9.14m	13.16m	Red
------	------	---	------	--------	-------	--------	-----

Shot Put Specifications

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

Age Groups	Weight	Colour	Diameter Tolerance
U6-7	1kg	Blue	76 to 86 mm
U8	1.5kg	Yellow	76 to 86 mm

U9-12	2kg	Orange	76 to 90 mm
U13-14B, U13-17G	3kg	White	85 to 110 mm
U15-16B	4kg	Red	95 to 110 mm
U17B	5kg	Green	100 to 120 mm

Weight tolerance –0.000 to +0.025 kg

Discus Specifications

Age Groups	Weight	Diameter Tolerance	Thickness at centre
U6-7	350g	Not specified	Not specified
U8-11	500g	134 to 139 mm	22 to 27 mm
U12-13	750g	154 to 156 mm	27 to 35 mm
U14-16B, U14-17G	1kg	180 to 182 mm	37 to 39 mm
U17B	1.5kg	200 to 202 mm	38 to 40 mm

Weight tolerance –0.000 to +0.025 kg

Javelin Specifications

Age Groups	Weight	Overall Length	Length from metal tip to Centre of Gravity
U11-12B, U11-U14G	400g	1.85m to 1.95m	750mm to 800mm
U15-17G	500g	2.00m to 2.10m	780mm to 880mm
U13-14B	600g	2.20m to 2.30m	800mm to 920mm
U15-17B	700g	2.30m to 2.40m	860mm to 1000mm

Weight tolerance –0.000 to +0.025 kg

High Jump Specifications

Minimum mat dimensions

Jump Style	Height	Width	Depth
Scissors (U8-U10)	150mm - 300mm	5000mm	3000mm
Fosbury Flop (U11+)	Minimum 500mm for new mats 400mm for existing mats	5000mm	3000mm

Cross Country Events

The following table indicates the distance for each age group that will be offered for the State Cross Country Championships.

	TT	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
300m	✓												
500m		✓											
750m			✓										
1km				✓									
1.5km					✓								
2km						✓							
3km							✓	✓	✓				
4km										✓	✓	✓ Girls	✓ Girls
6km												✓ Boys	✓ Boys

Events in grey may not be offered to any athlete in that age group.

Road Race Walking Events

The following table indicates the distance for each age group that will be offered for the State Road Race Walking Championships.

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
500m	✓*	✓*	✓*									
1km				✓	✓	✓						
2km							✓	✓	✓	✓	✓	✓

Events in grey may not be offered to any athlete in that age group.

*For U6-U8, these are conducted as a non-judged fun event.

LR3 Officials

1. It is a condition of entry for all Association Competitions that:
 - 1.1. The Centre will be allocated officiating duties at the event that are to be filled by parents/guardians and officials from that Centre.
 - 1.2. Failure to do so may result in the Centre being denied entry to future Association events.
2. Officials at each event will be made up of parents and friends of Little Athletes under the guidance of the Chief Officials of the Association.
3. The full support of every parent and their Centre is therefore essential in making a safe and successful event for the athletes involved.
4. For championship events, parents should not officiate in key positions at field events where their children are competing.
5. Events that do not have sufficient officials may be cancelled.

LR4 Team Manager

1. For each Association event, each participating Centre must nominate a Team Manager for the duration of the event. A Centre may also appoint additional Assistant Team Managers.
2. The name and contact number of the Team Manager must be advised to the Technical Information Centre in writing prior to the start of competition.
3. Note that a Centre will not be allowed to enter a protest for any part of the competition unless the name and contact number of the Team Manager has been properly recorded at the required time.
4. If the nominated Team Manager must leave the venue before the end of competition, they must advise the Technical Information Centre of the name of an Assistant Team Manager who will take their place.
5. All Centres should ensure that athletes/parents are aware of the identity of their Team Manager.
6. The Team Manager is to act as a liaison for their Centre officials, and to ensure that any event allocations that the Centre is responsible for are fulfilled.

LR5 Eligibility

1. Each Association Competition will have a Registration Cut-Off date. All athletes must be registered with a Centre/Club by this date to be eligible for the competition.
2. Each Association Competition will have an Entry Close date. All athletes intending to compete in that competition must have submitted their entry for that competition in the prescribed way by the specified date to be eligible.
3. Multi-Class (Para) athletes intending to enter designated Multi-Class athletics events must have a current Classification Certificate or a Letter of Provisional Classification from an accredited Track and Field Classifier.

Information about classification is available from the Australian Paralympic Committee – www.paralympic.com.au. Please contact the SALAA Office for further information.

Applicable Competitions

4. The following competitions have defined eligibility criteria that must be met by athletes in order to compete in that competition:
 - 4.1. State Combined Event Championships
 - 4.2. State Challenge
 - 4.3. State Individual Championships
5. Refer to Rule LR7 for State Relay Championships eligibility.

Eligibility

6. Eligibility for these competitions is determined from results submitted by Centres to the Association Results Management System.
7. Athletes must have been registered with the Association by 31st December, 2025.
8. To be eligible for these competitions, athletes must have competed in a minimum number of meets with their registered centre/club between their date of registration and the end of the qualification period for that competition.
 - 8.1. For State Combined Event Championships, the minimum is four meets.
 - 8.2. For the State Challenge and State Individual Championships, the minimum is five meets.
9. For the State Relay Championships, the date to have achieved the minimum meets will be the date of the close of team member nominations.
10. Performances may only be counted once the athlete is fully registered. Performances achieved at a 'Come and Try' session do not count towards eligibility or qualification.
11. For the purposes of this rule, the following competitions count as competing with the registered centre/club
 - 11.1. Centre home meets
 - 11.2. Scheduled inter-centre meets at another centre/club (including Country Championships)
 - 11.3. SALAA State PB Classics
12. Competitions hosted by Athletics South Australia DO NOT count towards Little Athletics eligibility.
13. For an athlete transferring centres during the season, meets from both their previous and current centres will count towards their eligibility. This includes athletes transferring to a South Australian centre from interstate.

Qualification

14. Additional qualification requirements apply for the State Combined Event Championships, State Challenge and State Individual Championships. Please refer to the rules for these competitions for details.
15. Performances recorded at any Little Athletics competition an athlete participates in may be counted towards meeting the qualifying requirements.
16. For Under 12 age group and above, performances achieved at an Athletics SA competition may be counted towards meeting the qualifying performance requirements.
17. Performances achieved by an athlete making an individual visit to another centre are only valid for qualification purposes when the performance has been recorded by the Recorder of the visited Centre within the Association's Results Management System.

Verification and Exemptions

18. The Centre Recorder is responsible for ensuring the accuracy and veracity of results submitted to the Association Results Management System. Results may be reviewed and audited by association officers.
19. Athletes who are unable to meet all the eligibility requirements due to illness or injury, or compassionate grounds, may appeal to the Organising Committee (via the Competition and Events Coordinator) by completing the prescribed application form and providing the requested supporting documentation.
20. Where an athlete's personal circumstances make it difficult to participate regularly with their home centre, they may apply to have performances recorded at a second centre counted towards their eligibility. For example, this would include country athletes boarding at city schools and separated families.
21. An exemption will only be considered if the athlete has met at least 50% of the required meets to be eligible for the competition.
22. Any exemption request must be received no later than 48 hours before the close of nominations for the competition. Any exemption request received after this time will not be considered.

LR6 State PB Classics

Specified Dates

1. State PB Classic I
 - 1.1. Athletes must be registered with the Association by 5/11/2025.
 - 1.2. Athletes must have submitted their entry by 5/11/2025.
2. State PB Classic II
 - 2.1. Athletes must be registered with the Association by 2/1/2026.
 - 2.2. Athletes must have submitted their entry by 2/1/2026.

Competition Entry

3. Athletes must enter for this competition through the Association online entry system by the specified entry close date.
4. Late entries may be accepted up to two days after the close of entries upon payment of the prescribed late entry fee.
5. Multi-Class (Para) athletes may participate in this competition in any event that is available for their classification.

Events Provided

6. Events will be provided for Under 6 to Under 17 age groups. Most standard events are provided with time slots specified for each age group. Not all events will be conducted on both programs.
7. Athletes may choose their own events but the number of events they can take part in is restricted to five.
8. A Tiny Tots session will be conducted for registered Tiny Tots.

Special Competition Rules

9. Changes to the programs, rules or other conditions will be announced over the public address system. The onus is on competitors to be aware of any changes.
10. An athlete may leave a field event to do a track event and then return to that field event, providing that the field event has not finished in their absence.
11. The only persons permitted to enter the competition area are those athletes involved in an event and others directly involved in officiating of an event or the meeting generally, except with the express approval of the Meeting Manager.

High Jump Bar

12. The high jump bar will start at a height to ensure a recorded jump is achieved for every competing athlete. Where multiple sites are in use for an age group, all sites will start at a height that is a multiple of 5cm.
13. The high jump bar will be raised in increments of 5 cm for the entire event.
14. If the PB Classic is conducted to a Hot Weather program, athletes will be restricted to a maximum of 8 attempts.

Protests and Appeals

15. Appeals will not be accepted at this meeting.

Recording and Awards

16. State Best Performances may NOT be claimed at this meeting.

LR7 State Track and Field Relay Championships

Specified Dates

1. Athletes must be registered with the Association by 7/12/2025.
2. Centres must submit team nominations to LASA by 26/11/2025.
3. Names of team members must be submitted to LASA by 8/12/2025.

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 Swedish Medley of 1x100m, 1x300m, 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 (e.g. 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 takeover is out of lanes.
34. The Swedish Medley is run with the first leg (100m) entirely in lanes, the 2nd leg (300m) commences in lanes to the cones in the front straight with the athletes able to merge into lane one. The third leg (200m) and final leg (400m) do not use 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. Draws for the final will appear on the Live Results site 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. Only teams consisting of athletes from a single centre score points towards the trophies. Combined centre teams do not score points.
 - 42.3. 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:

Place	Points	Place	Points	Place	Points
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.

LR8 State Combined Event Championships

Specified Dates

1. Athletes must be registered with the Association by 31/12/2025.
2. Athletes must have submitted their entry by 5/2/2026.
3. Qualification Period: 1/9/2025 – 1/2/2026.

Eligibility

4. All athletes intending to enter the Combined Event Championships must have met the eligibility requirements as per Rule LR5.
5. Multi-Class (Para) athletes may enter the State Combined Event Championships provided that:
 - 5.1. They have a certificate of classification or letter of provisional classification

Competition Entry

6. Athletes must enter for this competition through the Association online entry system by the specified entry close date.
7. Late entries may be accepted up to two days after the close of entries upon payment of the prescribed late entry fee.

Events Provided

8. A number of fixed events will be provided for each of the Under 9 to Under 17 age groups.
 - 8.1. Five events over one day for Under 9 to Under 13
 - 8.2. Six events over two days for Under 14
 - 8.3. Seven events over two days for Under 15 to 17
9. Athletes will be entered in all programmed events for their age group.
10. Refer to the program for details of the events provided for each age group.
11. For U9-13 Multi-Class (Para) athletes, a quadrathlon will be offered consisting of the four events for their age group excluding the hurdles.
12. For U14-17 Multi-Class (Para) athletes, a pentathlon will be conducted consisting of the follow events
 - 12.1. Boys – 200m, Long Jump, 100m, Discus, 400m
 - 12.2. Girls – 200m, Shot Put, 100m, Long Jump, 400m

Marshalling

13. Athletes are required to report to the Call Room 15 minutes for Track Events and 30 minutes for Field Events prior to the scheduled start time of each event.
14. Where an athlete fails to report to the call room by the specified time may be issued a Yellow Card, or be disqualified from the event.
15. 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

16. Changes to the programs, rules or other conditions will be announced over the public address system. The onus is on competitors to be aware of any changes.
17. The Combined Event Championship serves as the selection trial for the Under 15 State Team representatives. As such, field attempts will not be restricted for this age group in the event of the hot weather program being used.

18. The time interval between the completion of one discipline and the start of the next will be at the discretion of the Referee, in consultation with the Competition Director.
19. For field events (other than high jump), each athlete will have three attempts.
20. If the number of athletes competing or scheduling considerations dictate:
 - 20.1. may be split across different pits or rings or;
 - 20.2. different disciplines may be conducted at the same time, but when reciprocated each must occur on the same pit or ring.
21. A Field event is considered to have begun once the first athlete has completed a trial. No athlete may join that field event after this time.
22. Where the 800 metres is scheduled as the last discipline, if multiple heats are required for an age group, athletes will be seeded so that the last heat contains the athletes leading at the conclusion of the previous event (i.e. Heats will be run in the ranking position order as at the end of the previous event).
23. An athlete failing to attempt to start or make a trial in one of the individual events will not be entitled to receive a place. It will not prohibit the athlete from competing and scoring points in subsequent events.
24. False Starts – An athlete responsible for three false starts shall be disqualified from the event.

High Jump Bar

25. The high jump bar will start at a height to ensure a recorded jump is achieved for every competing athlete.
26. The high jump bar will be raised in increments of 3cm for the entire event. A benchmark height of 1.00m will be used to determine the 3cm increments.

Scoring System

27. Points are awarded for performance and will be allocated to each athlete for each individual discipline using Scoring Tables approved by the Organising Committee.
 - 27.1. For Under 9 to Under 14, the Alberta Youth tables shall be used
 - 27.2. For Under 15 and above, the World Athletics tables shall be used
 - 27.2.1. The Girls 90m Hurdles will be scored using the Women's 100m Hurdles table
 - 27.2.2. The Boys 100m Hurdles will be scored using the Men's 110m Hurdles table
28. All tables have a finite lower limit and as a result an athlete may score zero points, the scoring of zero points does not however exclude an athlete from being placed.
29. For Para-Athletes, the points will be based on the Baseline Scoring table.

Protests and Appeals

30. Protests may be lodged at this meeting in accordance with Rule TR8.

Recording and Awards

31. A medal will be presented to the first three place getters in each Age Group based on aggregate points. Medals are not awarded for individual events.
32. Separate medals for Multi-Class (Para) Athletes will be awarded to the first three placegetters in each age group based on aggregate Baseline scores.

33. In the case of athletes scoring equal aggregate points, they shall be awarded equal placing.
34. Medal winners who must leave the venue prior to their medal presentation are requested to notify the Presentation Assembly Area so that the other medal winners in their event are not unfairly delayed in their medal presentation.
35. State Best Performances may be claimed at this meeting.

LR9 State Challenge

Specified Dates

1. Athletes must be registered with the Association by 31/12/2025.
2. Athletes must have submitted their entry by 4/3/2026.
3. Qualification Period: 1/9/2025 to 1/3/2026.

Eligibility

4. All athletes intending to enter the State Challenge must have met the eligibility requirements as per Rule LR5.
5. Athletes must have recorded at least two valid performances in each event they wish to enter within the specified Qualification Period. For the 800m and 1500m events a minimum entry standard will also apply.
6. For Under 9 to Under 13, athletes will be entered into the State Challenge where their best performance achieved as at the close of qualifying does not place them within the State Individual Championships limit for that event.

Competition Entry

7. The entry for this competition is combined with the entry for the State Individual Championships.
8. Athletes must enter for this competition through the Association online entry system by the specified entry close date.
9. Late entries may be accepted up to two days after the close of entries upon payment of the prescribed late entry fee.

Events Provided

10. All standard events (except Walks, Relays and Cross Country) will be provided for each of the Under 8 to Under 13 age groups.
11. The number of events that an athlete can compete in is limited to five. Note that the five event limit applies across the State Challenge and the State Individual Championships.

Marshalling

12. Athletes are required to report to the Call Room 15 minutes for Track Events and 30 minutes for Field Events prior to the scheduled start time of each event.
13. Where an athlete fails to report to the call room by the specified time may be issued a Yellow Card, or be disqualified from the event.
14. 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

15. 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.
16. A competitor is not permitted to join a field event after it has started unless the official in charge of that event has been notified beforehand that the athlete will be delayed by a clash in their events.

High Jump Bar

17. Unless otherwise advised by the Competition Director, the following starting heights will apply for this competition

Starting Heights	U8	U9	U10	U11	U12	U13
Boys	0.60	0.75	0.80	0.90	0.90	0.90
Girls	0.50	0.65	0.75	0.80	0.90	0.90

18. If all athletes agree, the chief judge may nominate an alternative starting height. The alternative starting height must be greater than the originally specified starting height.

19. If more than one high jump pit is in use for an age group, both pits will start such that there is a multiple of 5cm between their starting heights. The second pit will remain at 5cm increments until it reaches the same height as the first pit commenced 3cm increments, and from that point will continue to follow the same sequence of heights as the first pit. Final places are determined from the results over both pits.

Progression from Heats to Finals

20. Track events will be conducted as timed finals, where the final places are determined by performances obtained across all heats.

21. Heats will be conducted from slowest to fastest, based on best performances recorded at the end of the qualifying period.

22. Field events (except high jump) will be conducted with three trials only.

Protests and Appeals

23. Protests may be lodged at this meeting in accordance with Rule TR8.

Recording and Awards & Scoring System

24. Recording and Awards

24.1. Medals will be presented to the athletes with the best three performances in each event.

24.2. Presentations will be delayed in order for medal winners who are competing in other events to complete those events without interruption.

24.3. Medal winners who must leave the venue prior to their medal presentation are requested to notify the Presentation Area so that the other medal winners in their event are not unfairly delayed in their medal presentation.

24.4. Please note that placings 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.

24.5. A Boy and Girl "Athlete of the Meet" will be chosen based on performances over all of their events at this Championship.

24.6. For Multi-Class (Para) Athletes, places for each event will be determined using the multi-disability method, using the Athletics Australia Baseline Scoring tables. Medals will be presented to the first three place getters in each event as determined by this method.

24.7. Athletes entered as a Multi-Class (Para) Athlete will only be eligible for medals in the Multi-Class event, and not the able-bodied event.

Scoring System

25. The scoring system for the selection of the athletes of the meet is as follows:

26. Points are awarded based on final places in each event:

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

27. No points are awarded if less than three athletes compete in the event.

28. In the event of a tie for the Athlete of the Meet, all tying athletes will be named Joint Athletes of the Meet.

29. State Best Performance may NOT be claimed at this meeting.

LR10 State Individual Championships

Specified Dates

1. Athletes must be registered with the Association by 31/12/2025.
2. Athletes must have submitted their entry by 4/3/2026.
3. Qualification Period: 1/9/2025 to 1/3/2026.

Eligibility

4. All athletes intending to enter the State Individual Championships must have met the eligibility requirements as per Rule LR5.
5. Athletes must have recorded at least two valid performances in the nominated events within the Qualification Period. For the 800m, 1500m and Walk events a minimum entry standard will also apply.
6. For the Under 9 to Under 13 age groups, each event has a limit for the number of athletes that will be entered into the event per age group and gender, as follows

Events	Limit
Track events (except walks)	16
700m Walk, 1100m Walk, 1500m Walk*	8
Field Events	12

*Walk limit is based on these being conducted as mixed events, i.e. 8 boys and 8 girls.

7. Athletes may automatically qualify for the State Individual Championships by the following means:
 - 7.1. Achieving the automatic qualifying standard for the event on at least one occasion during the qualification period
 - 7.2. For athletes registered with country centres, the top three ranked athletes in each age group event as at 31st January 2026 will be invited to enter the State Individual Championships.
Note: Athletes must nominate for the event for the State Individual Championships to confirm their place in the event.
8. At the close of entries, the remaining places will be filled by comparing the best performances of all athletes that have entered the event, with the best performances gaining a place in the event.
 - 8.1. Where there is a tie for the last remaining place(s) in an event, the next best performance of the tying athletes will be considered, with the better performance gaining the place.
 - 8.2. Should a tie still remain, all tying athletes shall be entered in the event for the SIC.
9. Athletes that do not gain a place will be entered into the State Challenge.
10. There is no limit for Under 14 to Under 17 events.

Competition Entry

11. The entry for this competition is combined with the entry for the State Challenge.
12. Athletes must enter for this competition through the Association online entry system by the specified entry close date.
13. Late entries may be accepted up to two days after the close of entries upon payment of the prescribed late entry fee.

Events Provided

14. All standard events (except Relays and Cross Country) will be provided for each of the Under 9 to Under 17 age groups.
15. For Multi-Class (para) athletes, all standard events (except Relays and Cross Country) will be provided for each of the Under 9 to Under 17 age groups where that event (or similar) is an available event for the athlete's classification as per the Standard Rules for Competition of Little Athletics Australia.
16. The number of events that an athlete can compete in is limited to five. Note that the five event limit applies across the State Challenge and the State Individual Championships.

Marshalling

17. Athletes are required to report to the Call Room 15 minutes for Track Events and 30 minutes for Field Events prior to the scheduled start time of each event.
18. Where an athlete fails to report to the call room by the specified time may be issued a Yellow Card or be disqualified from the event.
19. 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

20. 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.
21. A competitor is not permitted to join a field event after it has started unless the official in charge of that event has been notified beforehand that the athlete will be delayed by a clash in their events.
22. Where more than one heat is programmed for a particular event and only sufficient athletes report to fill one heat, then at the discretion of the Competition Director, that heat may be run as a final at the scheduled heat time.

Multi-Class Athletes

23. Where possible, Multi-Class (Para) Athletes will compete at the same time as the able-bodied athletes in that event.
24. Multi-Class (Para) Athletes may be required to compete separately in the interests of safety for all competitors.
25. A parent/guardian/coach may accompany the athlete in the arena to liaise with the officials on behalf of the athlete.
26. Athletes requiring a guide runner for track events must advise the Organising Committee at the time of nomination to ensure a lane is made available for the guide.
27. Assistants and guides must wear a designated vest while on the field of play. These may be collected from the Technical Information Centre (SALAA Tent).
28. Seated throwers will need to supply their own throwing frame, and tie downs. The athlete's support personnel will be responsible for setting up the frame.

High Jump Bar

29. Unless otherwise advised by the Competition Director, the following starting heights will apply for this competition

	U9	U10	U11	U12	U13	U14	U15	U16	U17
Boys	0.96	1.01	1.21	1.22	1.23	1.30	1.30	1.30	1.30
Girls	0.91	1.03	1.11	1.18	1.21	1.20	1.20	1.20	1.20

30. If all athletes agree, the chief judge may nominate an alternative starting height. The alternative starting height must be greater than the originally specified starting height.

Long Jump Board

31. The Under 11 and Under 12 age groups will use the fixed 2m take-off board for this competition.

Progression from Heats to Finals

32. Field Events

- 32.1. In all field events (excepting High Jump), if there are 8 or less competitors at the start of the event then all those competitors will be given 4 trials (i.e. throws or jumps).
- 32.2. If there are more than eight competitors, then all will start with 3 trials.
- 32.3. After the initial three trials, the leading 8 competitors (and any equals) are determined and then these competitors will be given 1 additional trial.
- 32.4. Performances for an athlete are determined over all of the trials they contested.

33. Track Events

- 33.1. The following athletes shall progress to the final in their event:
 - 33.1.1. 2 heats: 1st, 2nd and 3rd in each heat plus the next 2 fastest times
 - 33.1.2. 3 heats: 1st and 2nd in each heat plus the next two fastest times
 - 33.1.3. 4 or more heats: 1st in each heat with the remaining lanes filled by the next fastest times
- 33.2. Lane allocations for finals will be performed as follows.
- 33.3. Following the running of the heats, athletes shall be ranked on the following basis:
 - 33.3.1. Fastest heat winner, second fastest heat winner, etc
 - 33.3.2. Fastest 2nd place in heat, second fastest 2nd place in heat, etc
 - 33.3.3. Concluding with: Fastest next qualifier, second fastest next qualifier
- 33.4. Using the rank determined above, three random draws will take a place
 - 33.4.1. one for the highest four ranked athletes to determine placings in lanes 3, 4, 5 and 6;
 - 33.4.2. another for the fifth and sixth ranked athletes to determine placings in lanes 7 and 8;
 - 33.4.3. another for the two lowest ranked athletes to determine placings in lanes 1 and 2.
 - 33.4.4. Note that on a nine lane track, these lane positions may be moved out by one such that lane 1 is kept empty.

- 33.5. Where tied times occur for a position in the final, and if there are sufficient lanes available all tying athletes shall qualify for the final. If there are insufficient lanes, then the following will be applied:
- 33.6. In the first instance this will be resolved by reading the photo finish times to the 1/1000th of a second.
- 33.7. If a tie still occurs for a position in the final, the positions in the final will be randomly drawn.
- 33.8. Draws for the final will appear on the Live Results site approximately 30 minutes after the completion of the heats.
- 33.9. Where only sufficient entries are received to fill a single heat, that event will be conducted as a straight final.
34. For 800m events, if there are more athletes entered than can be accommodated in a single final, the event will be conducted as Timed Finals. The athletes will be divided into two (or more) heats based on best performances, with the athletes with the better performances running in the last heat.
35. Note that under Rule TR4.6, an athlete who has qualified for a final but fails to participate in that final is liable to disqualification for the remainder of the competition.

Protests and Appeals

36. Protests may be lodged at this meeting in accordance with Rule TR8.

Recording and Awards & Scoring System

37. Recording and Awards

- 37.1. Medals will be presented to the first three placegetters in the finals of events.
- 37.2. Presentations will be delayed in order for medal winners who are competing in other events to complete those events without interruption.
- 37.3. Medal winners who must leave the venue prior to their medal presentation are requested to notify the Presentation Area so that the other medal winners in their event are not unfairly delayed in their medal presentation.
- 37.4. Please note that placings 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.
- 37.5. A Boy and Girl "Athlete of the Meet" will be chosen based on performances over all of their events at this Championship.
- 37.6. For Multi-Class (Para) Athletes, places for each event will be determined using the multi-disability method, using the Athletics Australia Baseline Scoring tables. Medals will be presented to the first three place getters in each event as determined by this method.
- 37.7. Athletes entered as a Multi-Class Athlete will only be eligible for medals in the Multi-Class event, and not the able-bodied event.

38. Scoring System

- 38.1. The scoring system for the selection of the athletes of the meet is as follows:
- 38.2. Points are awarded to athletes who reach the finals on the following basis:

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

- 38.3. No points are awarded if less than three athletes compete in the event.
- 38.4. Bonus points are awarded when an athlete achieves or exceeds an existing State Best Performance.
- 38.4.1. Equal SBP 3 Points
- 38.4.2. New SBP 5 Points
- 38.5. Bonus points are awarded where an athlete achieves or exceeds an existing Australian Best Performance
- 38.5.1. Equal ABP 8 Points
- 38.5.2. New ABP 10 Points
- 38.6. If an Australian Best Performance that is also a State Best Performance were achieved, only the points for the Australian Best Performance would be awarded.
- 38.7. In the event of a tie for the Athlete of the Meet, in the first instance the athlete with the most State Best Performances will be named Athlete of the Meet. If this does not separate the athletes, then all tying athletes will be named Joint Athletes of the Meet.
39. State Best Performances may be claimed at this meeting.

LR11 Cross Country Season and Championships

Specified Dates

1. Athletes must be registered with the Association by 30/6/2026 to be eligible for the State Cross Country Championships.
2. Athletes must have submitted their entry by 15/7/2026 for the State Cross Country Championships.

Cross Country Competitions

3. The Cross Country season runs from May to July each year.
4. LASA will publish a program of Cross Country competitions to be conducted by centres during the season.
5. Centres are to nominate by July 31 each year to be included in the following seasons cross country program.
6. In addition to the LASA Cross Country program, centres located more than 100km from Adelaide may conduct their own Cross Country competitions.
7. Results of all Cross Country competitions must be submitted to LASA by the Monday following the competition.
8. Only results from competitions submitted to LASA will be counted towards an athlete's eligibility for the State Cross Country Championships.

LASA Programmed Meets

9. Cross Country competitions on the LASA Cross Country program are to be conducted to the timetable set by LASA, unless an alternative program has been approved by LASA.

Regional Cross Country Meets

10. Regional centres may conduct their own cross country meets at a day and time that suits their membership.
11. Centres must advise LASA of the date and time of scheduled Cross Country meets prior to the meet.
12. Centres may elect to conduct different distance events, however the distance for each age group should not exceed the maximum LASA distances.

Eligibility

General

13. Only registered Little Athletes are able to participate in age group events.
14. Athletes must compete in their own age group for an event to count towards State Championships eligibility.
15. Athletes may compete with a younger age group over a shorter distance if this better suits their ability.
16. Unregistered athletes may participate in one Cross Country meeting as a 'Come and Try'.
17. A 'Come and Try' will not count towards an athlete's qualification for State Cross Country Championships.
18. Multi-Class (Para) athletes may participate in Cross Country events. Where necessary, a Multi-Class athlete may compete in a younger age group than their own where the distance covered by that age group is more appropriate to their abilities.

State Cross Country Championships

19. To be eligible for State Cross Country Championships, athletes in the Under 8 to Under 17 age groups must have competed in at least three preliminary Cross Country competitions – for athletes in the Tiny Tot to Under 7 age groups, they must have competed in at least one preliminary Cross Country competition.
20. Athletes who are unable to meet the above qualification requirements due to illness or injury, or compassionate grounds, may appeal in writing to the Organising Committee via the Events Manager to have certain eligibility requirements waived to enable them to compete.

Entry Fees

21. For LASA programmed events, the entry fee is \$5 per event.
22. A different fee may be set for the Cross Country Championships.
23. There is no fee for the Tiny Tots or Parents events.

Marshalling

24. Athletes are to report to the designated marshalling area 10 minutes before the scheduled starting time of their event at centre hosted meets.

Protests and Appeals

25. Protests may be lodged at the State Cross Country Championships in accordance with Rule TR8 for Under 8 to Under 17 events. Protests will not be considered for Tiny Tots to Under 7 fun runs.

Recording and Awards

Programmed Competitions

26. Athletes will receive a certificate.
27. Participation ribbons may be issued by the host centre.
28. If place ribbons are awarded, they should only be awarded in the Under 8 and above age groups.
29. Results of Cross Country competitions are to be submitted to LASA by the Monday following the competition.

State Cross Country Championships

30. Medals will be awarded to the first three placegetters in each event for the Under 8 to Under 17 age groups.
31. All participating athletes will receive a certificate.

Scoring System

32. For the State Cross Country Championships, a scoring system applies to determine the Boys and Girls Champion Centres.
33. Points are only scored for the Under 8 to Under 17 age groups.
34. Points are determined as follows:
 - 34.1. Add 1 to largest field of qualified athletes on the day that equals penalty points. (e.g. largest field U10 B - 22 Athletes - penalty 23 for Boys).
 - 34.2. First receives 1 point, second receives 2 points, third receives 3 points and so on.

34.3. Only three qualified Athletes from each Centre can score points for their Centre. Additional placegetters from each Centre will have no bearing on other teams' ability to score team points.

34.4. If a Centre has only 2 qualified entrants who come first and sixth, points gained for that Centre are 1, 6 and 23 (penalty). The lowest team points scored wins the trophy.

LR12 Road Race Walking Season and Championships

Specified Dates

1. Athletes must be registered by 30/6/2026 to be eligible for the Road Race Walking Championships.
2. Athletes must have submitted their entry by 8/7/2026 for the Road Race Walking Championships.

Race Walking Meets

3. The Race Walking season runs from May to July each year.
4. LASA will publish a program of Road Walks meets to be conducted by the SA Race Walkers Club.

Eligibility

General

5. Only registered Little Athletes are able to participate in age group events.
6. Athletes may only compete in their own age group.
7. Unregistered athletes may participate in one Race Walking meets as a 'Come and Try'.
8. A 'Come and Try' will not count towards an athlete's qualification for the Race Walking Championships.

State Race Walking Championships

9. To be eligible for the Race Walking Championships, athletes must have competed in at least one preliminary Race Walking meet.
10. Athletes who are unable to meet the above qualification requirements due to illness or injury, or compassionate grounds, may appeal in writing to the Organising Committee via the Competition and Events Coordinator to have certain eligibility requirements waived to enable them to compete.

Entry Fees

11. For LASA programmed meets, the entry fee is \$5 per event.
12. A different fee may be set for the Race Walking Championships.

Marshalling

13. Athletes are to report to the designated marshalling area 10 minutes before the scheduled starting time of their event.

Protests and Appeals

14. Protests may be lodged at the State Road Race Walk Championships in accordance with Rule TR8 for Under 9 to Under 17 events. Protests will not be considered for Under 6 to Under 8 fun walks.

Recording and Awards

State Road Race Walking Championships

15. Medals will be awarded to the first three placegetters in each event for the Under 9 to Under 17 age groups.
16. All participating athletes will receive a certificate.