

CHAPTER 6 – STANDARD EVENTS & EQUIPMENT SPECIFICATIONS

LASA RULE 600: 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 20cm 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 | | | | | | | | | | | | | | ✓ | | ✓ | | ✓ |
| 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 or TurboJav 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.

LASA RULE 601: EQUIPMENT SPECIFICATIONS

Some of the events and age groups in the following tables are not held for competitions listed in Rule 1. Where these events are held, it is recommended that the relevant Organising Committee uses these specifications as listed.

Hurdle Specifications

| Age Groups | Event | No of Flights | Height | Distance to first Hurdle | Spacing Between | Last Hurdle to Finish Line | Colour Code for Markings |
|---------------|-----------|---------------|--------|--------------------------|-----------------|----------------------------|--------------------------|
| U6 | 20cm | 6 | 20 cm | 12 metres | 7.0 metres | 13 metres | Pink |
| U7 | 30cm | 6 | 30 cm | 12 metres | 7.0 metres | 13 metres | Pink |
| U8-U9 | 60m (45) | 6 | 45 cm | 12 metres | 7.0 metres | 13 metres | Pink |
| U10 | 60m (60) | 6 | 60 cm | 12 metres | 7.0 metres | 13 metres | Pink |
| U11 | 80m (60) | 9 | 60 cm | 12 metres | 7.0 metres | 13 metres | Black |
| U12 | 80m (68) | 9 | 68 cm | 12 metres | 7.0 metres | 13 metres | Black |
| U13, U14G | 80m (76) | 9 | 76 cm | 12 metres | 7.0 metres | 12 metres | Black |
| U14B, U15-17G | 90m | 9 | 76 cm | 13 metres | 8.0 metres | 13 metres | White |
| U15-17B | 100m | 10 | 76 cm | 13 metres | 8.5 metres | 10.5 metres | Yellow |
| U13 | 200m (68) | 5 | 68 cm | 20 metres | 35 metres | 40 metres | Green |
| U14 | 200m (76) | 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 red may be substituted where the standard colour would clash with the track colour.

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 |

The 5000mm x 3000mm dimensions will be mandatory from 2019/20.

Cross Country Events

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

| | TT | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U16 | U17 |
|-------|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|
| 200m | ✓ | | | | | | | | | | | | |
| 500m | | ✓ | | | | | | | | | | | |
| 750m | | | ✓ | | | | | | | | | | |
| 1km | | | | ✓ | | | | | | | | | |
| 1.5km | | | | | ✓ | ✓ | | | | | | | |
| 2km | | | | | | | ✓ | ✓ | | | | | |
| 3km | | | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ |

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

Road Race Walking Events

The following table indicates the maximum distance for each age group. These are the distances that will be contested at the State Road Race Walking Championship.

| | 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.