

# LITTLE ATHLETICS SA COMPETITION REGULATIONS

## PART I - STANDARD EVENTS & EQUIPMENT SPECIFICATIONS

### 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 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														✓		✓	✓	
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 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.*

**LR2: EQUIPMENT SPECIFICATIONS**

Some of the events and age groups in the following tables are not held for competitions listed in Rule CR1. 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	Blue
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 red 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	Blue
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**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 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.

\*For U6-U8, these may be conducted as a non-judged fun event.