

## LAQ - Throws Specifications

RD: 06/23

Age Group	Discus Boys / Girls	Javelin Boys / Girls	Shot Put Boys / Girls
U6 & U7	350g		1kg
U8	500g		1.5kg
U9 & U10	500g		2kg
U11	500g	400g	2kg
U12	750g	400g	2kg
U13	750g	600g / 400g	3kg
U14	1kg	600g / 400g	3kg
U15 & U16	1kg	700g / 500g	4kg / 3kg
U17	1.5kg / 1kg	700g / 500g	5kg / 3kg

## LAQ - Throws Specifications

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### Discus:

U6 to U17 Athletes will use a rubber / synthetic compound discus in normal Centre meets.

U13 to U17 Athletes competing in any LAQ Competition shall have the choice of a metal rimmed discus (if available) or a rubber discus of the weight relevant to their age group.

### Shot Put:

Colour match weight: ●Blue=1kg, ●Yellow=1.5kg, ●Orange=2kg, ●White=3kg, ●Red=4kg, ●Green=5kg

## LAQ - Jumps Specifications

RD: 06/23

Age Group	Regional	Carnival/State
U6 & U7		
U8	Centre Level ONLY	
U9	0.75 (b), 0.70 (g)	0.80 (b), 0.75 (g)
U10	0.85 (b), 0.80 (g)	0.90 (b), 0.85 (g)
U11	0.95 (b), 0.90 (g)	1.00 (b), 0.95 (g)
U12	1.05 (b), 1.00 (g)	1.10 (b), 1.05 (g)
U13	1.15 (b), 1.10 (g)	1.20 (b), 1.15 (g)
U14	1.20 (b), 1.15 (g)	1.25 (b), 1.20 (g)
U15	1.25 (b), 1.20 (g)	1.30 (b), 1.25 (g)
U16 & U17	1.30 (b), 1.25 (g)	1.35 (b), 1.30 (g)

No set starting heights for Centre Meets

## LAQ - Jumps Specifications

RD: 06/23

### High Jump:

U8 to U10: Scissor technique only onto scissor mats.

U11 to U17: Any legal jump technique (including scissor and fosbury flop) onto flop mats.

The landing mats should not be less than 5m x 3m.

### Long/Triple Jump:

U6 to U10 use 1m x ½m mat (with sand)

U11 to U17 use 1.22m x 20cm board

## LAQ – Spikes Specifications

RD: 06/23

Age Group	Laned	Unlaned	Relays	Field H/Jumps	Jumps	Jav
U6 to U10	NA	NA	NA	NA	NA	NA
U11	SS	NA	LR	SS	SS	SS
U12	SS	NA	LR	SS	SS	SS
U13	SS	SS	SS	SS	SS	SS
U14	SS	SS	SS	SS	SS	SS
U15	SS	SS	SS	SS	SS	SS
U16 & U17	SS	SS	SS	SS	SS	SS

Key:

NA Not allowed to wear spiked shoes  
SS May wear spiked shoes with spikes  
LR U11 and U12 athletes competing in laned 4 x 100m relays may wear spiked shoes with spikes

## LAQ – Spikes Specifications

RD: 06/23

On synthetic track: spikes must be no longer than 7mm.

On synthetic field: spikes must be no longer than 9mm.

On grass track or field: spikes must be no longer than 12mm. Needle spikes are not allowed.

Example of allowed spikes



Spikes shoes may only be worn during an event and are not to be worn to and from an event.

Spiked shoes must not be worn in the spectator areas, stand or outer areas of the track.

## LAQ – Track - Hurdles Specifications

RD:10/20

Event	Age Group	
60mH (20cm)	U6	6F @ 7m S, 12m L, 13m R
60mH (30cm)	U7	6F @ 7m S, 12m L, 13m R
60mH (45cm)	U8 & U9	6F @ 7m S, 12m L, 13m R
60mH (60cm)	U10	6F @ 7m S, 12m L, 13m R
80mH (60cm)	U11	9F @ 7m S, 12m L, 12m R
80mH (68cm)	U12	9F @ 7m S, 12m L, 12m R
80mH (76cm)	U13 & U14G	9F @ 7m S, 12m L, 12m R
90mH (76cm)	U14B, U15G & U16G	9F @ 8m S, 13m L, 13m R
100mH (76cm)	U15B, U16B & U17G	10F @ 8.5m S, 13m L, 10.5m R
110mH (76cm)	U17B	10F @ 9.14m S, 13.72m L, 14.02m R
200mH (68cm)	U13	5F @ 35m S, 20m L, 40m R
200mH (76cm)	U14	5F @ 35m S, 20m L, 40m R
300mH (76cm)	U15 - U17	7F @ 35m S, 50m L, 40m R

Key: F – Flights; S – Spacing; L – Lead in; R – Run out



## LAQ – Track Colour Markings (Hurdles)

RD:10/20

The following colours should be used for hurdle spacing marks.

U6 to U10	60m Hurdle	Red	
U11 to U13 & U14G	80m Hurdle	Black	
U14B, U15G & U16G	90m Hurdle	White	
U15B, U16B & U17G	100m Hurdle	Yellow	
U17B	110m Hurdle	Blue	
U13 & U14	200m Hurdle	Green	
U15 to U17	300m Hurdle	Green	

Hurdles must be collapsible

<div>LAQ – Field Timing</div> <div>RD: 06/23</div> <div>At all field events, the timing of a trial shall commence from the time the athlete’s name is called. The athlete must commence their trial within the time allowed. The Recorder shall raise and keep raised a yellow flag during the final 15 seconds of the time allowed.</div> <div>Individual Events</div> <table><tr><td>*Number of athletes in the event</td><td>High Jump</td><td>Other</td></tr><tr><td>*More than 3</td><td>1min</td><td>1min</td></tr><tr><td>*2 or 3</td><td>1.5min</td><td>1min</td></tr><tr><td>*1</td><td>3min</td><td></td></tr><tr><td>*Consecutive trials</td><td>2min</td><td>2min</td></tr></table> <div>Combined Events (as above for 2 or more)</div> <table><tr><td>*1 or Consecutive trials</td><td>2min</td><td>2min</td></tr></table> <div>The trial is completed at:</div> <div><div>Throws, when the athlete leaves the circle or runway</div><div>Long/Triple Jump, when the athlete leaves the landing area</div><div>High Jump, when the Chief Judge indicates a valid jump or failure</div></div>	*Number of athletes in the event	High Jump	Other	*More than 3	1min	1min	*2 or 3	1.5min	1min	*1	3min		*Consecutive trials	2min	2min	*1 or Consecutive trials	2min	2min	<div>LAQ – Field Recording</div> <div>RD:10/20</div> <div>Measurements are recorded to the whole centimetre <b>below</b> the actual distance measured. i.e. 4.528m becomes 4.52m.</div> <div>Count backs are only required when placings are given. When athletes are awarded equal place, e.g. tie for second, there is no third place, the next place is fourth.</div> <div>The following symbols are used when recording field events:</div> <table><tr><td>NM</td><td>=</td><td>no valid trial recorded (no measure)</td></tr><tr><td>O</td><td>=</td><td>cleared (High Jump)</td></tr><tr><td>X</td><td>=</td><td>failed</td></tr><tr><td>-</td><td>=</td><td>passed</td></tr><tr><td>r</td><td>=</td><td>retired</td></tr><tr><td>7.36</td><td>=</td><td>distance thrown or jumped (horizontal)</td></tr><tr><td>DQ</td><td>=</td><td>disqualified</td></tr><tr><td>DNS</td><td>=</td><td>did not start</td></tr></table>	NM	=	no valid trial recorded (no measure)	O	=	cleared (High Jump)	X	=	failed	-	=	passed	r	=	retired	7.36	=	distance thrown or jumped (horizontal)	DQ	=	disqualified	DNS	=	did not start
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<div>LAQ – Track Recording</div> <div>RD: 10/20</div> <div>Manual</div> <div>Times are recorded to one tenth (0.1) of a second only.</div> <div>All times must be rounded up to the nearest one tenth of a second <b>above</b> the actual time, not the <i>nearest</i> tenth of a second.</div> <div>i.e. 15.09 seconds becomes 15.1 not 15.0 seconds</div> <div>15.11 seconds becomes 15.2 not 15.1 seconds</div> <div>The following symbols are used when recording track events:</div> <table><tr><td>DNS = did not start</td><td>RC = red card (Walks)</td></tr><tr><td>DNF = did not finish</td><td>&gt; = bent knee (Walks)</td></tr><tr><td>r = retired (Combined Events)</td><td>~ = contact (Walks)</td></tr><tr><td>Q = qualified by place</td><td>DQ = disqualified</td></tr><tr><td>q = qualified by time</td><td></td></tr></table> <div>Electronic</div> <div>Hundredths (0.01) of a second are only recorded with fully automatic start and finish electronic timing systems (i.e. Timing Gates, Photo Finish)</div>	DNS = did not start	RC = red card (Walks)	DNF = did not finish	> = bent knee (Walks)	r = retired (Combined Events)	~ = contact (Walks)	Q = qualified by place	DQ = disqualified	q = qualified by time		<div>LAQ – Race Walking</div> <div>RD: 05/23</div> <div>Age Groups and Distances</div> <div>U9 : 700m      U10 to U11 : 1100m      U12 to U17 : 1500m</div> <div>There are <b>Time Limits</b> (separate to the Qualifying Table) for eligibility to enter and during the conduct of Walks events at State Championships.</div> <div>These limits are:</div> <div>7 minutes : 700m Walk      12 minutes : (U12 &amp; U13) 1500m Walk</div> <div>9 minutes : 1100m Walk      10 minutes : (U14 to U17) 1500m Walk</div> <div><b>Progress to States:</b> Athletes who place, but do not equal or better the time limits above at Regional Championships, irrespective of placing, shall not proceed to State Championships.</div> <div><b>At States:</b> Timing of the race will cease when the above times have been reached. The athlete/s who have not finished the race shall be instructed to leave the track. Athletes on the front straight when timing ceases will not be instructed to leave the track.</div> <div><b>Additional Limits:</b> 20 minutes for the U14 to U17 3000m Walk event conducted at the LAQ Carnivals.</div>																																
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<div>LAQ – Race Walking</div> <div>RD: 05/23</div> <div>Cautions (Yellow Paddle)</div> <div>A Race Walk Judge (RWJ) gives a verbal caution to U9 to U17 athletes when they appear to be in danger of failing to comply with the rules.</div> <div>Calls should be made in this manner:</div> <div>“Number 10, Caution - Contact”, or “Number 20, Caution - Knees”.</div> <div>A RWJ can only caution an athlete once for each infringement during the event. A RWJ must not caution an athlete who they have already issued a Red Card.</div> <div>Red Card (Reports)</div> <div>A RWJ gives a “Red Card” if an athlete is actually breaking the rules of Race Walking. A Red Card can only be issued once per RWJ per athlete.</div> <div>At LAQ Carnivals, Regional &amp; State Championships, for U12 to U17 athletes, RWJs will not call ‘Red Card’ for relevant infringements, only written reports will be made.</div> <div>Calls for U9 to U11 athletes should be made in this manner:</div> <div>“Number 10, Red Card - Contact”, or “Number 20, Red Card - Knees”.</div>	<div>LAQ – Race Walking</div> <div>RD: 05/23</div> <div>Contact</div> <div>The advancing foot must make contact with the ground before the rear foot loses contact with the ground.</div> <div>Knees</div> <div>The advancing leg must be straightened from the time the foot first makes contact with the ground until the vertical position.</div> <div>Refer to LAQ Field of Play Handbook for more details.</div> <div></div>																																										