

The following changes to the Competition Handbook have been endorsed by the LAA Board/ Conference, the LAQ Board; or the LAQ Membership through Conference. Unless stated otherwise against the specific rule, all changes will be implemented immediately.

ALTERED:

Event Specifications 2.: (New Implement weights)

2.7. Discus

Under 11 Boys 500g

Under 11 Girls 500g

Under 13 Boys 750g

2.9. Shot Put

Under 12 Boys 2kg

AA ('18)

ALTERED:

Competition Levels Table 5.1: (reflects new Competition format)

SHIFTED Clauses**Summer and Winter Carnival**

5.3.1 – 5.3.3 To reflect Carnivals now offered and the relevant / existing rules

ADDED Clause:**Summer and Winter Carnival**

5.3.2.b. In High Jump, athletes will only be allowed a total of four (4) failures before being excluded from further competition in that event. Each athlete shall have up to three attempts to clear a height. However, if an athlete misses three (3) consecutive attempts they are also out of the competition.

18' 05 01

ALTERED Clause:**Spring Carnival**

5.4.9. In Field events (except High Jump), each competitor shall be allowed three trials.

- a) In High Jump, athletes will only be allowed a total of four (4) failures before being excluded from further competition in that event. Each athlete shall have up to three attempts to clear a height. However, if an athlete misses three (3) consecutive attempts they are also out of the competition.

18' 03 01

ALTERED Clause (to reflect new Competition format)**Combined Events and Combined Championships**

5.5.2. a) Will be offered at the Winter Championships and the Combined Event Championships

'18 03 04

ADDED Clause & Table

Combined Events and Combined Championships

- 5.5.3. b) The program of events will include:
- i. U7 & U8's Triathlon 3 events: 1 track, 1 jump & 1 throw
 - ii. U9 - U11's Tetrathlon 4 events: 2 track, 1 jump & 1 throw (alternating)
 - iii. U12 - U14's Pentathlon 5 events: 3 track, 1 jump & 1 throw
 - iv. U15 - U17's Heptathlon 7 events: per LAA standard
 - v. U13 - U17's Jumps Multi 3 events: High, Long and Triple Jumps
 - vi. U13 - U17's Throws Multi 3 events: Discus, Javelin and Shot

'18 03 01

c) Table of Events

Age Group	Track 1	Track 2	Track 3	Jump 1	Jump 2	Throw 1	Throw 2
U7's	100M			Long Jump		Discus	
U8's	100M			Long Jump		Shot Put	
U9 Girls	100M	800M		Long Jump		Shot Put	
U9 Boys	100M	800M		High Jump		Discus	
U10 Girls	100M	800M		High Jump		Discus	
U10 Boys	100M	800M		Long Jump		Shot Put	
U11 Girls	100M	800M		Long Jump		Shot Put	
U11 Boys	100M	800M		Long Jump		Discus	
U12 Girls	60MH	100M	800M	High Jump		Discus	
U12 Boys	60MH	100M	800M	High Jump		Shot Put	
U13 Girls	80MH	100M	800M	Long Jump		Shot Put	
U13 Boys	80MH	100M	800M	High Jump		Discus	
U14 Girls	80MH	100M	800M	High Jump		Shot Put	
U14 Boys	90MH	100M	800M	High Jump		Shot Put	
U15 Girls	90MH	200M	800M	Long Jump	High Jump	Shot Put	Javelin
U15 Boys	100MH	100M	800M	Long Jump	High Jump	Discus	Javelin
U16 Girls	90MH	200M	800M	Long Jump	High Jump	Shot Put	Javelin
U16 Boys	100MH	100M	800M	Long Jump	High Jump	Discus	Javelin
U17 Girls	100MH	200M	800M	Long Jump	High Jump	Shot Put	Javelin
U17 Boys	110MH	100M	800M	Long Jump	High Jump	Discus	Javelin
U13-U17's	High Jump	Long Jump	Triple Jump	Throws	Discus	Javelin	Shot Put

ALTERED & SHIFTED Clause:

Winter

- 5.6.4. Competitors who nominate for the U15 to U17 Heptathlon for the Winter Championships may also nominate for two (2) individual events. BoD 11 ('18)

ALTERED Clauses

Relays:

- 5.7.1. LAQ Regional and State Relay programs shall offer two Track Relay events per age group, namely:
- U9 & U10s: 4 x 100m and 4 x 200m circular in lanes
 - U11 & U12s: 4 x 100m and 4 x Swedish (1 each 100m, 200m, 300m & 400m)
 - U13 & U14's: 4 x 100m and 4 x Medley (2 x 200m, 1 x 400m, 1 x 800m)
 - U15 – U17's: 4 x 100m and 4 x Swedish (1 each 100m, 200m, 300m & 400m)

BoD 10 ('18)

ADDED Clauses**Relays:**

- 5.7.2. Athletes in the U7 and U8 age groups may only compete at Regional level.
- a) The only events that may be provided for the U7 age group are 4x70m and 4x100m, Long Jump and Discus
 - b) The only events that may be provided for the U8 age group are 4x70m, 4x100m, Long Jump and Shot Put
 - c) The actual events to be provided from those listed above, shall be decided by the Regional Competition Committee and may vary from one Region to another
 - d) A maximum number of three attempts shall be allowed for field events *18' 02 03*
- 5.7.4. Athletes may not nominate or substitute in track events, throwing events and high jump where the events specifications exceed their age group standard events and specifications as detailed in the LAQ Competition Handbook. *BoD 6 ('18)*

ALTERED Clauses**Relays**

- 5.7.7 j) For the purpose of making up a team, U7 to U12 athletes may be nominated to compete in older age group Relays to a maximum increment of two (2) groups. U13 and older athletes may be nominated to compete in older age group Relays to a maximum of three (3) age groups. However, *BoD 7 ('18)*
- 5.7.8 c) In the case of an athlete being absent on the day of competition, an athlete from the same Centre can come up from a lower age group and do that same event again to allow the remaining three (3) athletes to run a track relay, giving this athlete a maximum **of six (6)** events if he / she is prepared to run the event twice. *BoD 8 ('18)*
- 5.7.8. d) If an athlete is absent in an age group on the day of competition, an athlete from the same Centre can come up from a lower age group and compete in that event to allow the remaining athlete to compete in the field event relay, giving this athlete a maximum **of six (6)** events if he / she is prepared to contest the event (possibly twice), and the sole remaining athlete an opportunity to qualify as a team for State Relays. *BoD 8 ('18)*

ADDED Clause:**Relays (Multi-Centre)**

- 5.7.10. d) All substitution rules can be applied by Multi-Centre Teams (nominated track teams and / or field entrants) using athletes from small Centre within the same Region. *'18 05 02*

ALTERED Clause:**Relays**

- 5.7.12 d) Each Region may enter U17 4 x 100m Regional Relay Teams, one (1) boy's team and one (1) girl's team to compete at the State Relay Championships. Only U16 and U17's may compete in this event. Under 16 athletes can only compete in this event if there are not enough U17 athletes to fill the team. Placegetters in this event will be presented with medals in recognition of their efforts.
- Where there are more than four Under 17 athletes expressing interest for team selection, Regions are to conduct a 400m race-off between interested athletes to select the team(s).
- If there are not enough Under 17 athletes to fill the team, a race-off will be conducted with the Under 16 athletes to fill the team. *IPS 9 ('18)*

ALTERED Clause:**Nomination** (change reflects new competitions - intent has not been changed)

- 6.2.4. For the LAQ Summer and Spring Carnivals, nominating U7 to U17 athletes shall be limited to five (5) events.

ALTERED Clause: (change reflects new competitions - intent has not been changed)**Late Nomination**

- 6.3.1. Late nominations will be accepted for the Winter Championships, U7 & U8's, Spring and Summer Carnivals and the Combined Event Championships until 4:00pm on the Thursday before the respective competition days, unless special circumstances warrant approval by the Association CEO.

ALTERED Clause:**State Championships**

- 6.4.8. b) Via Qualifying Levels: Athletes who compete at the Regional Championships and who achieve the "Qualifying Performance Level" for that event shall also qualify for the State Championships in addition to athletes placed 1st, 2nd, 3rd or 4th in that event.
Refer to the Additional Qualifying Standards on the following pages.

*Jim 12 ('18)***ALTERED Clause:****Track Event** (change reflects new competitions - intent has not been changed)

- 7.4.1. Electronic timing and photo-finish facilities shall be used at all Association Carnivals where available (Summer & Spring Carnivals, Combined Event Championships, State Relays, State Championships, Winter Championships).

*MTG 56 ('99)***ALTERED Clause:****Clashing** (change reflects new LAA rules - intent has not been changed)

- 8.1.12. Except for High Jump, where a clash of events occurs, the Chief Judge may allow the athlete to compete out of round and out of order in all rounds. It is not permitted for an athlete to have two or more consecutive trials, nor can an athlete demand to have a trial that has been missed.
Note: The first three rounds of trials must be completed, and a final eight determined prior to any other subsequent rounds of trials being commenced.
- 8.1.13. For High Jump, where a clash of events occurs, the Chief Judge may allow the athlete to compete out of order. The athlete re-joins the competition at the current height of the bar.
Note: The bar will not be lowered to the height at which they left, nor will the event be stopped while they are away.

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The following changes have been made to the LAQ Multi-Class Competition Handbook as endorsed by LAQ Board. Unless stated otherwise against the specific rule, all changes will be implemented immediately.

ADDED

LAQ Competitions: Age group & Event specifics (revised events)

EVENTS	U9 & U10	U9 & U10	U11 & U12	U11 & U12	U13 & U14	U13 & U14	U15 – U17	U15 – U17
100 metre								
200 metre								
400 metre								
800 metre								
Long Jump								
Shot Put								
Discus								

ADDED Clauses

3.5. Athlete’s Assistants (Escorts, Guides, Callers & Assistant Helpers)

- i. Multi-Class athletes may have the assistance of an escort, guide, caller or assistant helper as detailed in this section or specifically detailed under the relevant Classification rules in Section 4 of this Handbook.
- ii. In the case of a classified T&F20 (autistic) athlete, the assistant helper must be an adult and known to the athlete.
- iii. If required, Centres may appoint an Athlete’s Assistant to attend to their athletes on the field of play during competition, in the warm up area or call room. Parents may be assigned to these roles.
- iv. Those appointed to act as an Athlete’s Assistant must be clearly identified by wearing a coloured ID Vest provided by the Organising Committee.
- v. To gain approval for the use of an Athlete’s Assistant, the appointee’s name must be listed on the athletes nomination form. The nomination form is located on the LAQ Multi-Athletes webpage. If the appointed individual is replaced by another appointee, advice must be provided to the Chief Recorder on the day of competition. Appointees must sign-in with the Chief Recorder.
- vi. An ID Vest must be worn by the Athlete’s Assistant when accessing the field of playing during competition, the warm up area or the call room with a Multi-Class athlete. The appointee must collect the ID Vest from the Chief Recorder.
- vii. Appointees are not permitted to aid the Multi-Class athletes in any form of coaching; and must leave the runway or circle before an attempt can begin.

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**The following changes have been made to the LAA Standard Event and Specifications.
BEING INTRODUCED 1st April for the 2019/2020 SEASON**

ALTERED**Event Specifications: (New Hurdle distances)**

U/11 80m Hurdles

U/12 80m Hurdles

The heights will remain the same; however, the number of hurdle flights and placement of hurdles will be as per other 80m Hurdle events.