

**The following rule and detail changes 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 are to be implemented.**

ALTERED EVENT STANDARD

Hurdle Event Specifications

- 2.3.2. Flights, Spacing and Height Specifications
- | | | | | |
|-----|-----------|---|--------------------------------------|------------------|
| 80m | 9 Flights | @ | 7m spacing, 12m lead in, 12m run out | |
| | | | 60cm | U11 Boys & Girls |
| | | | 68cm | U12 Boys & Girls |
- LAA ('17)

ALTERED EQUIPMENT SPECIFICATION

Hurdles

- 2.3.9. Collapsible type means when a hurdle is knocked down it lays flat on the track without any part of the hurdle protruding.
- a) All Centres must be using collapsible hurdles by the commencement of the 2019/2020 season. LAA ('13)

ALTERED EQUIPMENT SPECIFICATION

Throws Implements

- 2.7; 2.8; 2.9. Tolerances adjusted

ADDED Clause

Foot Wear

- 3.1.3. Spikes
- e) Needle / pin spikes are prohibited on synthetic tracks at LAQ Competitions including Regional Competitions.



'19 05 08

ALTERED Clauses

Uniform

- 3.2.5 Any logos on uniforms that do not follow the SunSafe and Uniform policy guidelines will be taped, or the athletes will be asked to remove them.
- a) The manufacturer's logo on shorts or bike pants must not exceed a combined area of 4cm x 4cm. This includes logos or manufacturer's names on the waistband and on one or more legs of the shorts or bike pants. '19 05 08
- 3.2.5. Socks or compression socks are not considered part of the Centre uniform. '19 05 08

ADDED & ALTERED Clauses:

Competition Levels

- 5.1.1 Tiny Tots activities shall not be timed, placed or measured. All activities shall be in accordance with endorsed LAQ programs. Tiny Tots may be offered a track event to a maximum distance of 60m. '19 05 08
- 5.1.2 If offered events at Centre Carnivals, U6's can only receive participation medals. '19 05 08
- 5.1.3 Combined Events at Centre and Inter-Centre competitions may only comprise of LAQ approved events for the age groups. Such events may not exceed three (3) Combined Events for U7 & U8's, a Pentathlon for U9 - U14's or a Heptathlon for the U15 - 17's age groups. '19 05 08

ALTERED Clauses – reflects current practice**Competition Types**

- 5.2.1. Centre Competition: Weekly Competition conducted in a local area. Refer to Centre Programming Manual for further detail.
- a) Centres may provide age appropriate Combined Event or Carnival type competitions, to Centre members or invited registered members of other LAQ Centres. Such competitions must be conducted under LAQ rules and comply with requirements as detailed on the LAQ Sanction Request form, which is to be completed and submitted to LAQ for consideration. Centres may also invite registered members of QA, provided their participation is sanctioned by QA. '19 05 08
- 5.2.3. LAQ State Competitions: Carnivals, State Combined Event Championships, State Relays and State Championships. '19 05 08

ADDED EVENT STANDARD**Combined Event Championships**

- 5.4.3. b) The program of events will include:
- | | | | | |
|------|-------------|-------------|--|-----------|
| vii | U13 - U17's | Track Multi | 3 events: 100, 200, and age relevant sprint hurdle | '19 05 09 |
| viii | U9 - U17 MC | Triathlon | 3 events: 1 track, 1 jump & 1 throw | '19 05 09 |
- c) Provided the two Combined Events selected are programmed on different days, U13's & U14's may nominate for the Pentathlon and one Triathlon, or only two Triathlons; and the U15 - U17's may nominate for two Triathlons or the Heptathlon.

ALTERED Clause**The Relays**

- 5.5.7. d) For State Relays, the two (2) top qualifying competitors from the same Centre, or a Multi Centre team shall form a field event team, and so on (i.e. 1st and 2nd top qualifying competitors shall form Team A; 3rd and 4th top qualifying competitors shall form Team B etc.). MAR 14 ('19)

ALTERED Clause**The Relays**

- 5.5.10. a) The Small Centres (less than 75 registered U9 - U17 athletes) will be identified and notified at the commencement of the summer season, but based on the final registrations of the previous season. Allowances will be made for Centres not identified as small Centres to "appeal their status" to the Association should Centre registrations alter dramatically from one season to the next. MAR 15 ('19)

ADDED Clause**The Relays**

- 5.5.10 e) In the U15-U17 age groups, Small Centres may form Multi Centre teams from athletes from any Centre in the Region if athletes in that age group are not available from the other Small Centres in the Region. Combinations between a small Centre and a non-small Centre must be approved by LAQ, based on submissions prior to the close of nominations. MAR 16 ('19)

ADDED Clause

The Relays

5.5.13 c) The running order of the Swedish Relays shall be 100m 300m, 200m and 400m. The Swedish Relay is run in lanes by the first runner, with the 2nd running part of their section (leg) in their designated lane, cutting across at the dedicated markers in the front straight. The 3rd runner shall be placed on the track, by the designated official from inside to outside at the 200m start point, in the order that the 2nd runner passes the finish line. The 4th runner shall be placed on the track by the designated official, from inside to outside at the 400m start point, in the order that the team completes the second leg. '19 05 08

ALTERED Clause – reflects current practice

The Relays

5.5.14 e) At Regional and State Relays athletes competing in the High Jump may continue to compete even when or if one (1) member of the team does not clear the starting height. BoD 5 ('19)

ALTERED EVENT STANDARD

Eligibility (Multi-Class)

6.1.5 LAQ offer various levels of competition to U9 - U17 Classified athletes - refer to the LAQ Multi-Class Competition Handbook for complete details.
a) Events offered for boys & girls at LAQ Carnivals and Regional and State Championships unless otherwise stated. '19 05 08

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

ALTERED Clause – reflects current practice

Nominations

6.2.2. Nominations lodged online through ResultsHQ are the only recognised form of electronic nominations. All other formats are considered to be hard copy. '19 05 08

6.2.3 Regional Competition nominations must be provided to the Association Office by the required date and time. '19 05 08

ALTERED Clause – reflects current practice

Qualifications to Championships

6.4.8 b) Refer to the LAQ Website for Additional Qualifying Standards. BoD 6 ('19)

ALTERED Clause – tidy up of wording intent not changed**General**

- 7.1.11. Centres are not to use two-way radios that interfere with event communications during Association conducted competitions. '19 05 08
- 7.1.12. Athletes are not allowed the use of electronic communications or similar devices on the competition arena. '19 05 08

ALTERED Clause – tidy up of wording, the intent / process not changed**Progression**

- 7.2.4. There will be a maximum of eight (8) finalists only in all track and field events (except for the 800m, 1500m and Walk events) at the Winter Carnival, and the Regional and State Championships, except in the case of a tie or an appeal.
- a) For track events, if the number of athletes nominated or marshalled is less than or equal to the number of lanes available, then that event is run as a straight final at heat time, up to a maximum of 10 athletes. BoD 7 ('19)

ALTERED Clause – reflects current practice**Call Room**

- 7.3.1. a) The Call for athletes to report to FIELD events will be made approximately 20 minutes before the event start time to allow for registration and warm-up.
- b) The Call for athletes to report to CALL ROOM (marshalling area) for all track events up to 400m will be made approximately 20 minutes before the event start time.
- c) The Call for non-laned events e.g. 800m, 1500m, Relays and Walks will be made approximately 25 minutes before the event start time. This is to allow the placement of hip numbers on the athletes.
- d) Once athletes have left Call Room, any athlete who has not reported to Call Room will be declared a non-starter in that event. '19 05 08

ADDED Clause – reflects current practice**Track**

- 7.4.4. a. ii The fastest seeded heat will be conducted last. '19 05 08
- 7.4.6. a) A Three Point Start is not a recognised start, and shall not be allowed / used at any LAQ competition. '19 05 08

ALTERED Clause**Walks**

- 7.5.2. Time restrictions shall be applied for Walk events conducted at the State Championships and are as follows:
- a) 7 minutes for the 700m Walk
- b) 9 minutes for the 1100m Walk
- c) 12 minutes for the 1500m Walk (U12 & U13's)
- d) 10 minutes for the 1500m Walk (U14 to U17's)
- The race timing will cease when the above times have been reached and the athlete/s who have not finished the race shall be removed from the track. A DNF will be recorded as their result. Athletes on the front straight when timing ceases will not be removed from the track. BoD 10 ('19)

ALTERED Clause**Field**

- 7.6.12 d) Combined Event Championships starting heights shall be agreed upon by the Officials after consultation with the individual athletes. BoD 11 ('19)