

Christian Schools Sports Association



Athletics Carnival Guidelines

www.cssa.net.au

GENERAL CARNIVAL GUIDELINES

For swimming, athletics and cross country carnivals, the following points need to be noted:

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| Rule | 1.1 | Students must compete in their age group for all events.
Competitors can only compete in one relay.
For relays at zone level only, exceptions may occur at the discretion of the zone convener.
Mixed age relays cannot progress through to the State Carnival |
| | 1.2 | A student's age is determined by the age he/she turns in that year. |
| | 1.3 | There are separate events for boys and girls. |
| | 1.4 | No primary student is to compete in Secondary Carnivals and Gala Days |
| Rule | 2.1 | For Primary School events, in an event classified as Junior (Jnr), the competitor must be 10 years or less in the year of the carnival. Eight-year-old events may include children who are younger than eight years of age. |
| | 2.2 | Senior events involve competitors turning 11, 12 or 13 in the year of the carnival. |
| Rule | 3.1 | For swimming and athletics, there shall be a Zone carnival which shall be used to determine the competitors for the State carnivals. |
| | 3.2 | For Primary & Secondary State Swimming/Athletics Championships, there is a limit of THREE competitors per zone in each event and THREE school-based teams for relay events . The winning school relay teams at the Zone carnival represent the Zone at the State carnival. |
| | 3.3 | For field events at Primary & Secondary State Athletics Carnivals a qualifying height/distance will be set by the state convenor for 3 rd place zone competitors only. If they do not achieve the qualifying height/distance they cannot enter that event. The qualifying height/distance DOES NOT affect 1 st or 2 nd place zone competitors progressing through to state. |
| Rule | 4.1 | Age Championship points at any Primary Zone or State Carnival will be awarded from all events. |
| | 4.2 | Age Championship points at any Secondary Zone or State Carnival will be awarded from age events only. Open/non age events will not be counted towards the Age Championship point score. |
| Rule | 5.1 | For athletics and cross country, students must compete in approved school sports uniform. CSSA or CIS Representative uniforms are not to be worn. Shoes must be worn at all times. |
| | 5.2 | Bicycle pants/skins, compression socks or any other compression clothing may be worn only if they are approved by their school and are the same colour as their sports uniform or black or navy . |
| | 5.3 | Spikes are allowed at all carnivals except where the ground rules forbid this, or by agreement of participating schools. |
| | 5.4 | Competitors must start & finish an event in the correct attire. At no time are competitors allowed to discard clothing throughout an event. |
| Rule | 6.1 | If an equal placing occurs at a state (zone) carnival and the convener cannot determine which competitor qualifies through to the next level of competition, ie CIS (state), times/distances will be taken from their zone carnival. |

ATHLETICS

CSSA carnivals shall be run in accordance with the rules of **Athletics Australia** and the aims and objectives of CSSA.

Athletics Australia Rules & Regulations link: <https://www.athletics.com.au/info-hub/rules-technical-information/>

Sports Coordinator must refer to the [Requirements for All Sport and Physical Activity](https://app.education.nsw.gov.au/sport/File/1449) to understand their overall compliance responsibilities. <https://app.education.nsw.gov.au/sport/File/1449>

Where considered appropriate, for example inclusion in a school sport program, parents or caregivers must be informed of full details of the location, supervision to be provided and activities to be undertaken when seeking their written permission.

Students are to be instructed to use adequate sun protection, e.g. an SPF50+, broad spectrum, water resistant sunscreen reapplied regularly and a hat when appropriate.

Teacher/Instructor Qualifications and Experience

- The teacher/instructor must have appropriate expertise and or training in the teaching/coaching in Athletics.
- A teacher must be present who has recognised current training in emergency care.

Sports coordinators are responsible to ensure that all competitors/officials from their school are aware of the following rules:

ORGANISATIONAL RULES

- Rule 1.1** For Zone carnivals, schools must use Meet Manager T&F or Team Manager T&F to enter their team. School entries must be emailed to the zone convener at least 7 days prior to the carnival. If a school cannot submit their entry on time they must contact the convener prior to the closing date. Failure to do so can result in the school being withdrawn from the carnival by the zone convener.
- 1.2** For the State championship, Zone conveners must email their zone team file in Meet Manager format through to the state convener at least 7 days before the Championships. If a zone cannot submit their entries on time the zone convener must contact the state convener prior to the closing date. Failure to do so can result in the zone being withdrawn from the carnival by the state convener.

Rule 2.1 The events in **Primary Athletics** are:

Track:	100m	8 & under, 9, 10, 11, 12+ years	Starting blocks are optional
	100m AWD	Open boys and girls	Starting blocks are optional
	200m	8 & under, 9, 10, 11, 12+ years	Starting blocks are optional
	200m AWD	Open boys and girls	Starting blocks are optional
	800m	Junior, 11yrs & 12+ years	Spikes not permitted
	800m AWD	Open boys and girls	Spikes not permitted
	1500m	Junior, 11yrs & 12+ years	Spikes not permitted
	4 x 100m Relay	Junior (8-10yrs) and Senior (11-13yrs)	

Spikes: 9yrs & under **CANNOT** wear spikes in any events.

10yrs-12/13yrs may wear spikes in:

- Laned track events ie. 100m, 200m & 4x100m relay with a maximum spike length of 7mm
- Long Jump and High Jump with a maximum spike length of 9mm

Field:	Shot Put	Junior (2kg), 11yrs (2kg), 12+ years (3kg)
	Shot Put AWD	Open boys and girls
	Long Jump	Junior, 11yrs and 12+ years
	Long Jump AWD	Open boys and girls
	High Jump	Junior, 11yrs and 12+ years
	Discus	Junior (500g), 11yrs (750g), 12+ years (750g)
	Discus AWD	Open boys and girls

Rule 2.2 The events in **High School Athletics** are:

Track:	100m	12&U, 13, 14, 15, 16, 17, 18+ years	Starting blocks are optional
	100m Para-Athlete	Open boys and girls	Starting blocks are optional
	200m	12&U, 13, 14, 15, 16, 17, 18+ years	Starting blocks are optional
	200m Para-Athlete	Open boys and girls	Starting blocks are optional
	400m	12&U, 13, 14, 15, 16, 17, 18+ years	Starting blocks are optional
	800m	12&U, 13, 14, 15, 16, 17, 18+ years	
	800m Para-Athlete	Open boys and girls	
	1500m	12&U, 13, 14, 15, 16, 17, 18+ years	
	4 x 100m Relay	12–14yrs and Open	<i>Competitors can only compete in one relay</i>

Spiked shoes are permitted in ALL events including 800m & 1500m

Maximum length of spikes for ALL events is 7mm with the exception of High Jump 9mm

Field:	Shot Put	12&U, 13, 14, 15, 16, 17, 18+ years
	Shot Put Para-Athlete	Open boys and girls
	Javelin	12&U, 13, 14, 15, 16, 17, 18+ years
	Discus	12&U, 13, 14, 15, 16, 17, 18+ years
	Discus Para-Athlete	Open boys and girls
	High Jump	12&U, 13, 14, 15, 16, 17, 18+ years
	Long Jump	12&U, 13, 14, 15, 16, 17, 18+ years
	Long Jump Para-Athlete	Open boys and girls

Rule 2.3 Shoes must be worn in all events for safety at Primary & Secondary Athletics Carnivals.

Spiked shoes are permitted.

When spiked shoes are worn the maximum length for all events is 7mm with the exception of High Jump where it is 9mm

Rule 2.4 High Jump Wet Weather Procedure

If conditions are ruled unsafe by the Carnival Referee due to water on the take-off area, students will only be able to compete if they are wearing spikes.

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| Rule | <p>3.1 The number of competitors that may represent each team in each event at the Zone carnival is at the discretion of the carnival organiser.</p> <p>3.2 For the State Championships, there is a limit of THREE competitors per Zone in each event and THREE school-based teams for the relay events.</p> <p>3.3 For field events at Primary & Secondary State Athletics Carnivals a qualifying height/distance will be set by the state convenor for 3rd place zone competitors only. If they do not achieve the qualifying height/distance they cannot enter that event. The qualifying height/distance DOES NOT affect 1st or 2nd place zone competitors progressing through to state.</p> <p>3.4 All relay teams claiming records at State Carnivals, are to be school based. Substitutions may occur from within the zone on the day of the State Carnival in the case of illness or injury, however such teams may not claim records, place, go to a higher level or get zone points.</p> <p>3.5 At the completion of all events, the placegetters are to report to the official Recorder.</p> <p>3.6 Any protests must be made to the Referee through the student's sports coordinator within 15 minutes of the completion of the event. The Referee's decision in all such cases is final, and if there is a doubt the Referee should follow the advice of his officials.</p> <p>3.7 If a track event coincides with a competitor's field event(s), they should report to the field event officials and have his/her name recorded and then proceed to the track event. Track events take precedence.</p> <p>3.8 For field events there shall be at least two officials responsible for the running and supervision of the event.</p> |
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DRESS CODE

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| Rule | <p>4.1 Students will not be permitted to compete in the carnival unless they are in approved school sports uniform. CSSA or CIS Representative uniforms are not to be worn. Shoes must be worn at all times.</p> <p>4.2 Students must compete in uniforms which are modest (carnival referees' discretion). One piece or two-piece running suits, similar to swimming costume design, are not permitted.</p> <p>4.3 Bicycle pants/skins, compression socks or any other compression clothing may be worn only if they are approved by their school and are the same colour as their sports uniform or black or navy.</p> <p>4.4 Spikes are allowed at all carnivals except where the ground rules forbid this, or by agreement of participating schools.</p> <p>4.5 Competitors must start & finish an event in the correct attire. At no time are competitors allowed to discard clothing throughout an event.</p> |
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CARNIVAL OFFICIALS

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| Rule | <p>5.1 There shall be a carnival Referee, whose name appears on the programme, who has full control over the athletics meet. The Referee has the responsibility of ensuring, to the best of their ability, that the following rules are adhered to during the carnival:</p> <p>5.2 It is the Referee who has the final say in any dispute that cannot be settled, see Rule 18.3.</p> <p>6.1 There shall be an Announcer who is responsible for calling competitors to the marshalling area on no less than two distinct occasions. Should the competitors fail to report to the Marshals for that event, they are automatically disqualified.</p> <p>6.2 The Announcer must always ensure that there are no competitors in the Starters hands before making an announcement.</p> |
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TRACK EVENTS

Timekeeping – hand timed races

- Rule 7.1** There shall be a Chief Timekeeper who has the responsibility of allocating tasks to the other timekeepers and will ensure that all timekeepers are ready before signalling "all clear" to the Starter.
- 7.2** Three official timekeepers (one of whom maybe the Chief timekeeper) shall time the winner of every event.
- 7.3** If two of the three watches agree and the third disagrees, the time shown by the two shall be the official time. If all three watches disagree, the middle time shall be official. Should only two times be available, and, if they disagree, the larger time shall be official.
- 7.4** For all hand-timed races on the track, times shall be read to the next longer 1/100th of a second, i.e. 10.11
- 7.5** The Chief Timekeeper Shall decide the official times for each race.
- Rule 8.1** There shall be at least three judges in line with the finish line who are responsible for allocating the competitors finishing position.

Running in lane

- Rule 9.1** Marshals shall be appointed to ensure that students are placed in the correct lane and are entering the correct event.
- 9.2** In all races run in lanes, each competitor shall keep within his allocated lane from start to finish.
- 9.3** If a competitor is pushed or forced by another person to run outside his lane, and if no material advantage is gained, the competitor should not be disqualified.
- If an athlete:
- a) runs outside his lane in the straight, or
 - b) runs outside the line of his lane on the bend, with no material advantage thereby being gained, and no other runner is obstructed, then he/she should like wise **NOT** be disqualified.
- Apart from the above exceptions, if a competitor has run outside his lane, the Referee shall disqualify that competitor.

The Start

- Rule 10.1** In events up to and including 400 metres, the commands for the start shall be "On your marks", "Set", and when all competitors are "set" (i.e. still) the gun is fired into the air.
- 10.2** In events longer than 400 metres the commands for the start shall be "On your marks", and when competitors are steady, the gun shall be fired.

- 10.3** The 800 metre shall be run in lanes as far as the nearer edge of the break line marked after the first bend where athletes may leave their respective lanes.
- The break line shall be an agreed line, 5cm wide, across the track, marked at each end by a flag at least 1.50m high, positioned outside the track, 30cm from the nearest lane line.
- Note: To assist athletes identify the break line, small cones 5cm x 5cm and no more than 15cm high, preferably of different colour from the break line and the lane lines, may be placed on the lane lines immediately before the intersection of the lane lines and the break line.
- 10.4** If for any reason, the Starter is not satisfied that all is ready for a start, after all competitors are on their marks, he/she must stand the competitors up and start the procedure again.
- 10.5** On the command "on your marks" or "set" (depending on the event -see rules 10.1 & 10.2), all competitors must at once and without delay assume their full and final set position. Failure to comply with, after a reasonable time, constitutes a false start.
- 10.6** If a competitor leaves his mark with either hand or foot, or disturbs any competitor by sound or action before the gun is fired, it shall constitute a false start. Any competitor making a false start shall be warned and shall be disqualified if responsible for a second false start. The warning and/or disqualification is given to the competitor or competitors responsible for the false start. A competitor must not touch either the start line or the ground in front of it with his hands or his feet when on his mark.
- 10.7** When the starter is of the opinion that the start was not a fair one, he/she is to recall the competitors by firing the gun a second time.

The Finish

- Rule 11.1** Competitors shall be placed in the order in which any part of their body (ie. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane finish line.
- Rule 12.1** On the track there should be a scratch line drawn to denote the end of each 100 metre stage. There is to be a line 10m before and 10m after the scratch line to denote the change-over zone. Members of a team (other than the first runner) may start running, not more than 10m outside the takeover zone.
- 12.2** The change of baton must take place within the change-over zone. The passing (from hand to hand) is completed only when it is in the hands of the receiving runner. Within the take-over zone it is the position of the baton which is decisive, not the position of the body or limbs of the competitors.
- 12.3** The baton must be carried in the hand throughout the race. If it is dropped it must be picked up by the person who dropped it. A dropped baton may be retrieved from another lane provided that there is no interference.
- 12.4** Competitors after handing over the baton should remain in their lanes until the Change Judge has signalled "all clear" to the competitors. Competitors who fail to comply with this rule are responsible for the disqualification of their team. The "All Clear" signal should be given as soon as all changes are completed, and lanes are clear.

FIELD EVENTS

High Jump Safety

Landing and take-off areas must be maintained to avoid risk of injury to students. Equipment awaiting use must be supervised.

For high jump activities the following safety strategies must be employed:

- ensure that where the landing area consists of several mats, they are held firmly together with straps or ties and the whole area is covered with a one-piece overlay.
- ensure mats are carried by handles at the side and not carried aloft on backs, shoulders or head.
- ensure run-up and take-off areas are level, dry and free from slippery material.
- specific take-off points should be identified and insisted upon to avoid landing off the mats.
- triangular bars must not be used at all. Circular fibreglass bars are recommended for competition to ensure high jump bars do not carry onto the landing mats, it is recommended that looped straps are used
- the high jump bar must be removed from the competition area when not in actual use for supervised pre-competition warm-ups and actual competition.
- the high jump uprights must be sufficiently stable to avoid falling on to the mats during the course of a jump.

High jump landing mats should:

- Cover an area of approximately 3600mm x 2400mm with height from floor of 600mm.
- Be linked together to avoid separation.
- Have linking tabs spaced at the distance of one every 900mm.
- Have a breathing fabric on the top (landing) surface which is spike resistant.
- Be filled with a foam rubber or synthetic foam block with a minimum density of 18 kg/m³

Fosbury Flop high jump technique:

Where appropriate, specially selected students who display promise in lead-up activities should be chosen for development in small, specialised groups conducted by teachers or coaches with specific expertise in the event.

All students engaged in the Fosbury Flop technique must be given adequate lead-up activities before advancing to the actual technique.

Gymnastic mats are unsuitable for use as materials directly landed upon by the competitor, but may be used, at a depth of 15cm, around the end/back periphery of suitable high jump bags.

High Jump Wet Weather Procedure

If conditions are ruled unsafe by the Carnival Referee due to water on the take-off area, students will only be able to compete if they are wearing spikes.

Track/Field Clash

Athletes are responsible for knowing which events they have nominated to compete in at the carnival and if there will be a clash between a track & field event. At the commencement of a field event athletes are to inform the official that they need to compete in a track event in the next 30 minutes. Athletes that need to go to a track event must stay at the field event as long as possible and must notify the official before they leave so that they can have their next jump to ensure the flow of the competition. On completion of their track event the athlete must return immediately to the field event, notify the official and rejoin the competition. At State level carnivals the bar WILL NOT be lowered on an athlete's return if it has been raised whilst competing at a track event. At lower level carnivals the convenor can implement the following local rule if they deem it appropriate: the height of the bar can be lowered for the athlete to complete their attempts at each height or until they are eliminated.

- Rule**
- 13.1** Each competitor shall have three attempts at each height in rotation.
- 13.2** Competitors are to be eliminated after failing to clear the bar in three consecutive jumps.
- 13.3** A competitor shall leave the ground from one foot only: a two-footed take-off is a dive and shall be recorded as a miss.
- 13.4** A competitor fails if he/she:
- (a) Knocks the bar off the supports,
 - (b) Touches the ground, including the landing area beyond the plane of the uprights either between or outside the uprights, with any part of the body, without first clearing the bar.
- 13.5** If the competitor shies away before crossing the line it is not recorded and he/she may have that attempt again.
- 13.6** Competitors must complete their attempt within the allocated time depending on the number of athletes left in the competition.
- (a) More than 3 athletes – 1 minute
 - (b) 2 or 3 athletes – 1.5 minutes
 - (c) 1 athlete – 2 minutes
 - (d) Consecutive trials – allow 2 minutes

An official will raise a yellow flag, or otherwise indicate, during the final 15 seconds of the time allocated

- 13.7** It is at the Judge's discretion how far to raise the bar, and whether or not a jump is to be deemed fair.
- 13.8** Competitors who pass a height and then fail at their next attempted height, will be considered to have cleared the height of their last successful jump.
- 13.9** In the event of the last two competitors clearing the same height and failing at the next height:
- a) The competitor with the lowest number of jumps at the height at which the jump occurs shall be awarded the higher place.
 - b) If the tie still remains, the competitor with the lowest total of failures throughout the competition, up to and including the height last cleared, shall be awarded the higher place.
 - c) If the tie still remains:
 - 1) If it concerns first place, the athletes tying shall have one more jump at the lowest height at which any of those involved in the tie have lost their right to continue jumping, and if no decision is reached, the bar shall be raised if the tying athletes were successful, or lowered if not, by 2cm for high jump. They shall then attempt one jump at each height until the tie is resolved. Athletes so tying must jump on each occasion when resolving the tie.
 - 2) If it concerns any other place, the athletes shall be awarded the same place in the competition.

Example 1:

1.20	1.30	1.35	1.38	1.41	1.44	Failures	Position
A	-	XX0	X0	XX0	XX0	XXX	3
B	0	0	0	0	XX0	XXX	2
C	-	0	XX0	0	X0	XXX	1
D	0	X0	XX0	XX0	XX0	XXX	3

O = CLEARED

X = FAILED

- = DID NOT JUMP

As "C" cleared 1.44 at his second attempt and the other athletes cleared the height on their third attempt, "C" is declared the winner. As "A" and "D" had the same number of failures on 1.41 and the same number of failures overall, and it does not concern first place, therefore they share third place.

Long Jump

Safety

For long jump activities the following safety strategies must be employed:

- rake landing pits before any jumping takes place. Any solid or sharp objects must be removed.
- ensure the take-off board is clearly visible (and preferably painted white), flat and level with the ground surface.
- steel or wooden markers are not to be used to note distances either adjacent to or in the landing pit. Coloured strips of a flat flexible material are suggested to indicate distances achieved by participants.
- ensure the approach area is clearly defined and kept free from any obstructions.
- ensure jumping takes place from one direction only.
- rake pit after each jump to ensure a level landing surface.
- ensure rakes, forks and shovels are not left unattended in, or beside the jumping area
- ensure the depth of sand is appropriate for competition in all age groups and that the depth of the sand is consistent in all areas of the pit.

Track/Field Clash

Athletes are responsible for knowing which events they have nominated to compete in at the carnival and if there will be a clash between a track & field event. At the commencement of a field event athletes are to inform the official that they need to compete in a track event in the next 30minutes. Athletes that need to go to a track event must stay at the field event as long as possible and must notify the official before they leave so that they can have their next jump to ensure the flow of the competition. On completion of their track event the athlete must return immediately to the field event, notify the official and rejoin the competition.

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| Rule | 14.1 | Each competitor is allowed one warm up jump and three competitive jumps in rotation. A foul constitutes an attempt. |
| | 14.2 | A jump is a foul if the competitor:

a) Touches the ground beyond the take-off line (either when jumping or running up without jumping).

b) In the course of landing, touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump.

c) After a completed jump, walks back through the landing area.

d) Employs any form of somersaulting.

Note: If the competitor veers away and doesn't cross the board, but runs beside it, no jump is recorded. |
| | 14.3 | The take-off line should be at the end closest to the landing area. A metre board should be used at the discretion of the carnival Referee, for all primary school events. |
| | 14.4 | After each fair jump the jump shall be measured from the nearest break in the landing area made by any part of the body or limbs to the take-off line, or take-off line extended. The measurement must be taken perpendicular to the take-off board at its point closest to the landing pit. |
| | 14.5 | If a metre board is used, the measurement is taken from the mark of the footprint closest to the landing pit. |
| | 14.6 | The winner is the competitor who has recorded the longest jump.
If a tie exists, the competitors second best jump then third if necessary is taken into account. This rule applies for all placings. |

Shot Put

Safety

To ensure maximum safety, the following strategies must be employed:

- all throwing takes place in one direction.
- ensure only one individual throws at a time.
- where throwing takes place, ensure that other students are behind protective cages or barriers and well clear of the wire.
- where a protective cage or barrier is unavailable, ensure other students are at least 10 metres behind and to the non-throwing side.
- the safety of individuals in adjoining areas is assured.
- the throwing sector area, approach and launch areas must be marked with highly visible markers to prevent access by non-participants.
- the approach and launch area must be dry and free of any loose materials.
- students should walk to retrieve implements only after the all clear is given. The implement should be returned by carrying, not throwing or rolling.
- students must be given instructions as to their movements following the throw and awaiting retrieval.

Track/Field Clash

Athletes are responsible for knowing which events they have nominated to compete in at the carnival and if there will be a clash between a track & field event. At the commencement of a field event athletes are to inform the official that they need to compete in a track event in the next 30 minutes. Athletes that need to go to a track event must stay at the field event as long as possible and must notify the official before they leave so that they can have their next throw to ensure the flow of the competition. On completion of their track event the athlete must return immediately to the field event, notify the official and rejoin the competition.

Rule	15.1	Each competitor is allowed one warm up put and three competitive puts in rotation. The best put after three attempts for each competitor will be measured. A foul constitutes an attempt.
	15.2	The shot shall be made from the shoulder with one hand only. At the time the competitor takes a stance in the ring to commence a put, the shot shall touch, or be in close proximity to, the chin and the hand shall not be dropped below this position during the action of putting. The shot must not be taken behind the line of the shoulders. Any breach of the above is recorded as a foul. The conditions deciding the winner are as for the discus.
	15.3	A competitor must commence his put from a stationary position inside the circle.
	15.4	A competitor must not leave the circle until the shot has hit the ground. When entering or leaving the circle the first contact with the ground outside the circle must be behind a line that would pass through the middle of the circle (i.e. leave via the back half of the circle)
	15.5	It is a foul put if the competitor touches, with any part of his body, the top of the stop board or the top of the iron ring or the ground outside the circle.
	15.6	To be a valid put, the shot must fall completely within the inner edges of lines that mark a sector of 34.92 degrees set out on the ground so that the radii lines cross at the centre of the circle. Note: The shot-put circle has a diameter of 2.13m
	15.7	Each competitor is allocated a number and the best fair put is to be marked with that number. Only the best put is to be measured at the end of all competitors' attempts.
	15.8	The measurement shall be taken from the mark by the put (closest to the circle) to the inside of the circumference of the circle, along a line from the mark made by the shot to the centre of the circle.
	15.9	In the event of a tie for a place, the throwers involved will get an extra throw only to determine the place for which they have tied.

15.10 The use of gloves or taping on the hands is not allowed.

15.11 Weights of shots. (kg.)

Age	Boys	Girls
Primary		
Junior	2.0	2.0
11	2.0	2.0
12+	3.0	3.0
Secondary		
12	3.0	3.0
13	3.0	3.0
14	4.0	3.0
15	4.0	3.0
16	5.0	3.0
17	5.0	3.0
18+	6.0	4.0

Discus

Safety

To ensure maximum safety, the following strategies must be employed:

- check discuses and withdraw from use those with cracked rims or loose centre screws.
- all throwing takes place in one direction.
- ensure only one individual throws at a time.
- where throwing takes place, ensure that other students are behind protective cages or barriers and well clear of the wire.
- where a protective cage or barrier is unavailable, ensure other students are at least 20 metres behind and to the non-throwing side.
- protective cages or improvised barriers are recommended when using the turn (eg. fence, hockey nets).
- the safety of individuals in adjoining areas is assured.
- the throwing sector area, approach and launch areas must be marked with highly visible markers to prevent access by non-participants.
- the approach and launch area must be dry and free of any loose materials.
- students should walk to retrieve implements only after the all clear is given. The implement should be returned by carrying, not throwing or rolling.
- students must be given instructions as to their movements following the throw and awaiting retrieval.

Track/Field Clash

Athletes are responsible for knowing which events they have nominated to compete in at the carnival and if there will be a clash between a track & field event. At the commencement of a field event athletes are to inform the official that they need to compete in a track event in the next 30 minutes. Athletes that need to go to a track event must stay at the field event as long as possible and must notify the official before they leave so that they can have their next throw to ensure the flow of the competition. On completion of their track event the athlete must return immediately to the field event, notify the official and rejoin the competition.

Rule	16.1	Each competitor is allowed one warm up throw and three competitive throws in rotation. The best throw after three attempts for each competitor shall be measured. A foul constitutes an attempt.
	16.2	Each competitor must commence his/her throw from a stationary position inside the circle.
	16.3	To be a valid throw, the discus must fall completely within the inner edge of lines that mark a sector of 34.92 degrees set out on the ground so that the radii lines cross at the centre of the circle. Note: The discus circle has a diameter of 2.50 metres
	16.4	It is deemed a foul throw if a competitor touches with any part of the body, the top of the iron ring or the ground outside the circle
	16.5	A competitor must not leave the circle until the discus has hit the ground. When leaving the circle the first contact with the ground outside the circle must be behind a line that would pass through the middle of the circle (i.e. leave via the back half of the circle).
	16.6	Each competitor is allocated a number and the best fair throw is to be marked with that number. Only the best throw is to be measured at the end of all competitors' attempts.
	16.7	The measurement shall be taken from the mark made by the discus (closest to the circle) to the inside of the circumference of the circle, along a line from the mark made by the discus to the centre of the circle.
	16.8	In the event of a tie for a place, the throwers involved will get an extra throw only to determine the place for which they have tied.

16.9 The use of gloves or taping on the hands is not allowed.

16.10 Weight of the discus:

Age	Boys	Girls
Primary		
Junior	500g	500g
11	750g	750g
12+	750g	750g
Secondary		
12	750g	750g
13	1kg	1kg
14	1kg	1kg
15	1kg	1kg
16	1.5kg	1kg
17	1.5kg	1kg
18+	1.75kg	1kg

Javelin (High School only)

Safety

To ensure maximum safety, the following strategies must be employed:

- all throwing takes place in one direction.
- ensure only one individual throws at a time.
- where throwing takes place, ensure that other students are behind protective cages or barriers and well clear of the wire.
- where a protective cage or barrier is unavailable, ensure other students are at least 10 metres behind and to the non-throwing side.
- the safety of individuals in adjoining areas is assured.
- the throwing sector area, approach and launch areas must be marked with highly visible markers to prevent access by non-participants.
- the approach and launch area must be dry and free of any loose materials.
- ensure javelins are carried by the grip and in a vertical position with the tail up, except when the thrower has entered the specific approach area and is preparing to throw.
- forbid running with the javelin except when preparing to throw.
- forbid running to retrieve a javelin to prevent running into the tail end of a javelin.
- instruct students to place one hand over the tail end of the javelin before attempting to twist it from the ground.
- instruct students to place one hand over the tip of the tail end when picking up a javelin lying flat on the ground. This hand should be kept in place until the tail end is raised above head height as the javelin is lifted into the vertical position.
- students should walk to retrieve implements only after the all clear is given. The implement should be returned by carrying, not throwing or rolling.
- students must be given instructions as to their movements following the throw and awaiting retrieval.
- ensure javelins are not thrown under or near power lines.

Track/Field Clash

Athletes are responsible for knowing which events they have nominated to compete in at the carnival and if there will be a clash between a track & field event. At the commencement of a field event athletes are to inform the official that they need to compete in a track event in the next 30minutes. Athletes that need to go to a track event must stay at the field event as long as possible and must notify the official before they leave so that they can have their next throw to ensure the flow of the competition. On completion of their track event the athlete must return immediately to the field event, notify the official and rejoin the competition.

Rule	17.1	Each competitor is allowed one warm up throw and three competitive throws in rotation. The best throw after three attempts for each competitor will be measured. A foul constitutes an attempt.
	17.2	The javelin must be held at the grip, it shall be thrown over the shoulder or upper part of the throwing arm and must not be slung or hurled. Non-orthodox throwing styles are not permitted.
	17.3	No throw shall be valid in which the tip of the metal head does not strike the ground before any other part of the javelin.
	17.4	The throw is not valid if the competitor crosses the throwing line, turns during his run up so that his back is towards the throwing line or crosses the lines marking the run up.
	17.5	To be a valid throw, the javelin must fall completely within the inner edge of lines that mark a sector of 29 degrees set out on the ground so that the radii lines cross at the centre of the circle.
	17.6	A competitor shall not leave the runway until the javelin touches the ground, and the competitor must leave the runway behind the throw line.

- 17.7** Each competitor is allocated a number and the best fair throw is to be marked with that number. Only the best throw is to be measured at the end of all competitors' attempts.
- 17.8** The measurement shall be taken from the mark made by the javelin (closest to the throw line) to the inside of the centre of the throw line whilst the tape is pulled through to the arrow marked on the runway 8 m from the foul line. This allows for the angle.
- 17.9** In the event of a tie for a place, the throwers involved will get an extra throw only to determine the place for which they have tied.
- 17.10** The use of gloves or taping on the hands is not allowed.
- 17.11** Weight of the javelin. (grams)

Age	Boy	Girls
12	600	400
13	600	400
14	700	500
15	700	500
16	700	500
17	700	500
18+	800	600

Note: One Judge needs to be outside the sector and adjacent to where the javelin will land in order to make the best judging decision