



MAITLAND ZONE PSSA

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Section 4.2 – Athletics Championship Rules and Regulations

Amended April 2024

4.2.1 General Carnival Rules

(a) The following list outlines the maximum number of entries per school for each event:

- 100m: three (3) entries per age division/gender.
- 200m: two (2) entries per age division/gender.
- 800m: two (2) entries per age division/gender (providing qualifying times have been met).
- 1500m: two (2) entries per age division/gender (providing qualifying times have been met).
- Field events: two (2) entries per age division/gender (providing qualifying distances have been met).
- one (1) relay team per school per age division/gender.

(b) Only three jumps and throws will be granted in field events. Warm – ups will only be conducted if time permits.

(c) Only jumps or throws that are the same or better than qualifying will be measured and recorded.

(d) All competitors must compete in designated school uniforms.

(e) Order of events will be provided to schools before the Carnival.

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- (f) Each participating school must provide staff based on competitor numbers.
 - (i) **Competitor numbers between 1 – 20: one teacher must attend** as a team manager. If schools wish to arrange supervision of their students with another school this is at the responsibility of the schools to organise. If the combined schools team numbers exceed 20 two staff must attend.
 - (ii) **Competitor numbers between 21 – 40: two teachers must attend**. One to officiate and one as a team manager.
 - (iii) **Competitor numbers over 40: three staff are recommended to attend**. One to officiate and two as team managers. The decision to send an additional team manager is at the discretion of the principal.
 - (iv) All competitors must be under the care/supervision of school staff. Competitors cannot be supervised by parents/caregivers. Only teachers/school staff can be a team manager or official.
- (g) Entry close date will be decided at the Term 4 General Meeting of the prior year.
- (h) Entries must be submitted in meet manager format. No other entry type will be accepted.
- (i) Once nominations have closed, substitutions or additions are not permitted. Extra nominations for an event will only be accepted after prior consultation with the Convener and only under extenuating circumstances. All nominations must be emailed to the Convener by the advertised closing date. No nominations will be accepted after this time.
- (j) Any competitor withdrawing from an event at the carnival for a reason other than documented medical reasons will be withdrawn from all events following on the day.
- (k) Competitors who have an event clash on the track and field, must promptly inform the field event and then proceed to the track event.

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4.2.2 Age divisions and events

(a) Age divisions are:

- (i) 8 years, 9 years, 10 years, 11 years, 12 years, 13 years
- (ii) Junior: 8 years, 9 years, 10 years
- (iii) Senior: 11 years, 12 years, 13 years.

A competitor whose significant birthday occurs during the current year is eligible for that age event only. No competitor shall enter both junior and senior events, nor in two age events, including relays.

(b) Events are:

Track

100 Metres: 8 years, 9 years, 10 years, 11 years, 12 years, 13 years

200 Metres: Junior, 11 years, 12/13 years

800 Metres: Junior, 11 years, 12/13 years

1500 Metres: Junior, 11 years, 12/13 years

4 x 100 Metres Relays: Junior, Senior, PP5, PP6

Field

High Jump: Junior, 11 years, 12/13 years

Long Jump: Junior, 11 years, 12/13 years

Shot Put: Junior (2 kg), 11 years (2 kg), 12/13 years (3 kg)

Discus: Junior (500gms), 11 years (750gms), 12/13 years (750gms)

Events are conducted in boys divisions and girls divisions.

4.2.3 Relays

(a) Relays will be held in the following categories: Junior Boys, Junior Girls, Senior Boys, Senior Girls, PP5, PP6.

(b) Team eligibility

- (i) In each relay event each school may enter one team.

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- (ii) A boys team must consist of 4 boys from one school.
 - (iii) A girls team must consist of 4 girls from one school.
 - (iv) Competitors may only enter one relay event.
 - (v) Schools eligible for The Nigel Bagley Trophy (PP5) and The Norm & Elizabeth Austen Trophy (PP6) relays are not eligible for any other relays.
 - (vi) The Nigel Bagley Trophy (PP5) must include students from schools with a total enrolment of more than 25 students but not exceeding 54 students. The combination of boys and girls in each team is to be decided upon by the individual school. All students in the team must be enrolled at the same school. The classification of the enrolment will be determined by the February staff return.
 - (vii) The Norm & Elizabeth Austen Trophy (PP6) must include students from schools with a total school enrolment not exceeding 25. The combination of boys and girls in each team is to be decided upon by the individual school. All students in the team must be enrolled at the same school. The classification of the enrolment will be determined by the February staff return.
- (c) Relays shall be run on a circular track (4 x 100 metres).
- (d) A team shall consist of 4 runners and a baton shall be carried in hand.
- (e) The baton shall be passed within the takeover zone. The takeover zone shall be 30 metres long. Receiving athletes must start within this zone and have full control of the baton when leaving the zone.
- (f) All runners must remain in their allotted lane until all teams are clear of the takeover zone.
- (g) If the baton is dropped it shall be recovered by the athlete who dropped it. If it drops out of the team's lane the athlete may leave the lane, provided they don't lessen the distance covered and no other athlete is impeded.

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4.2.4 Announcing of Events

- (a) All Heats will be announced prior to the commencement of the event. Competitors must report promptly to the appropriate marshalling area. Events will be called a second time. Competitors who do not arrive after the second call will be disqualified.
- (b) All finalists for events will be posted outside the announcer's office as soon as possible after all heats in the event are completed. It is the responsibility of the competitors to check these lists.

4.2.5 Placegetters and finals

- (a) At the completion of each race competitors must return to the finish line.
- (b) Electronic timing will determine all placings and times.
- (c) Fastest heat times will gain a spot in final events.
- (d) Age champions will be awarded a medallion.

4.2.6 Officials on duty

- (a) Only the officials on duty at the time of the event and competitors shall be allowed on the enclosure. At the conclusion of the event competitors must leave the competitor area.

Note: Parents, coaches and unauthorised persons are not allowed on the field of play. Once competitors are in the hands of the officials controlling the event, they shall not receive any coaching or advice.

Penalty: Disqualification of the competitor involved.

4.2.7 Protests

- (a) Protests must be made in writing by the Team Manager (who must be a teacher) and handed to the convenor within ten (10) minutes of the conclusion of the event.
- (b) Protests will be heard by the Protest Committee consisting of the Convenor/s and two (2) MZPSSA executive member.

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4.2.8 Equipment and footwear

- (a) Competitors must use the equipment provided by the Maitland Zone PSSA or the Athletics Venue.
- (b) All competitors must wear footwear. Spiked shoes are permitted in 100m, 200m, Relays, and Long Jump.
- (c) Spiked shoes cannot be worn outside the defined 'field of play'.
- (d) No athlete may wear football boots or cleats in any event.

4.2.9 Field events

- (a) In all field events, except the High Jump, each athlete shall be allowed three trials.
- (b) In the case of a dead heat for the second place, the officials will decide the fairest measure for place getters.
- (c) In all field events, except high jump, each athlete shall be allowed 30 seconds to complete his/her attempt once called up by the official responsible for the event.

4.2.10 High jump

- (a) Competitors may have three (3) attempts in rotation at each height. Three (3) consecutive failures regardless of the height at which any of such failures occur, will disqualify the athlete from further jumping except in the case of a tie for first place.
- (b) The period allowed for a trial shall be: 1 minute.
- (c) If an athlete returns from another event re-entry shall be at the existing bar height.
- (d) In the event of a tie the best record on count back, shall decide the place winners.
- (e) Starting heights for High Jump shall be the carnival qualifying height.
- (f) Bar rises shall be 5cm. If the field comprises of less than six (6) competitors, the increments are at the discretion of the chief judge in consultation with the field referee. After an athlete has won the competition, the height or heights, to which the bar is raised shall be decided by the athlete, in conjunction with the chief judge or field referee.

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4.2.11 Field Event Qualifying Distances

(a) Only competitors who have made the following qualifying distances may be nominated. Only jumps or throws that are the same or better than qualifying will be measured. Students shall possess the technical requirements for the event.

High Jump	Senior Boy	1.10m	Senior Girl	1.00m
	11 years Boy	1.05m	11 years Girl	0.95m
	Junior Boy	1.00m	Junior Girl	0.90m
Long Jump	Senior Boy	3.40m	Senior Girl	3.20m
	11 years Boy	3.30m	11 years Girl	3.10m
	Junior Boy	3.20m	Junior Girl	3.00m
Shot Put	Senior Boy	6.50m (3kg)	Senior Girl	5.50m (3kg)
	11 years Boy	6.50m (2kg)	11 years Girl	5.50m (2kg)
	Junior Boy	6.00m (2kg)	Junior Girl	5.00m (2kg)
Discus	Senior Boy	13.00m (750g)	Senior Girl	11.00m (750g)
	11 years Boy	12.00m (750g)	11 years Girl	10.00m (750g)
	Junior Boy	12.00m (500g)	Junior Girl	10.00m (500g)

4.2.12 Track Event Qualifying Times

(a) There are no qualifying times for the 100m, 200m and relay events.

(b) 800m and 1500m qualifying times will be enforced.

800m	Senior Boy	3:05.00	Senior Girl	3:20.00
	11 years Boy	3:10.00	11 years Girl	3:25.00
	Junior Boy	3:15.00	Junior Girl	3:30.00
1500m	Senior Boy	6:30.00	Senior Girl	7:00.00
	11 years Boy	6:35.00	11 years Girl	7:05.00
	Junior Boy	6:40.00	Junior Girl	7:10.00

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4.2.13 The following point system will be used to determine champion school and age champions.

- (a) Individual Events: 100 metres, 200 metres, 800 metres, 1500 metres and field events:
 - (i) 1st place – 12 points, 2nd place – 10 points, 3rd place – 8 points, 4th place – 6 points, 5th place – 4 points, 6th place – 2 points
- (b) Relay Events: Junior, Senior, PP5 and PP6 (Individual points are not awarded for relays)
 - (i) 1st place – 24 points, 2nd place – 20 points, 3rd place – 16 points, 4th place – 12 points, 5th place – 8 points, 6th place – 4 points

4.2.14 Discus – safety issues

For discus activities the following safety strategies must be employed

- (a) All discuses must be of a rubber compound not wooden/metal.
- (b) Ensure discuses being returned to the throwing area are carried.
- (c) For group instruction in the standing throw ensure:
 - (i) Throwers are at least 5 metres apart.
 - (ii) Left-handed throwers are placed on the left side of the group.
- (a) Protective cages or improvised barriers are used.

4.2.15 Selection of Zone Team for Regional Carnival

- (a) The zone team selection shall be in line with the qualifying requirements and nomination limits set by the Hunter School Sports Association. These will be made available to teaching staff each year.

4.2.16 Records

- (a) Record breaking events must be remeasured, viewed, and approved on the day by the chief judge. Officials should call for the chief judge immediately after the record is broken.
- (b) A competitor equaling or bettering an existing record will be awarded a Record Certificate.