

## CENTRE RULES cont.

24. **HIGH JUMP:** three attempts will be allowed at each height. Each jump shall be attempted within 90 seconds of being called to jump.
25. **WALKS: U7,** no disqualification rule applies to walk events. Under 8-15 Disqualification rule applies to all walk events.
26. In the event of heats and a final. First from heats and next fastest qualify for final.
27. Athletes must leave the arena as soon as their event has been completed.
28. Athletes **MUST NOT** report for an event until called over the public address.
29. Individual age groups will be asked to report to their team managers by the announcer prior to the call of each event.
30. Athletes must not ride bicycles within the grounds.
31. During the meeting, Cherry Lake, the hockey grounds and the walkway to McIntyre Dr., are out of bounds. Athletes found out of bounds may not, at the discretion of their team manager be permitted to take any further part in the day's events.
32. No alcohol is permitted on the grounds while competition is in progress
33. No athlete shall attempt to gain an advantage at the finish of the sprint track by reaching out to trip the automatic timing sensor. Any attempt to do this will result in the offending athlete being disqualified from the race and their result not recorded.
34. All athletes must report to the marshalling area prior to reporting to the event venue. Failure to do so may result in the offending athlete(s) being excluded from the event.
35. The throwing of water and/or water bombs is prohibited.

*NB: All sporting activities have rules. It is better for an athlete to be made aware of errors at centre level during the season than face greater disappointment at centre, region or state championships.*

## FAIR PLAY CODES

1. Do not force an unwilling child to participate.
2. Remember children are involved in organized sport for **their** sake not yours.
3. Encourage your children to play by the rules.
4. Teach your child that honest effort is as important as victory, so that the result of each competition is accepted without undue disappointment.
5. Turn defeat into victory by helping your child work towards skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing.
6. Remember children learn best **BY EXAMPLE.** Applaud children's efforts.
7. Do not publicly question an official judgement and never a judge's honesty.
8. Support all efforts to remove verbal and physical abuse from children's activities.
9. Recognize the value and importance of volunteer coaches etc. They give their time and resources to provide recreational activities for your child.

## CENTRE RULES

1. Any number of competitors from one club may compete in any event in a particular age group.
2. Each club must supply its quota of officials before the start of the programme.
3. Each club must be under the control of a Team Manager.
4. Misbehaviour by athletes will be referred to their Team Manager
5. All athletes must wear club uniform with correct age group identification **FIXED SECURELY.** Sponsor's name must be clearly visible.
6. Upon leaving the recorders, athletes must report to their Team Managers immediately.
7. Any protest by an athlete, parent or club will only be heard if lodged by the Team Manager in writing within 15 minutes of the event finishing, with the Area Manager. Cost \$20 (refunded if protest upheld)
8. Only designated officials and athletes are permitted on the arena.
9. Any athlete who arrives late to an event may not be permitted to compete unless delayed by another event, in which case the Team Manager must have notified the official in charge of the second event.
10. Any general complaint regarding officials, programme etc. will only be heard if made in writing and lodged with the centre secretary by the following Wednesday.
11. Track events take precedence over field events.
12. Appropriate footwear must be worn at all events. Spikes may be worn by U12-U16 athletes in laned track events and long and triple jump, and only at the event. Maximum length 12mm.
13. Rules for inter-centre and special meetings will be posted at the pavilion.
14. Athletes must not jump over stacked hurdles or jump back over hurdles at any time.
15. Athletes must not cross the main straight at any time.
16. **WALK EVENTS:** athletes must wear a numbered bib (supplied) while competing in walk events.
17. The 150m, 200m, and 300m/h will be by staggered start. The 400m event for U7 & U8 athletes will start from a curved line, all other age groups will be a staggered start. All other distance events will start from a curved line.
18. At the start or at any time during a race, an athlete must not 'cut in' so that they interfere with or in any way cause another athlete to change speed or direction.
19. No call for events will be made after noon or 8.30pm at twilight meetings.
20. Misbehaviour before a track event may result in the athlete(s) concerned being excluded from the event by the starter's marshal or the track referee.
21. Misbehaviour during a field event may result in an athlete being penalized or disqualified from that event by the chief official or the field event referee.
22. Spectators must not cross the running tracks at any time without permission.
23. Only persons in official capacities will be allowed in the centre of the area, club personnel acting as attendants to their team come under the jurisdiction of the Chief Official at that event. Should any team manager, parent etc. interfere in the running of an event or attempt to coach, their athlete's face disqualification. Exceptions can be made for children with special needs.