



### **RULES FOR TOP TEN (updated 28/07/15)**

All events to be conducted under the Rules of Competition as set down by the IAAF & NZCAA and Junior Section By-Laws in conjunction with the following team and meeting rules.

**Boys may only compete in Boys events and Girls may only compete in Girls events**

#### **High Jump**

1. Starting heights for both Boys & Girls shall be:

<b>AGES</b>	<b>HEIGHTS</b>
<b>9</b>	<b>0.86cm</b>
<b>10</b>	<b>0.93cm</b>
<b>11</b>	<b>1.06m</b>
<b>12</b>	<b>1.10m</b>
<b>13</b>	<b>1.14m</b>
<b>14</b>	<b>1.20m</b>

2. Bar shall rise at 3cm increments.
3. Only 2 attempts at each height.
4. Competitors may elect not to jump at any height.

#### **Shot Put & Discus**

1. Only 2 attempts.
2. Competitors may enter circle from any direction, but first foot must leave by rear half after the implement has landed.
3. Throw does not commence until competitor enters circle with the implement in their hand.
4. Any throw landing on the line is out.

#### **Long Jump**

1. Only 2 attempts.
2. Competitors may jump before the white board or metre board and shall be measured from the front (pit side) of the white board or the first colour on the metre board (i.e. closest to take off point).

#### **Track**

1. 400m (Grade 9) will be run as a pack start and an unlaned event.

#### **Starting**

**Athletes in all track events up to 400m must use a crouch start.**

Starting blocks must be

- used in all sprint races if spikes are being worn
- used by all athletes 12 years or older regardless of whether spikes are worn or not.
- False start – IAAF Combined events false start rule

## **Competitor**

Once an athlete has competed in an event, no replacements or changes to nominated events are permitted (injuries included). Should any changes take place during the day, the pair of athletes concerned will be automatically disqualified and take no further part in the competition. Where changes are found to have occurred with the knowledge of the Team Manager or an official of the club concerned, the whole club team will be automatically disqualified. An athlete may compete on their own.

Any athlete may compete up to one age grade higher than their registered age. They may not compete at a lower age grade. If an athlete is found to be competing outside of these age bands they will be withdrawn from the competition and their points forfeited.

A smaller club with only one athlete in an age group available, would be able to enter that athlete, with their points contributing to an overall total. This would also mean athletes, whose partner didn't show on the day could still contribute to their team points.

## **Athletes must start each event.**

## **Protests**

A verbal protest can be made in the first instance by the athlete to the Chief Judge of the event who will summon the appropriate referee.

If, in the opinion of the athlete, an unsatisfactory decision is reached, the team manager can hand a completed Protest Form together with a \$20 fee to the Meeting Manager via the Meeting secretary. This must be done within 20 minutes of the completion of the event.

## **Spikes**

Maximum spike lengths are 6mm for Track & Long Jump; 9mm for High Jump

Spikes can be worn by all athletes 10 years and older for all track events. Rubber moulded spikes which are part of the sole of the shoe may be worn by all athletes.

## **Note to Managers**

Only Team Managers will be allowed onto the field of competition. While on the field there is to be no coaching or other advice given to the athletes. Managers breaching this rule place their athletes in danger of being disqualified.

## **Clothing**

All athletes must compete in their full club uniform (any shorts differences to be advised to the meeting manager) and have their Colgate age patches sewn to their singlet. Hats may be worn throughout the competition and athletes will not be penalised if they fall off except – in the High Jump, the hat falls and knocks the bar off or in the Long Jump where the hat is attached to the body at the point of landing and comes off. The jump will be measured from the nearest mark to the take off line.

## **Jury of Appeal**

To be comprised of any three of the Meeting Manager, Field and Track Referees.

## **Note**

- The organisers of this event reserve the right to publish programmes & results incorporating athlete's names.
- The organisers reserve the right to run the programme up to half an hour ahead of schedule.

## **Marshalling**

All athletes for all events will be marshalled at their events.