



GO! Series - Rules

1. Objective

- The purpose of each event is for athletes to earn points for their club team by running, jumping or throwing within defined point scoring zones.
- To maximise the opportunities for athletes to participate, events have been modified to minimise downtime between athlete attempts.
- To maximise athlete's points scoring abilities, times, heights and distances will not generally be recorded. Those that are recorded will only be used for the purpose of calculating points.

2. General

- Only meeting officials, those parent helpers required to run an event and Team Managers will be allowed in the centre of the arena.
- Athletes will participate in age and gender groups.
- Every effort will be made to ensure the programme runs to time and in the order laid out.
- Athletes may NOT compete in another age group. They must compete in the age group shown on their age patch.

3. Entries

- Entries for all grades will only be taken online, using the approved Athletics Auckland system.
- Athletes can enter **any number of** events in the GO! Series on event days.
- Entry Fees - \$30 for the series or \$10 per event day.

4. Uniforms

- All athletes **must compete in their official Club uniform with age patch showing name, and firmly attached on the front of their competition singlet.** If bike pants are worn, they must be either the colour of the clubs official uniform, or Black. NO multi coloured bike pants will be allowed. In addition, no casual non-competition type shorts, NRL shorts, or board shorts will be allowed for competition purposes. If you cannot obtain club-coloured shorts you must wear BLACK shorts.
- A black or white tee shirt maybe worn under the club's competition singlet (sunburn).
- Hats may be worn during events.

- Shoelaces will not determine fouls within the circle in throwing events; it must be a part of the foot (i.e. the shoe itself) that fouls the circle.

5. Health and Safety

- In the interests of safety to athletes, coaches, officials, volunteers and spectators the following should be adhered to at all times:
 - Entry to the Competition Area is to be made by athletes under control of officials.
 - Athletes are not to cross the infield of the Competition Area. Athletes caught doing this are liable to be excluded from the particular event
 - Throwing implements should only be picked up when directed by officials
 - Athletes should take care crossing the track at all times and adhere to directions from officials regarding the crossing of the track.
 - No unauthorised person(s) shall be allowed in the Competition Area. This includes Parents, Coaches and anyone else not acting as an appointed meeting Official or parent helper.

6. Protests

The GO! Series is a no protest event. The event supervisors' decision is final.

7. Assembly

- Athletes will marshal at the event.
- Athletes must not go to the marshalling areas until called.

8. Technical Information

- Mobile phones must be turned off and kept in the athlete's bag. Athletes will be strongly discouraged from using devices during the event.

9. Track – General Information

- Metal or rubber spiked shoes CANNOT be worn by any athlete.
- Athletes can either use the standing start or crouch start for all events.
- Start blocks WILL NOT be used for any track event.
- Events longer than 400 metres will use a curved start.
- Athletes competing in laned events must remain in their lanes and return to the finish line at the completion of events until dismissed by the appropriate official.
- For the race walking events we will not be using the pit lane rule for this event.

10. Field

- Throws and Long Jump will have as many attempts as can be fitted into the time slot available.
- No athlete's personal throwing implements will be accepted for this competition.
- No warm-up throws will be taken.

- Metre boards will be used up to and including Grade 11. Grade 12, 13 and 14 will use the standard take off board. The standard take off board is 2m from the edge of the pit.
- High Jump – heights will vary based on the point accumulation requirements which will change from event to event. Athletes will get three to six attempts to score as many points for their club as they can.

THE MEETING MANAGER RESERVES THE RIGHT TO VARY OR ADVANCE THE PROGRAMME. IT IS IN THE BEST INTEREST OF EVERY ATHLETE TO REMAIN AT THE VENUE.