

School Sport SA Sapsasa track and field championships rules and conditions 2019

Age Groups

****Children born in 2010 are NOT ELIGIBLE**

10 Year old (born during 2009)

11 Year old (born during 2008)

12 Year old (born during 2007)

13 Years and older (born during 2006 or earlier)

14 Year Old Policy

14 year olds in primary schools can compete in Sapsasa events.

In individual sports like athletics 14 year olds can compete with 13 year olds. The first three 13 year old place-getters in that event would be presented with medals and recognised for any record set and any placed 14 year old would be awarded a medal equivalent to their placing (no records to be recorded).

General Rules

1. Each district is limited to one entry per event excluding wild card entries. Please note that districts may not use more than 6 individual wildcards with a maximum of 2 competitors in any one event.
2. Each competitor is allowed to compete in no more than three individual events: Competitors may also compete in one relay.
3. **Substitutions and scratchings:** Substitute competitors must be notified by team manager at least 30 minutes prior to commencement of program (9.00am.) No late additions or alterations will be accepted.
4. School Sport SA reserves the right to divide any event into heats or to run concurrently any two or more heats.
5. Competitors must report to the marshal immediately once their events are called approximately 10 minutes before the event. Marshalling will occur at the start area of the track event and at the event site for field events. No one but the officials on duty at the time of the event and competitors of the event shall be allowed in the competition arena.
Track events take precedence over field events, athletes report to the field recorder first, then report to the track marshal, return to the field event and remain in the competition as long as possible before their track event commences. After the track event athletes need to report directly back to the field recorder. Competitors returning to high jump will be required to re-join the competition at the current height of the bar.
6. **Finalists:** -Will depend on the number of heats
Two heats - 1st and 2nd in each heat plus fastest four times will go into finals
Three heats - 1st and 2nd in each heat plus fastest two times will go into finals
Four heats - 1st in each heat plus fastest four times will go into finals
7. **Points:** will be allocated for all final events including relays and will be 8, 7, 6, 5, 4, 3, 2 and 1 (1st to 8th place respectively) No points will be awarded for 14 year old competitors
8. **Footwear:** - Children will not be permitted to compete in bare feet.
9. **Spikes:** no longer than 7mm may be worn for 100m, 200m, Relays, High Jump and Long Jump *ONLY*. Children who compete in the 800m WILL NOT be permitted to wear spikes on championship days because of the large fields and risk of injury to others.



10. Starting blocks may be used, but only those supplied by Athletics SA can be used.
11. Method of starting 'On your marks' - 'set' - 'Gun. N.B. 800m and 1500m method of starting 'On your marks' – 'Gun'
12. Electronic timing and photo-finish results will be the official results used for placement of athletes into finals and for the purpose of settling official protests. List of finalists will be posted on the windows at the top of the grandstand.
13. Any competitor of a team disqualified must cease competing and take no further part in that event or follow up events.
14. **Protests:** The district manager must notify the athletics convenor of the intention to protest within 5 minutes of the event concluding. If the protest is progressed then the relevant written information is to be completed within 15 minutes. The appointed sub-committee will consider all written protests.
15. **Field events:** Competitor's name shall be called when it is his/her turn to compete.
In the event of tied performances between athletes, a 'count-back' system will be used to determine final placings.

Long Jump - 3 Jumps in rotation from wooden take-off board 2.1m from pit.

High Jump - 3 Jumps in rotation for each height. Competitors will cease competition if they fail after 3 attempts at that height.

Discus and Shot Put - 3 throws in rotation. weights:

Discus	10 years = 500 gms	11, 12 & 13 years = 750 gms.
Shot put	10 & 11 years = 2 kg	12 & 13 years = 3 kg

16. **Relays:** All circular - teams may be comprised of either winning school team or best four sprinters in correct age group in a district. Baton changes must be made within the 30 metre change-over zone. The 10 metre acceleration zone can now be used to exchange the baton. The baton must be carried in the hand throughout the race. If dropped, the baton must be recovered by the athlete who dropped it. After handing over the baton, competitors must remain in their lanes until the course is clear. At this stage the official in charge will instruct athletes to leave the track