
ATHLETICS

RULES

1. There is no limit to the number of events a competitor may enter.
2. An athlete may compete in an age group above, but not below her age group. Only one age group may be entered in a particular event, ie. a girl may not compete in both U14 and U13 Shot Put.
3. The age group for all events is determined as of the 1st of January of that year. The competition is open to girls enrolled and attending IGSSA schools from years 7 – 13. The age groups are Under 13, Under 14, Under 15, Under 16 and Open.

4. **TRACK EVENTS**

There is only one competitor per age group in the 400m, 800m, 3000m and High Jump events. There are 2 competitors per age group in the 1500m and the 1km Steeple. The age groups in the 1500m are U14 and Open. The age groups in the 3000m are U15 and Open. The steeple only has Open age group, (as does Pole Vault) There is only one (1) division in all Hurdles and Relays. There are two divisions for all other events.

Please note: the Under 16 Hurdles event is now over 90m, not 100m.

Blocks – do not have to be used, except in the Championship race. They will however be available for all track events 400m and shorter.

False start – the one false start rule will apply. One false start is allowed for race, which acts as a warning to ALL athletes. The second false start in a race will see the offending athlete disqualified.

Hip numbers – will be provided in races where two divisions or two age groups are combined (ie 3000m Open/Under 15, 1km Steeple Open Div 1/2, 1500m U14 Div 1/2, and 1500m Open Div 1/2)

In 2020 a demonstration event will again be held – An open Medley relay (100, 300, 200, 400). No points will be scored for the event. Girls of any age can run in this event.

5. **In all field events (except High Jump/Pole vault where the competitor must join in at the current stage of the event as the bar may not be lowered), an athlete may take her jump/throw out of sequence within a round, only until that round is completed. If she misses a round, she forfeits her turn and must wait for the next round. The exception to this rule is a competitor who has reported to a called field event, and has had to go to a called track event. That competitor may come back to complete any missed turns providing that she does so before the closure of that field event for the age group directly following her age group for that field event.**

6. **THROWING EVENTS**

- Competitors are allowed three trials, the best to be recorded.
- Measurements are made with the zero of the tape being at the landing location of the implement, and the tape measure pulled back through the throwing area. The score is the number at the back point of the line.
- All implements must be carried back after each trial, **NOT THROWN.**

Shot Put and Discus - The competitor must begin from a stationary position.
- She may touch the inside of the iron band or stop-board, but not the top or the ground outside the circle.
- She must remain in the circle until the implement has touched the ground, and then, from a standing position, leave the circle from the rear half.
- Provided she does not foul, a competitor may interrupt a trial once started, and begin again (one per trial only).
- All puts/throws, to be valid, must fall within the inner edge of the lines marking a 45 degree sector (on the line is a foul).

Shot Put - Puts are measured to the nearest centimetre below the distance covered.
- The reading is taken on a line through the centre of the circle at the inside of the stop board.
- The put must be made from the shoulder, with the Shot close to the chin. It must not be allowed to drop away from the chin once the trial has begun. The chin may not move forward and away from the shot when preparing to put.

- Discus
- Throws are measured to the nearest even 1 centimetre below the distance covered.
 - The reading is taken on a line through the centre of the circle at the inside of the iron run.

- Javelin
- Throws are measured to the nearest 1 centimetre below the distance covered.
 - The reading is taken on a line through the centre at the inside of the arc.
 - The throw must be made from behind the line of the arc.
 - The javelin must strike the ground point first, but does not have to stick into the ground.

7. JUMPING EVENTS

- High Jump
- To help with speeding the event up, the first increment in High Jump will be 8cm. From then on:
 - The bar will move up 5cm until there are 3 competitors left, then by 3cm. The winner may try moving the bar up by 2 cm, or pick their height.
 - Competitors are allowed only one (1) stop per height.
 - Each jump must be completed within one (1) minute of being called.
 - A competitor may commence at any height above the minimum, and at her own discretion, elect not to jump at any height.
 - Three consecutive failures, regardless of height, shall disqualify a competitor from further jumping.
 - Knocking the bar off the supports, or touching the ground including the landing pit beyond the uprights, without clearing the bar, is a failure.
 - The final height shall be checked with a tape at the centre and at either end of the crossbar. Any record attempt should be checked in this manner before and after the jump.

- Long Jump and Triple Jump
- Each competitor is allowed three trials, the best to be recorded.
 - Measurement of each jump is taken with the start of the tape at the mark in the sand nearest to the board and the reading taken from the edge of the take-off board nearest the sand.
 - It is a foul jump if:
 - Any part of the foot is over the front edge of the board at take-off.
 - The competitor aborts the jump but still touches the ground beyond the board.
 - In the Triple Jump if the 'carried leg' touches the ground while being swung through.

- Pole Vault – The event is only open to those who have done the event before. This will be ratified by the officials/coaches running the event. For other girls wanting to have a go at the event, the officials/coaches will run a 'coaching clinic' in conjunction with the competition. These girls will be eligible for a score for their school if they clear a height.

8. GENERAL INFORMATION

- The centre of the arena is out of bounds except for those competing in throws. Do not cut across the track in front of the stands - enter the area from either end of the track or opposite your throwing area.
- The timers and judges areas are out of bounds for all except those delegated as timers or judges.
- Results of each field event must be sent in immediately after each event.
- If a competitor has two (2) events at the same time, she must report to the field event official, remain at that event until it is time to report to the track event, complete her track event, then return to the field event immediately. (See explanation in Field Event Section for further clarification).
- Competitors in relays must report to the start. They will then be sent off to their changeovers with information about their school's lane.

9. AWARDS

- All presentations will be made at the conclusion of the last events
- As of 2009, awards (pennants) will be given to each age group (ie U13,U14,U15,U16 and Open)
- The overall winner (combination of all age group scores) will win the Reid Shield for Athletics
- A trophy is awarded to the winning team in the Open Relay
- A trophy is awarded to the school who scores the most points in the Field events.
- The winner of the 100m Championship race will win the Di Burge trophy (The contestants for this race will be determined based on the individual 100m races. Whoever is the fastest girl for each school on the day will be announced as in the race)
- Any girl breaking an existing record will receive an IGSSA Record medal
- All presentations to be made by the current Head of IGSSA, provided they are available.