

2021/2022 CENTRE HANDBOOK



Table of Contents

WLAC Committee	3
Welcome	4
Brief History	4
WLAC Centre Life Members	4
Parents' Responsibilities.....	5
Chief Officials.....	5
Parent Duty Roster	5
Registration Information	6
After Little Athletics	6
Insurance	6
Child Safety and Protection.....	6
Working with Children Checks	6
Child Safe Policy	6
Other Policies.....	7
WLAC Extreme Weather Policy.....	7
LAVIC Extreme Weather Policy	7
Health Policies	7
Lost Property.....	7
Uniforms.....	7
Footwear	8
Representing WLAC.....	9
Relay Championships.....	9
Track and Field Championships.....	9
Multi-event Championships	9
Cross Country.....	10
Open Days.....	10
Financial Assistance to Athletes	10
Cross Country.....	11
Results	11
Centre and Club Trophies.....	11
Code of Conducts.....	12

Administrators' Code of Conduct.....	13
Officials' Code of Conduct	13
Parents' Code of Conduct.....	14
Spectators' Code of Conduct	14
Coaches' Code of Conduct	15
Little Athletes' Code of Conduct	15
Centre Rules	16
Track Events	16
Process.....	16
Sprints.....	16
Hurdles.....	17
Middle Distance	17
Distance	17
Starting.....	18
False/Unfair Starts.....	18
Starting Techniques	18
Racing and Finishing	19
Race Walking.....	19
Field Event.....	20
Process	20
Shot Put	20
Discus	21
Javelin	21
Turbo Javelin.....	22
Long Jump.....	22
Triple Jump	23
High Jump	23
WLAC Venue Map	25

WLAC Committee

President	Phil Kelly
Vice President	Rohan Hutchison
Secretary	Stacey Hall
Treasurer	Mark Coulston
Register	Colette Plaska
Records & Rankings	Crystal Brown
Competition Director	Nicole Hambling
Technical Requirements	Tyson Brown
Education & Training	Rowena Simmons-Curtis
Organisation of Officials	Rowena Simmons-Curtis
Advertising & Communications	Nicole Hutchison
Special Events	Rob De-Wit
Team Manager	Crystal Brown
Cross Country	Stacey Hall
General Member	James Ong
General Member	Chris Catto
General Member	Vacant

Please note – All Committee Members and Club Representatives are Parent Volunteers. Werribee Little Athletics Centre has no paid positions

Meetings: Second Monday of each Month, excluding January.
7.30pm SHARP in Club Rooms
Victoria University Sports Complex, Hoppers Lane, Hoppers Crossing

Contact Number: 0490 087 770

Email: werribee@lavic.com.au

Website: www.wlac.com.au

Facebook: Visit <https://www.facebook.com/WLAC72>

Postal Address: PO Box 5097
Hoppers Crossing VIC 3029

Welcome

Welcome to Little Athletics for the 2021-2022 season.

Werribee Little Athletics Centre (WLAC) is a member of the Victorian Little Athletics Association. Over 20,000 young Victorians participate on a weekly basis at over 100 centres around Victoria.

Athletics gives children the opportunity to participate in a range of activities including running, jumping and throwing between the ages of 5 and 15. Little Athletics acknowledges participation and self-improvement – not just winning.

The primary goal of Little Athletics is to develop children, of all abilities, by promoting positive attitudes and a healthy lifestyle through family and community involvement in athletics activities. Little Athletics requires and depends on family participation at all levels. Parents are always needed to help out with the centre program as team manager, officials and helpers. On average we require around 75 parents, so a roster system gives every parent the opportunity to assist during the season.

Enjoy your year with Werribee Little Athletics Centre.

Brief History

Werribee Little Athletics started in 1970. Originally there were six participating clubs: Glen Devon, Hoppers Crossing, Little River, St Andrews, Werribee Primary and Werribee South.

The Werribee South club ceased to operate in 1973, and Little River withdrew from competition in 1974. The Windermere club began in 1976, but changed its name to Wyndhamvale in 1979. In 1990, Werribee Primary changed its name to Werribee Central. In 2003 Lara commenced with us as a result of Corio's track being upgraded during the summer season. Lara remained with us until 2008.

The Werribee Little Athletics Centre moved to the new synthetic track for the commencement of the 2003 season.

In 2007 clubs underwent a name change to move away from geographic regions. Today, Werribee Little Athletics consists of four clubs: Cougars, Dragons, Lynx, and Wildcats.

WLAC Centre Life Members

1979 V Bunworth
M Bunworth
J Stewart
B Thompson
1981 V Steinbergs
1985 B Ganley
S Mongey
J Sandford
1986 T Jago
1990 K Minster
1993 I Dunne
1995 J Shannon
1998 D Bunworth
A Hilton

1999 R Carr
2001 P Miles
2003 W Anderson
2009 M McIntyre
2010 V Bunworth
2011 S Ryan
C Falduto
R Alfieri
G Shaw
M Coulston
S Macaulay
2017 L Ryan
2019 K Evans

Parents' Responsibilities

Little Athletics is not just for children, it needs the active participation of parents as well. To ensure that the morning (or evening) program is run for maximum enjoyment, parents are needed to act as officials and helpers. Approximately, 70-80 parents are needed for the normal competition to run smoothly. You will enjoy the experience, so don't wait to be asked, please offer your services as the success of our Centre depends on you.

Competition starts at 8.30am sharp on Saturday mornings and in the case of Twilight meeting at 6.00pm sharp, unless otherwise advertised. Children may take part in the warm up activities prior to the start of competition. Children who arrive late for an event may miss that event; it is the parent's responsibility to give your children the best opportunity of taking part in the day's activities.

**It is important that children are not left unattended during the program.
It is the responsibility of all parents to ensure that a continuity
of supervision is provided for their children.**

Chief Officials

Whilst we shall be running a roster of volunteers each week, it is important to ensure each event has a chief official. This will benefit all athletes and other volunteers at the event. Any parent can be a Chief Official. Parents wanting to be a Chief Official will have training provided. These Chief Officials will have responsibility for their event. If you are prepared to be a Chief Official (or at least interested in the possibility) please enquire at the information table at any time to register your interest.

Parent Duty Roster

WLAC relies on parents to complete duty on a regular basis to help the program run smoothly and on time. Without you, we would not be able to offer all our events each week.

Each family will be required to do 4-5 duties for the entire summer season. Duty will involve helping with an age group when they attend field events. This enables parents to follow their children for the morning.

If we do not get enough volunteers each week, we will need to revert back to allocating duties to parents or cancel events.

Parents of athletes competing at events, listed below, will be required to assist with the running of those programs. Duties are generally light and require no specific skill sets. Our Centre has a responsibility to the organisers of these events (Region or State) to provide a prescribed number of volunteers.

- ❖ Regional Relay Championships
- ❖ State Relay Championships
- ❖ Regional Track and Field Championships
- ❖ State Track and Field Championships
- ❖ State Multi-Event Championships
- ❖ Regional Cross Country Championships
- ❖ State Cross Country Championships

Registration Information

Age groups are determined by the athlete's age on 31 December 2021. 4 year old athletes turning 5 prior to 31 December will be eligible to start at the commencement of the season. Athletes turning 5 after 31 December can commence after their birthday, but will compete as an Under 6 athlete next season as well.

WLAC Registration for 2021/2022 is \$150 per athlete (third and subsequent child from same family is at a discounted fee).

This registration fee covers athletes for the summer track and field season (October-March) and the winter cross country season (April-August).

Once registrations have been paid, no refund is available. Only in extreme circumstances can parents write to the Committee for a refund, attaching medical certificates, where appropriate. The request will then be reviewed by the Committee.

However athletes are welcome to try out prior to joining. A child may register at any time during the season. <https://lavic.com.au/membership/new-member/trial-athlete-offer/>

From January 1st registration is \$100 (no discount for third child).

Registration and payment is submitted online. For new members, proof of age must be provided to the Centre Registrar before registration can be completed. Typically a Birth Certificate or Passport is best. For more information, see www.wlac.com.au.

After Little Athletics

Senior Athletics competition is generally held on Saturday afternoons from mid-October in the North West Region, including Aberfeldie, Geelong, Werribee and Albert Park. WLAC athletes are eligible for dual registration, at a reduced fee, with Western Athletics or Wyndham Track and Field. For details visit the Western Athletics website at www.westernathletics.com.au or the Wyndham Track and Field website at www.wyndhamtf.com

Insurance

All registered athletes are insured by Little Athletics Victoria (LAVic). Club and Centre officials, voluntary helpers and event officials are also covered while they are engaged in Little Athletics activities. This insurance applies to all LAVic sanctioned events, Championship meetings and Open Days.

Child Safety and Protection

Working with Children Checks

As a member of Little Athletics Victoria, WLAC fulfils its obligations ensuring all relevant helpers and committee members have a Working with Children Check.

LAVic Working with Children Check information: www.wlac.com.au/policies/

Child Safe Policy

As a member of Little Athletics Victoria, WLAC are committed to the safety and wellbeing of all children and young people involved in Little Athletics.

LAVic Child Safe Policy: www.wlac.com.au/policies/

Other Policies

WLAC Extreme Weather Policy

This policy applies to events at Werribee Little Athletics only and can be found on the Werribee Little Athletics website. www.wlac.com.au/policies/

LAVIC Extreme Weather Policy

This policy applies to events organized and run by Little Athletics Victoria and can be found on the Werribee Little Athletics website. www.wlac.com.au/policies/

Health Policies

WLAC is smoke free

WLAC endorses the Sun Smart Philosophy

WLAC endorses Health Food Choices

Lost Property

Any article of clothing or personal belongings found should be handed to the official and placed in the First Aid Room. Unclaimed articles will be stored in the First Aid Room. To assist with identification, parents are asked to label all clothing with the child's name and club.

At the end of the summer season all unclaimed articles will be donated to charity.

Uniforms

All athletes must compete at Werribee Little Athletics in their Werribee Centre uniform.

Werribee Tops will be available for purchase from the track.

Any athlete not wearing appropriate clothing and running shoes will not be allowed to compete.

Name Patches: Subway Name patches must be attached to the front of singlet/crop to be able to compete.

Coles Patch: Must be sown on the right hand side of singlet or crop, above the running man.

Singlets: Only plain white shirts can be worn under the singlet.

Girls can wear the Werribee singlet or a Crop Top.

Shorts: Must be plain black, without patterns or pockets.

Leggings: Must be black or beige and can be of any length and worn under shorts. (NOT to be worn for Walking Events)

Athletes selected to represent WLAC in LAVic Championship events will be required to wear the WLAC uniform top on the day of competition. Children are also required to wear plain black shorts, no pockets and suitable footwear as part of the WLAC uniform.

Failure to comply with the clothing regulation may result in an athlete being ineligible to compete or disqualified from an event. This is a LAVic enforceable policy.

Footwear

- ❖ Footwear is compulsory for ALL athletes in ALL events.
- ❖ The wearing of footwear with blades or cleats constructed of hard plastic will not be permitted.
- ❖ The wearing of spike shoes with one or more permanent spikes will be permitted, for athletes Under 11 to Under 15.
- ❖ All spike shoes must be worn with all holes filled with a complete set of spikes with no more than two blanks/slugs installed.
- ❖ Only spike designs know as conical or pyramid will be permitted.
- ❖ The length of the spike must not exceed 7mm except in the events High Jump & Javelin.
- ❖ Specialist High Jump and Javelin footwear with heel spikes shall not exceed nine (9) mm and shall only be worn at these events.

Age Groups	Track Events	Field Events	Relays	Cross-Country	Road Relays
U6, U7, U8, U9, U10	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed
U11, U12	All events run entirely in lanes	All jump events and Javelin	All events	No spike shoes allowed	No spike shoes allowed
U13, U14, U15	All events except Race Walk	All jump events and Javelin	All events	No spike shoes allowed	No spike shoes allowed



Conical/Pyramid



Christmas Tree



Blanks

Spikes which do not look like the above will not be accepted

Representing WLAC

Athletes from Under 9 through to Under 16 age-groups may be selected to represent WLAC at a number of LAVIC events throughout the year. These events include Relay, Track and Field, Multi-event and Cross Country Championships. Event fees may be applicable.

Relay Championships

These events are conducted prior to the Christmas break and are the only opportunity for WLAC athletes to compete as a team. Relays are not just for the fastest runners and teams are selected according to the WLAC Relay Team Conditions and Selection Process, a copy of which can be found on the WLAC website. www.wlac.com.au/policies/

Below is a list of possible events athletes could be selected for:

Event	Age Group	Team Composition
4 x 100m	U9 – U16 B & G	4
	U9 – U16 MS	2 x Boys, 2 x Girls
4 x 200m	U9 – U16 B & G	4
	U9 – U16 MS	2 x Boys, 2 x Girls
Medley	U9 – U16 B & G	4

B-Boys Only, G-Girls Only, MS-Mixed Sex

Track and Field Championships

These events are held during February and March each year. All athletes from Under 9 to Under 16 are eligible to participate in a maximum of four events. Registrations for all athletes, wanting to participate, need to be submitted prior to the Christmas break. Registrations are completed online, further information will be forwarded to all athletes when registrations are opened. Additional fees will be payable with entries.

State Combined Events (Multi-event) Championships

Selection is open to all athletes in the Under 9 to Under 16 age groups. Participation at State Multi's is a great opportunity for athletes and families.

Entries will be completed online through www.lavic.com.au with additional fees payable.

The Multi-event will consist of between 5 - 7 separate disciplines. Events consisting of more than 5 disciplines will be held on 2 consecutive days. The following tables outline the disciplines for each age group.

Boys									Girls								
Event	Age Group								Event	Age Group							
	U9	U10	U11	U12	U13	U14	U15	U16		U9	U10	U11	U12	U13	U14	U15	U16
100m	X	X	X	X	X	X1	X1	X1	100m	X	X	X	X	X			
800m	X	X	X	X	X	X2	X2	X2	200m						X1	X1	X1
60mH	X	X	X						800m	X	X	X	X	X	X2	X2	X2
80mH				X	X				60mH	X	X	X					
90mH						X2			80mH				X	X	X2		
100mH							X2	X2	90mH							X1	X1
High Jump						X2	X2	X2	High Jump						X2	X1	X1
Long Jump	X	X	X	X	X	X2	X1	X1	Long Jump	X	X	X	X	X	X2	X2	X2
Discus	X	X	X	X	X	X1	X1	X1	Shot Put	X	X	X	X	X	X1	X1	X1
Javelin							X2	X2	Javelin							X2	X2

X = One day event, X1 = First day of two day event, X2 = Second day of two day

Cross Country

Selection is open to all athletes in the Under 9 to Under 16 age groups. Regional Carnivals are usually run in June. State Championship are conducted in July. Entries will be completed online through www.lavic.com.au with additional fees payable.

Open Days

Little Athletics centres throughout Victoria conduct Open Days at which all registered athletes may compete. Entry forms are available via www.lavic.com.au or individual centres, hosting the Open Day.

Financial Assistance to Athletes

WLAC provides financial assistance to athletes who have been selected on State or National Track & Field or Cross Country teams where competition is outside Victoria. A monetary value at the discretion of the committee maybe applied for once per athlete per year (1st October – 30th September). Applications must be in writing and addressed to the Centre Secretary.

Cross Country

Cross Country running is an important part Little Athletics. It is an ideal way for those athletes who like the longer distances to enjoy a different style of competition. Further, participating in the program is beneficial for building strength and stamina for the next season of track and field events.

From late April, WLAC conducts Cross Country runs on a Saturday morning. These are held at various locations within Werribee and surrounding areas and commence at 9.30am. The program is usually finished within an hour, and minimal numbers of officials are required.

All children from Under 6 to Under 16 may participate. Distances run at Werribee are:

Distance	
U6	500 metres
U7, U8	1000 metres
U9, U10	1500 metres
U11, U12	2000 metres
U13, U14, U15	3000 metres

The season consists of approximately 10 inter-club meetings plus Region and State finals. These finals are held for Under 9 to Under 16.

For further information on Cross Country, please email werribee@lavic.com.au.

Results

Little Athletics emphasises participation and improvement rather than simply winning.

Athletes weekly results can be viewed by logging into ResultsHQ: <http://www.resultshq.com.au/login>

You must have your login email and password that has been supplied. If you have misplaced your login details, click the forgotten username & password option. An email will be sent to you with this information. Instructions on how to personalise and print your achievement book can be found on the WLAC website. www.wlac.com.au/results/

Pease note: results will be available from the Wednesday following the Saturday meet – this allows for uploading of results by committee volunteers. Thank you for your patience!

Centre and Club Trophies

All children receive points for their performance in each event in which they participate. Points are allocated every week that a normal full program can be conducted. The current Centre record for each event is the basis for how points are calculated. Athletes are evaluated on average weekly points, total points and the number of weeks participated.

All U6 athletes who participate in at least 50% of the weekly program, including 3 rounds after Christmas will receive participation trophies from their club. However, there will be no Centre trophies for the U6 age group.

To be eligible to receive a Club participation trophy, athletes must compete for 50% of their available completion, including 3 rounds after Christmas. To be eligible for a Club 1st, 2nd or 3rd place trophy, athletes must compete for at least 75% of the season's competition, including 3 rounds after Christmas.

To be eligible for a Centre trophy, athletes must have competed for at least 75% of the season, including 3 rounds after Christmas.

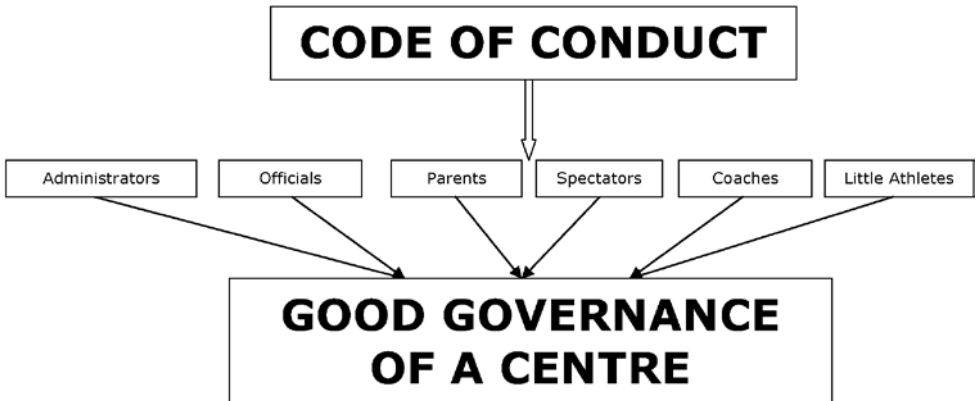
Centre and Club trophies are awarded to the best three athletes in each sex/age group.

Code of Conducts

Little Athletics Victoria expects all members to comply with the Code of Conduct. Appropriate action may be taken in the case of any breaches of the Code of Conduct.

Little Athletics Victoria will ensure that all athletes, coaches, spectators, parents, officials and administrators are not prone to sexual abuse, neglect, physical abuse or emotional abuse. They will ensure that all persons are included, protected and not discriminated against in any manner.

Little Athletics Victoria is registered as an Incorporated Association as protection for its Centres, Committees and its Members.



- ❖ Create a comfortable, safe & inclusive environment to encourage the involvement and participation of families.
- ❖ Advertise your Centre through the use of flyers, signage and word of mouth.
- ❖ Consider costs to allow as many people to participate.
- ❖ Control the business of the Centre by being focused on objectives of the LAVic Constitution.
- ❖ Implement a succession plan to assist members and administrators.
- ❖ Identify and manage any financial or non-financial risks of the Centre.
- ❖ Create a mandatory minimum checking standard to keep children safe by ensuring Working with Children Checks are in place.

Administrators' Code of Conduct

- ❖ Involve children in the planning, leadership, evaluation and decision-making related to the activity.
- ❖ Ensure that equal opportunities for participation in sports are made available to all children, regardless of ability, size, shape, sex, disability or ethnic origin.
- ❖ Ensure that equipment and facilities are safe and appropriate to the ability level of participating children.
- ❖ Ensure that rules, equipment, events and training schedules take in consideration the age, ability and maturity level of participating children.
- ❖ Ensure that adequate supervision is provided by qualified and competent coaches and officials capable of developing appropriate positive behaviour and skill technique.
- ❖ Remember that children participate for enjoyment and play down the importance of rewards.
- ❖ Avoid allowing programs to become primarily spectator entertainment. Focus on the needs of the participants rather than the enjoyment of the spectators.
- ❖ Provide clinics aimed at improving the standards of coaching and officiating, with an emphasis on appropriate behaviour and skill technique.
- ❖ Ensure that parents, coaches, sponsors, administrators, officials, physicians and participants understand their responsibilities regarding fair play.
- ❖ Make available the Code of Conduct to spectators, officials, parents, coaches, athletes and the media
- ❖ Hold a current Working with Children Check.
- ❖ Avoid use of bad language.

Officials' Code of Conduct

- ❖ Compliment all participants on their efforts.
- ❖ Be consistent, objective and courteous in calling all infractions.
- ❖ Condemn unsporting behaviour and promote respect for all opponents.
- ❖ Ensure that the "spirit of the game" for children is not lost by using common sense and not over-emphasising errors.
- ❖ Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- ❖ Publicly encourage rule changes, which will reinforce the principles of participation for fun and enjoyment.
- ❖ Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- ❖ Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.
- ❖ Hold a current Working with Children Check.
- ❖ Avoid use of bad language.

Parents' Code of Conduct

- ❖ Encourage children to participate if they are interested. However, if a child is not willing, do not force him or her.
- ❖ Focus upon the child's efforts rather than the overall outcome of the event. This assists the children in setting realistic goals related to his/her own ability by reducing the emphasis on winning.
- ❖ Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- ❖ Encourage children to always participate according to the rules.
- ❖ Never ridicule or yell at a child for making a mistake or losing an event.
- ❖ Remember children are involved in Little Athletics for their enjoyment, not yours.
- ❖ If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgment and honesty in public. Remember, most officials give their time and effort for your child's involvement.
- ❖ Support all efforts to remove all verbal and physical abuse at Little Athletics activities.
- ❖ Recognise the value and importance of being a volunteer official and/or coach. They give their time and resources to provide recreational activities for the children and deserve your support.
- ❖ Demonstrate appropriate social behaviour, by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- ❖ Avoid use of bad language.

Spectators' Code of Conduct

- ❖ Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators, nor are they miniature professionals.
- ❖ Applaud good performances and efforts from each athlete.
- ❖ Congratulate all participants upon their performance regardless of the event outcome.
- ❖ Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise.
- ❖ Never ridicule or scold a child for making a mistake during a competition. Positive comments are motivational.
- ❖ Condemn the use of violence in any form, be it by spectators, coaches, officials or athletes.
- ❖ Show respect for each participant. Without them there would be no events.
- ❖ Encourage athletes to follow the rules and the officials' decisions.
- ❖ Demonstrate appropriate social behaviour by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- ❖ Avoid use of bad language.

Coaches' Code of Conduct

- ❖ Be reasonable in your demands on young athlete's time, energy and enthusiasm.
- ❖ Teach athletes the rules of the sport are mutual agreements, which no one should evade or break.
- ❖ Whenever possible, group athletes to give a reasonable chance of success.
- ❖ Avoid over-coaching the better performing athletes, the "just average" athletes need and deserve equal time.
- ❖ Ensure any physical contact with athletes is appropriate to the situation and necessary for the athlete's skills development.
- ❖ Avoid situations with your athletes that could be construed as compromising.
- ❖ Remember that children participate for fun and enjoyment and that winning is only part of their enjoyment.
- ❖ Never ridicule or yell at the children for making mistakes or losing an event.
- ❖ Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes.
- ❖ Take into consideration the maturity level of the children when scheduling and determining the length of training times and competition.
- ❖ Coaches should never solicit, whether overtly or covertly, or by actively recruiting athletes who are already being coached to join their squad.
- ❖ Develop respect for the ability of opponents as well as for the judgment of officials and coaches.
- ❖ Follow the advice of a physician when determining when an injured athlete is ready to recommence training or competition.
- ❖ Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.
- ❖ Demonstrate appropriate social behaviour, by not harassing athletes, other coaches or officials, smoking on the arena or being intoxicated.
- ❖ Not publicly criticise or disagree with the work of other coaches.
- ❖ Hold a current Working with Children Check
- ❖ Avoid use of bad language.

Little Athletes' Code of Conduct

- ❖ Play by the rules.
- ❖ Never argue with an official. If you disagree, ask your Team or Age Manager to deal with the matter.
- ❖ Control your temper. Verbal abuse of officials, coaches, parents or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
- ❖ Work equally hard for yourself and/or your Centre/Club. Your Centre/Club's performance will benefit.
- ❖ Be a good sport. Applaud all good results whether they are by your Centre/Club, opponent or the other Centre/Club.
- ❖ Treat all athletes, as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- ❖ Co-operate with officials, coaches, club mates and other participants. Without them there would be no competition.
- ❖ Participate in Little Athletics for the "fun of it" and not just to please parents and coaches.
- ❖ Avoid use of bad language.

Centre Rules

1. No athlete can compete for points unless their registration has been paid and submitted 24 hours prior to the commencement of the program. This is due to the administrative effort in ensuring registered athletes are correctly loaded into the points scoring system. An athlete may still compete on the day they register.
2. All registered Little Athletes must be dressed in correct uniform. A patch showing the athlete's registration number, age-group and name must be attached to the front of the tops. Leggings may be worn under shorts and must be black or beige. NO leggings can be worn for walking events.
3. All children in Under 6 to Under 11 will have age group managers.
4. The Chief Official of any event may disqualify a competitor for misconduct.
5. Only athletes competing in events in the infield, and the officials of those events, are allowed to be in the centre of the track at any time.
6. The only adults permitted to enter the in-field or cross the track are those officiating or acting as Age Group Managers.
7. All other adults must remain off the in-field and track. Parents officiating may encourage competitors in the spirit of fairness providing they do not interfere with events.
8. If a parent has a complaint about the result of an event, a protest may be lodged with the Competition Director or President. Protests must be lodged within 15 minutes of the event being completed. At no time is a parent to approach the officials of the event in question. If they do they are in breach of the Code of Conduct.

Track Events

Process

1. The Competition Director calls events over the PA system.
2. Athletes then need to go and marshal for called events (younger age groups are marshalled by the Age Group Manager).
3. Chief Official (Not the Age Group Manager) marshals the athletes into competing order.
4. Heats are run in order.

Sprints

The sprint events are held over 50m, 70m and 100m, and are laned events.

Hurdles

The hurdles are run on the sprint track over 60m, 80m, 90m and 100m, and on the circular track over 200m and 300m. Hurdle heights and set-ups are summarised in the tables below:

Age Group	Distance	Hurdle Height
U6 Boys & Girls	60 metres	Small Hurdles
U7 Boys & Girls	60 metres	Small Hurdles
U8 Boys & Girls	60 metres	45 cm
U9 Boys & Girls	60 metres	45 cm
U10 Boys & Girls	60 metres	60 cm
U11 Boys & Girls	80 metres	60 cm
U12 Boys & Girls	80 metres	68 cm
U13 Boys & Girls	80 metres & 200 metres	76 cm (80m) & 68 cm (200m)
U14 Girls	80 metres & 200 metres	76 cm (80m) & 76 cm (200m)
U14 Boys	90 metres & 200 metres	76 cm (90m) & 76 cm (200m)
U15 & U16 Girls	90 metres & 300 metres	76 cm (90m) & 76 cm (300m)
U15 & U16 Boys	100 metres & 300 metres	76 cm (100m) & 76 cm (300m)

Event	Number of Flights	Run into 1 st hurdle	Distance between hurdles	Run out from last hurdle
60m hurdles	6	12 metres	7 metres	13 metres
80m hurdles	9	12 metres	7 metres	12 metres
90m hurdles	9	13 metres	8 metres	13 metres
100m hurdles	10	13 metres	8.5 metres	10.5 metres
200m hurdles	5	20 metres	35 metres	40 metres
300m hurdles	7	50 metres	35 metres	40 metres

Middle Distance

Middle distance events are the 200m and 400m races. These are laned events.

Distance

Distance events are the 300m (Under 6, Under 7) and 1500m. These events are not run in lanes. Runners may move immediately to the inside lane of the track providing they do not interfere with other runners.

The 800m will start in lanes with possible 2 athletes per lane. Once around the first bend, athletes are to merge into the inside lane of the track.

Starting

1. All races shall be started by the activation of an audible starting device.
2. The commands used by the starter shall be:
 - a. For events up to and including 400m and all relay events:
 - i. "On your marks",
 - ii. "Set",
 - iii. when all athletes are steady, the starting device shall be activated.
 - b. For events longer than 400m:
 - i. "On your marks",
 - ii. when all athletes are steady, the audible starting device shall be activated.
3. On the command "On your marks" or "Set", as the case may be, all athletes shall without delay assume their full and final set position.
4. If the Starter is not satisfied that all athletes are ready for the start to proceed, the Starter shall order all athletes to stand up and the start procedure shall recommence.
5. Any athlete making a false start shall be warned. Any athlete who is responsible for a false start shall be disqualified as follows:
 - a. **Under 6 – Under 9 athletes:** for three (3) false starts.
 - b. **In all other cases:** for two (2) false starts.
6. The Starter or Recall starter, who is of the opinion that the start was not a fair one, shall recall the athletes by using an audible starting device.
7. In relay events the contacting of the ground by the baton when held in the hand in a crouch starting position shall not be subject to penalty.

False/Unfair Starts

1. The following shall / may constitute a false/unfair start:
 - a. An athlete through action or noise disturbs other athletes in the race after the command "On your marks".
 - b. If an athlete leaves their mark after the words "On your marks" or "Set" as the case may be, and before the actual sound of the starting device,
2. The Starter shall warn any athlete(s) who, in their opinion, were responsible for the false start. This may result in more than one athlete being warned. If the unfair start is not caused by an athlete, no warnings shall be given.
3. Using a starting technique that is not appropriate for the age group and/or event.
4. The dropping of a relay baton by an athlete during a start of a relay event shall not constitute a false or unfair start.

Starting Techniques

1. **For Under 6 to Under 10 age groups:** Athletes cannot use starting blocks for any race.
2. **For Under 11 and above age groups:** Athletes may use starting blocks if performing a crouch start, for all races up to and including the 400m (including the first leg of all relay events) and will not be used for any other race.
3. **Standing Start:** May be used by all athletes in all track events.

4. **Crouch Start:** It is recommended that athletes perform a standing start until they are proficient at crouch starts and then the use of blocks. While U11 athletes can use blocks, most struggle with performing the correct crouch starts using blocks until their U13/U14 year.
 - a. One (1) knee must be in contact with the ground in the “on your marks” position.
 - b. In a crouch start, with or without starting blocks, both hands shall be in contact with the ground when the athlete is in the ‘set’ position.

Racing and Finishing

1. An athlete competing in a laned track event must start in the lane allocated by the Starter's Marshall, and must remain in that lane until the finish line is crossed.
 - a. This rule applies to the 50m, 70m, 100m, 200m, 400m, 60/80/90/100mh, and 200/300mh events.
 - b. All other track events are deemed unlaned events except the 800m.
2. A competitor is judged and timed only when the torso (neck to hips) crosses the finish line.
3. Two or more competitors may record the same time at the finish of a race, but need not be placed equally. Place position will be decided by the timekeepers.
4. If timing equipment fails to work, only races up to an including 400m will be re-run provided there is time in the program and a sufficient break between races.

Race Walking

1. Race walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position. This is the international rule of walking. It simply means:
 - a. The walker must never have both feet off the ground at the same time (CONTACT).
 - b. The front leg must be straight from the first moment of contact with the ground until directly under the body (KNEES).
2. These are the only two rules for which an athlete may receive a report (RED CARD).
3. The term REPORT means one or both of the rules have been broken. The term CAUTION means a warning, the rules haven't been broken yet, but by continuing in that manner they most probably will be.
4. An athlete may safely receive two CAUTIONS from every judge, one for contact and one for knees, but if three REPORTS (RED CARDS) are received, from three separate judges the athlete will be disqualified. A judge shall not REPORT an athlete more than once in an event.
5. A Judge's CAUTION shall be given by displaying a yellow and black indicator board with the symbol of the offence (a caution is given only once per possible infringement). However, once a Judge has REPORTED an athlete for an infringement no further caution or report can be made for that athlete by the same Judge.
6. Cautions ARE PERMITTED in the last lap of an event. Cautions have no bearing on disqualification. An athlete can be given a caution and report at the same time.

Field Event

Process

1. The Competition Director calls events over the PA system.
2. Athletes then need to go and marshal for called events (younger age groups are marshalled by the Age Group Manager).
3. The chief official (Not the Age Group Manager) takes attendance and organizes athletes in competing order.
4. Practice throws or jumps (time permitting) undertaken.
5. The chief official announces the commencement of the event. Under 6 to Under 8 athletes will not have a practice throw/jump but all 3 throws/jumps will be measured. Under 9 to Under 16 will have a practice throw/jump and 3 measured throws/jumps, time permitting.
6. Athletes will rotate when taking their throw/jump. Athletes will NOT complete ALL throws/jumps in a row.

Shot Put

SHOT PUT											
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16
Boys	1kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	4kg	4kg	4kg
Girls	1kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg	3kg

1. **Under 6 – Under 8 athletes:** Will not have a practice throw. All 3 throws will be measured.
2. **Under 9 – Under 16 athletes:** Will have a practice throw, time permitting, and 3 measured throws.
3. The trial must be commenced from a stationary position inside the circle.
4. The athlete must not leave the circle until the shot has landed.
5. The athlete must not touch the top of the circle or stop/kick board, or the ground outside the circle during the trial with any part of their body. They are allowed to touch the inside of the stop/kick board.
6. The shot must land in a manner whereby the 'impact mark' is within the inner edges of the lines marking the sector.
7. The athlete may enter the circle from any direction (preferably from the rear half of the circle) but must exit from the rear half of the circle.
8. The shot must be put from the shoulder with one hand only. At the start of the trial the shot should touch or be in close proximity to the neck or chin and should not be dropped below this position during the action of putting.
9. The shot must not be brought from behind the line of the shoulders.
10. The athlete may during the course of each trial, stop and place the shot down in the circle and then recommence the trial again, providing that no other infringement has occurred.
11. Once competition has begun, athletes will not be permitted to use the circle or ground within the sector for practice trials with or without implements.
12. Officials select the 'imprint mark' made by the shot on landing closest to the circle. The selected point is marked by the spike and the zero end of the tape is held at the spike.
13. The tape is drawn tight through the centre of the circle.
14. The distance is measured at the point where the tape crosses the inner edge of the circle.
15. Each measurement is to the nearest cm below the distance put unless the reading is a whole centimetre.

Discus

DISCUS											
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16
Boys	350g	350g	350g	500g	500g	500g	750g	750g	1kg	1kg	1kg
Girls	350g	350g	350g	500g	500g	500g	750g	750g	1kg	1kg	1kg

- Under 6 – Under 8 athletes:** Will not have a practice throw. All 3 throws will be measured.
- Under 9 – Under 16 athletes:** Will have a practice throw, time permitting, and 3 measured throws.
- The trial must be commenced from a stationary position inside the circle.
- The athlete must not leave the circle until the discus has landed.
- The athlete must not touch the top of the circle or the ground outside the circle during the trial with any part of their body. They are allowed to touch the inside of the circle.
- For a valid trail the discus must fall so that the point of impact is within the inner edge of the lines marking the sectors.
- The athlete may enter the circle from any direction (preferably from the rear half of the circle) but must exit from the rear half of the circle.
- The athlete may during the course of each trial, stop and place the discus down in the circle and then recommence the trial again, providing that no other infringement has occurred.
- Once competition has begun, athletes will not be permitted to use the circle or ground within the sector for practice trails with or without implements.
- Officials select the imprint mark made by the discus on landing closest to the circle. The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight through the centre of the circle.
- The distance is measured at the point where the tape crosses the inner edge of the circle.
- Each measurement is to the nearest cm below the distance thrown unless the reading is a whole centimetre.
- If the discus hits the cage and deflects back into the sector it will be a valid trial and measured providing no other infringement occurs.

Javelin

JAVELIN						
	U11	U12	U13	U14	U15	U16
Boy	400g	400g	600g	600g	700g	700g
Girl	400g	400g	400g	400g	500g	500g

- Athletes will have a practice throw, time permitting, and 3 measured throws
- The javelin must be held at the grip. It should be thrown over the shoulder or upper part of the throwing arm, and must never be slung or hurled. Non-orthodox styles are not permitted.
- At no time during the throw, until the javelin has been launched into the air, may the athlete turn completely around, so that their back is toward the throwing arc.
- A trial will be valid only if the tip of the metal head strikes the ground before any other part of the javelin. The javelin does not have to stick in, but marking is easier if it does. When a javelin descends at a low angle to the ground it may bounce shortly before producing what looks like a fair landing. This must be carefully watched to see that the tip impacts first.
- The athlete must not leave the runway until the javelin has impacted the ground.
- When leaving the runway the athlete must not leave forward of the throwing arc.
- The athlete may during the course of each trial, stop and place the javelin down inside or outside the runway, leave the runway, then return to begin a fresh trial, providing that no other infringement has occurred.

8. The measurement of each throw will be made from where the tip of the metal head first strikes the ground to the inside edge of the arc along a line from the point of landing to the centre of the circle of which the arc is part.
9. The selected point is marked by the spike and the zero end of the tape is held at the spike.
10. The tape is drawn tight through the centre of the circle of which the arc is a part (8mts from the arc).
11. The distance is measured at the point where the tape crosses the inner edge of the runway arc.
12. Each measurement is to the nearest cm below the distance thrown unless the reading is a whole centimetre.

Turbo Javelin

1. Turbo Javelin is an additional throwing event, being trialled, in the 2018/2019 season, for the Under 9 & Under 10 athletes.
2. Turbo Javelin is an event at Centre level only.
3. The rules will generally follow the rules for Javelin.

Long Jump

1. The athlete must place take-off foot on or before the take-off area nearer to the landing area. If any part of foot is beyond the front edge or if the entire foot is outside either end of the take-off area then it is a foul / invalid trail and recorded as a "No Jump".
2. Markers may not be placed on runway but may be placed alongside the runway.
3. Markers are not permitted in the landing area/pit.
4. If during the run-up, an athlete touches the ground beyond the take-off line with any part of the body, whether running up with or without jumping; it will be deemed a trial even if it is not completed. This will be recorded as a "No Jump".
5. If after completing the jump an athlete walks back through the landing area towards the take-off area it is a 'No Jump'.
6. In the course of landing an athlete must not touch the ground outside the landing area nearer to the take-off point than the nearest break (imprint) in the landing area.
7. All jumps must be measured from the nearest break in the landing area made by any part of the body.
8. The selected point is marked by the spike and the zero end of the tape is held at the spike.
9. The measurement must be taken perpendicular to the back of the take-off area or its extension.
10. The tape is drawn tight and the distance is measured to the nearest centimetre below the distance jumped unless the reading is a whole centimetre.
11. **Under 6 – Under 8 athletes**
 - a. Will not have a practice jump. All 3 jumps will be measured.
 - b. Will jump from 1.22m x 1.0m mat, covered with a thin layer of sand, not less than 0.5m from the near edge of the pit.
 - c. All jumps must be measured from the nearest break in the landing area made by any part of the body to the front edge of the imprint made by the take-off foot.
 - d. In the case of an athlete taking off before reaching the take-off area, the jump is measured from the nearest break in the landing area made by any part of the body to the back edge of the take-off area.
12. **Under 9 – Under 10 athletes**
 - a. Will have a practice jump, time permitting, and 3 measured jumps.
 - b. Will jump from 1.22m x 0.5m mat, covered with a thin layer of sand, not less than 0.5m from the near edge of the pit.
 - c. All jumps must be measured from the nearest break in the landing area made by any part of the body to the front edge of the imprint made by the take-off foot.

- d. In the case of an athlete taking off before reaching the take-off area, the jump is measured from the nearest break in the landing area made by any part of the body to the back edge of the take-off area.

13. Under 11 – Under 16 athletes

- a. Will have a practice jump, time permitting, and 3 measured jumps.
- b. Will jump from a board 1.22m x 0.2m, 1.0m from the near edge of the pit.
- c. All jumps must be measured from the nearest break in the landing area made by any part of the body to the take-off line or its extension.

Triple Jump

1. Athletes will have a practice jump, time permitting, and 3 measured jumps.
2. The athlete must take-off from one foot;
3. The athlete must place take-off foot on or before the take-off area nearer to the landing area. If any part of foot is beyond the front edge or if the entire foot is outside either end of the take-off area then it is a foul / invalid trail and recorded as a "No Jump".
4. Markers may not be placed on runway but may be placed alongside runway.
5. Markers are not permitted in the landing area/pit, or beyond the take-off area.
6. If during the run-up, an athlete touches the ground beyond the take-off line with any part of the body, whether running up with or without jumping; it will be deemed a trial even if it is not completed. This will be recorded as a "No Jump".
7. If after completing the jump an athlete walks back through the landing area towards the take-off area it is a 'No Jump'.
8. In the course of landing a jumper must not touch the ground outside the landing area nearer to the take-off point than the nearest break (imprint) in the landing area.
9. The trailing leg is allowed to make contact with the ground during the trial without penalty.
10. It is recommended that athletes should be grouped to trial on take-off area position while maintaining the order within each group.
11. An athlete may change the position of their take off; they must however inform the recorder first.
12. All jumps must be measured from the nearest break in the landing area made by any part of the body to the take-off line or its extension.
13. The selected point is marked by the spike and the zero end of the tape is held at the spike.
14. The tape is drawn tight and the distance is measured to the nearest centimetre below the distance jumped unless the reading is a whole centimetre.

High Jump

Under 8 – Under 10 Scissors

1. The Scissor technique will be the only allowable technique performed in High Jump for the Under 8, Under 9 & Under 10 age groups.
2. The athletes must take off from one foot, clear the bar in a predominately vertical position and the first contact made on the landing area must be made by one or both feet.
3. It shall be a valid scissor jump if all other relevant high jump rules are adhered to, and:
 - a. The head of the competitor does not go over the bar before the leading foot (the foot of the leg closest to the bar at take-off);
 - b. The head of the competitor is not below the buttocks when the buttocks clear the bar, and
 - c. The competitor's lead foot touches the mat before any other part of the body.

Under 11 – Under 16 High Jump

1. Prior to the competition the judges will announce to the athletes the starting height.

2. An athlete may commence jumping at any height above the starting height.
3. Three consecutive failures of the height will eliminate the athlete.
4. At the end of the round the bar should be raised in 5cm increments. When there are 4 or less athletes remaining, the increments will be 2cms.
5. The final athlete may continue to jump, at height rises agreed with the Chief Judge or Referee, until the athlete has three consecutive failures.
6. An athlete may pass on the second or third trial at a particular height (after failing the first or second time) and still jump at a subsequent height.
7. An athlete may approach the bar from any angle. An athlete must take-off from one foot only. Diving over the bar is not recommended.
8. If the bar falls after an athlete has landed and left the Mat, it MAY still be considered a failure. It is the decision of the judge as to whether contact by the athlete or some other factor caused the bar to fall, i.e. Wind gusts.
9. If an athlete fails to commence an attempt within 30 seconds of their name being called by the Official in charge, a failure will be recorded. An athlete may abort an attempt (bault) as many times as they like provided that the final attempt is commenced in 30 seconds.
10. If the athlete touches the ground including the landing area beyond the vertical plane through the nearer edge of the crossbar, either between or outside the uprights with any part of his body, without first clearing the bar it is considered a failure. However, if when the athlete jumps, they touch the landing area with their foot and in the opinion of the Judge, no advantage is gained, the jump for that reason should not be considered a failure
11. If the athlete touches the crossbar or the vertical section of the uprights when running up without jumping, it is considered a failure. The rule does not apply to touching a base plate (unless it is beyond the zero line)
12. The following are the starting heights for State Championship.

AGE	U9	U10	U11	U12	U13	U14	U15
GIRLS	0.90	1.00	1.10	1.15	1.25	1.30	1.35
BOYS	0.95	1.10	1.15	1.25	1.30	1.40	1.45

13. Regions starting heights will be 10cm below State.
14. Centres starting heights will be age and skill appropriate and at the discretion of the Chief Official.

WLAC Venue Map

