**PSSA EASTLAKES ZONE ATHLETICS CLARIFICATION OF RULES**

* **Rules used are as per IAAF (International Association of Athletics Federation) unless otherwise stated. The format of an event or rule for the day may be altered by the Carnival Referee and Carnival Committee if the safety of competitors is compromised or if there are extenuating circumstances. Eg weather conditions, surface conditions, equipment failure, time restrictions due to unforeseen circumstances etc**
* **All appeals or enquiries in regard to disqualification or rulings must be lodged via the School Team Manager within 30 minutes of the completion of the event.**
* **Finishing 1st or 2nd in an event does not automatically qualify a competitor for the Hunter Carnival as qualifying distances or heights maybe required to attained. There may also be circumstances where an athlete is unavailable to compete as they are representing the PSSA at another event. In such cases, schools may submit a time, height or distance attained at a school run carnival from the same year.**

**100m & 200m** - These events are timed heats and the 8 fastest overall will qualify for the final

**800m**  - 2 heats with 6 fastest of each heat qualifying for the final

**Long Jump** - Competitors will receive a warm up practice jump if time permits – NOT MEASURED

* Competition then begins with 3 jumps each
* Competitors have 1 minute to complete each jump. Exceeding time limit may incur a loss of jump.

**High Jump** - Jumpers must take off on one foot. A two foot take off will result in an illegal jump.

* Competitor have 1 minute to complete each jump. Exceeding time limit may incur a loss of jump.
* Heights will advance in 5cm increments at the start of competition then 3cm
* Competitors receive 3 jumps at every height. They can choose to pass heights.
* In the event of a jumpers finishing at the same height, a winner is determined using a count back

 system as per Athletics NSW rules. If the event still results in a tie and a result is required to

 determine regional representation, a ‘jump off’ may occur with the bar height being reduced in 2cm

 increments until a winner is determined.

**Shot Putt** - Correct technique must occur – shot putt should be in close proximity to the neck and upper arm

 must be parallel to the ground at all times

* Competitors have 1 minute to complete each throw. Exceeding time limit may incur a loss of throw.

**Discus** - Rubber discus’ to be used in all age divisions. The discus can be thrown in anyway.

* Competitors have 1 minute to complete each throw. Exceeding time limit may incur a loss of throw.
* Competitors will receive a warm up practice throw if time permits – NOT MEASURED

**Relays** - No spikes to be worn by runners. The baton is to be changed within the 20m ‘changeover zone’ which is clearly marked by 2 black lines across the track. Runners must stand inside this zone prior to receiving the baton and must receive the baton within the zone to constitute a legal change. Runners leaving their lane and gaining an unfair advantage or impeding other competitors prior to, or after changing the baton may be disqualified at the discretion of the referee.

**NOTE:** If a competitor qualifies for the final of the 200m or 800m on Day 1 and wishes to withdraw, they MUST do so prior to the end of the Day 1 Carnival. Withdrawal from the final on Day 2 automatically disqualifies them from competing in any other event on Day 2 as per IAAF Rules.

**Team Managers** - Please communicate the Code of Conduct expected for all athletes, teachers and parents/carers.

These codes are designed to highlight:

* The principles of enjoyment, satisfaction and safe play in sport
* That students participate for their own sake and not to fulfil the desires of parents, adult groups or peers
* The encouragements of student participation in sport and, in doing so, contribute to higher levels of health and physical fitness.

Your school PSSA handbook will have a copy of the Code of Conduct for competitors and parents to sign prior to the carnival. If you deem it necessary, please use this with your school permission note.