



Liverpool Primary School Sports Association

iii. No competitor shall receive assistance during the progress of an event.

iv. The following shall not be considered as unfair assistance:

a. A hands-on medical examination during the progress of an event by the Medical Officer(s).

b. Verbal or other communication, without the use of any technical device, from an individual who is not in the competition area.

1.4 LANE DRAW FOR HEATS

i. For track events where more than one round will be applied; athletes shall be randomly drawn into heats.

ii. Lanes for heats shall be randomly drawn.

1.5 PROGRESSION TO FINALS

The following athletes shall progress to the final in their event:-

i. 8 fastest times overall from the heats to fill 8 lanes.

ii. Where the venue has nine or more lanes, the carnival organiser shall have the discretion to allow nine or more athletes to contest the final of an event.

1.6 LANE DRAW FOR FINALS

i. Following the running of the heats, athletes shall be ranked on the following basis:

The top four ranked athletes shall be placed in the priority lanes (3, 4, 5 and 6 on an eight lane track whilst on a nine lane track they are 4, 5, 6 and 7).

1.7 RELAY RACES (4 X 100M)

i. In the 4 x 100m, each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.



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- i. The time shall be taken to the moment at which any part of the body of an athlete (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finishing line.
- ii. It is recommended that Timekeepers should be:
 - Placed at least 5m from, and in line with, the finish line on the outside of the track, opposite the Judges.
 - On an elevated stand in order that they may have a good view of the Starter and the finish line.
- iii. Timekeepers shall act independently from one another (without showing their watch to each other and without discussing times).
- iv. The Chief Timekeeper shall allocate separate Timekeepers to record each of the minor places and where possible, shall allocate additional Timekeepers for second and third placing's.
- v. Where there are 2 watches used to time a place and they fail to agree the slower time shall be accepted as the official time.
- vii. The time shall be taken from the flash/smoke of the gun.

NOTE: For Zone, times must be recorded to the 1/100th of a second.

3. PLACE JUDGES

If place judges are used then the following applies:

- i. The Place Judges determine the official placing's when hand timing.
- ii. The Place Judges must always operate from the same side of the track, preferably from the inside and where possible be placed on an elevated platform at least 5m from, and in line with, the finish line and post.
- iii. A Chief Judge will be appointed and will be responsible for allocating Place Judges for all placing's.

3.2 DUTIES

Place Judges shall:

- i. Decide the order in which the competitors finish
- ii. Write down the lane number of the competitor they are placing. These numbers must be written down without the Judge taking their eyes off the finishers
- iii. Act independently from one another i.e. not discuss placing.



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- iv. The competitors shall be placed in the order in which any part of the torso (as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finishing line.
- v. The Chief Judge will ensure that all competitors have been placed prior to advising the competitors of their placing.

3.3 THE CHIEF JUDGE

- i. The Chief Judge will ensure that all competitors have been placed prior to advising the competitors' of their placing.

4. STARTING

4.1 THE START

- i. The Starter has entire control of the competitors on their marks, and is the sole judge of any event connected with the start. Decisions by the Starter cannot be overruled by the Chief Judge.
- ii. Before the start signal is given, the Starter shall ascertain that the timing system and judges are ready.
- iii. In races run entirely in lanes the Starter shall make the following commands: 'On your mark', 'Set', and the firing of the gun.
- iv. In races not run entirely in lanes the Starter shall make the following commands: 'On your mark', and the firing of the gun.
- v. In events not run entirely in lanes, on the command 'On your marks' all competitors shall approach the starting line and assume the position from which they will commence the race. When all competitors are steady the Starter shall fire the gun to commence the race.
- vi. No competitor may place any part of their body on the ground on or over the starting line when they are 'on their-marks'. Where a crouch start is used by the first runner of a relay race the baton may touch the ground in front of the start line, providing the preceding rules are met.
- vii. If for any reason the Starter has to speak to any competitor after the competitors are 'on their marks', the Starter shall order the competitors to stand up and the Starter's Assistant shall place them on the assembly line again.



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- viii. If either the Starter or their Assistant(s) are of the opinion that the start was not a fair one, they shall recall the competitors firing a gun. If the unfair start is not due to any competitor, no warning shall be given.
- ix. If the Starter is of the opinion that a competitor left their marks with hand or foot after the words 'Set' (in events run entirely in their lane) or 'On your marks' (in events not run entirely in their lane) and before the gun is fired, it shall be considered a false start. Note: Where a standing start is used, an athlete immediately after the "set" command moves either or their feet to take up their final starting position shall be deemed to have complied with the rules of starting.
- x. A competitor, who after the command 'On your marks' disturbs other competitors in the race through sound or other-wise may be considered to have committed a false start.
- xi. If a competitor fails to comply with the 'set' command after a reasonable time this may constitute a false start.
- xii. Any competitor who commits a false start shall be warned. If a competitor is responsible for 2 false starts, they shall be disqualified from the event.
- xiii. In races run entirely in lanes the following starting methods may be used:
1. In a crouch start, the athlete's feet must touch the starting blocks (if in use) and both hands must touch the ground. At the call of 'On your marks' the athlete must have one knee placed on the ground. At the call of 'Set' the athlete must raise the knee off the ground.
 2. In a standing start, no part of the hand or knee shall touch the ground.
- xiv. In races not run entirely in lanes only a standing start may be used.
- xv. In any event where there are more competitors than can be placed in the front row, there shall be a second or more rows as needed. Competitors shall be placed according to the draw.

4.2 CHIEF MARSHAL

The Starter's Assistants shall:

- i. Check that the competitors are competing in the correct heat or race.
- ii. Place each competitor in their correct lane, as listed in the program, in line approximately 3m behind the starting line.
- iii. Signal the Starter that all is ready.

4.3 FALSE STARTS



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- i. When the Starter has not fired, after having said, “Set” and a competitor breaks, the Starter must warn the competitor(s).
- ii. Any competitor making a false start must be warned. If a competitor is responsible for 2 false starts, that competitor shall be disqualified.

5. THE RACE

- i. Any competitor who jostles or obstructs another athlete, so as to impede their progress, shall be liable to disqualification from that event.
- ii. In all races run in lanes, each competitor shall attempt to remain within their allocated lane from start to finish. This shall also apply to any portion of a race run in lanes.
- iii. A competitor shall not be disqualified if they are pushed or forced by another person to run outside their lane or on or inside the kerb, or
- iv. The 800m shall be run in lanes as far as the near edge of the break-line marked after the first bend where competitors may leave their respective lanes. Up to two competitors may start the race in each lane.

6. CHIEF JUDGE

It shall be the responsibility of the Chief Judge to:

- i. Decide any technical points which arise during the meeting, and for which provision has not been made in the rules.
- ii. Order re-runs of track events (involving only those athletes whose positions are in dispute).
- iii. Check the final result.
- iv. Deal with any disputes/protests.
- v. Verify records.
- vi. They should be in a position to watch the whole race in case of obstruction, infringement or interference on the part of any competitor.
- vii. Responsible for detecting breaches of track rules, eg.
 - a. Deliberate impedance or interference.
 - b. Competitors who deliberately leave their lane, the track or the course.
 - c. Athletes who merge prior to the break-out line.



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d. Competitors who cut corners.

viii. In relay races they will ensure judges indicate baton changes were correct with a white flag / indicator or incorrect with a yellow flag / indicator.

Field Events

7.1 MARKERS

i. A competitor may place alongside the runway 1 or 2 markers (supplied or approved by the Organising Committee) to assist them in their run-up and take-off.

7.2 PRACTICE TRIALS

i. In field events, at the discretion of the Chief Judge or Carnival Manager, all competitors are allowed up to 2 practice trials before the competition begins.

7.3 COMPETITION ORDER

i. The order in which competitors shall take their trials shall be drawn randomly.

ii. Except for the High Jump, each competitor shall be allowed 3 trials and the 8 competitors with the best valid performances shall be allowed 3 additional trials.

iii. In the event of a tie (after countback) for 8th place, any competitors so tying shall be allowed the 3 additional trials.

v. The final 8 competitors shall complete the last 3 additional trials in the inverse order to the ranking of their performance recorded in the first 3 trials.

7.4 FOULS

In all field events if an athlete incurs a foul, they will be told the reason for the foul at the completion of the trial. In all field events, the chief judge shall indicate a fair trial with a white flag and a foul with a red flag.



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- a. Competitors tying shall have 1 more jump at the last height at which any of those involved in the tie failed and if no decision is reached, the bar shall be raised if the tying athletes were successful, or lowered if not.
- b. The bar shall be raised or lowered in 2cm increments.
- c. They shall then attempt 1 jump at each height until the tie is resolved. Competitors so tying must jump on each occasion when resolving the tie.
- iii. Where elimination is used the original result will not be altered.

DISCUS

8.1 SAFETY CONSIDERATIONS IN DISCUS

- i. After each throw, the implement should be carried back and not thrown back to the throwing area.

8.2 VALIDITY OF THROWS



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In throwing events from a circle:

- i. A competitor must commence the throw from a stationary position inside the circle.
- ii. The competitor is allowed to touch the inside of the iron band or stop board.
- iii. It shall be a foul throw if the competitor after entering the circle and commencing to make a throw touches with any part of the body the top of the circle or the ground outside or improperly releases the implement in making the attempt.
- iv. In Shot, it shall be a foul throw if any part of the body touches the top of the stop board during the putting of the shot.
- v. Competitors must not leave the circle until the implement has landed.



Leaving the discus circle

8.3 MEASURING

- i. All measurements shall be made immediately after each valid trial.
- ii. The measurement of each throw will be made from the nearest mark made by the fall of the implement to the inside of the circumference of the circle, along a line from the mark to the centre of



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the circle.



8.4 WEIGHTS

Junior discus = 500g

11 years discus = 750g

12/13 years discus = 750g

8.5 ENTRANTS PER SCHOOL

Juniors (8/9/10s) - Maximum 1 Competitor

11s - Maximum 1 Competitor

12s/13s - Maximum 1 Competitor

8.6 SSW QUALIFYING STANDARDS (FOR REFERENCE)



		BOYS	GIRLS
Discus	All Age Groups	20.00m	15.00m



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SHOT PUT

9.1 SHOT PUT SPECIFIC RULES



Putting The Shot

- i. The shot shall be put from the shoulder with one hand only.
- ii. At the time the competitor takes a stance (i.e. stationary position) in the circle to commence a put, the shot shall touch or be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting.
- iii. The shot shall not be taken behind the line of the shoulders.

9.2 Officials

- a. Indicate a fair put with a white flag and a foul put with a red flag.
 - b. Advise the athlete of the reason for any foul.
- The most likely infringement will be at the front of the circle where the force of the leg drive may cause the competitor to touch the top of the circle or stop board, or even go over it.

9.3 WEIGHTS

Junior shot put = 2kg

11 years shot put = 2kg

12/13 years shot put = 3kg

9.4 ENTRANTS PER SCHOOL

Juniors (8/9/10s) - Maximum 2 Competitors

11s - Maximum 2 Competitors

12s/13s - Maximum 2 Competitors



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9.5 SSW QUALIFYING STANDARDS (FOR REFERENCE)



		BOYS	GIRLS
Shot Put	12/13 Years	7.50m	7.00m
	11 Years	10.00m	8.00 m
	Junior	6.50m	6.00m



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10. LONG JUMP

It shall be counted as a foul if:

- a. Any part of the mark made by the competitor's take-off foot protrudes over the front line of the 0.5m x 1.22m board. If a competitor takes off before reaching the take-off area it shall not, for that reason, be counted as a foul.
- b. In the course of landing, the competitor touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump.
- c. When leaving the landing area, an athlete's first contact with the border or ground outside is nearer the take-off line than the nearest break in the sand made on landing.
- d. After landing, the competitor walks back through the landing area without first correctly exiting the pit.
- e. Both feet make a mark in the 0.5m x 1.22m board.
- f. A competitor takes off from outside either end of the take off area, whether beyond or before the extension take-off line.
- g. Any sort of somersaulting is used.
- h. Does not take off from 1 foot.
- i. A competitor takes off from outside either end of the take off area, whether beyond or before the extension take-off line.

10.1 MEASURING

- i. Jumps can be measured 2 ways:
 - a. When any part of the competitor's foot lands on the take-off area, the jump will be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the imprint made in the take-off area by the take-off foot.
 - b. When no part of the competitor's foot lands in the take-off area, then the jump will be measured from the nearest break in the landing area made by any part of the body or limbs to back of the mat (not take off line) or its extension. The measurement must be taken perpendicular to the back of the mat or its extension



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10.2 ENTRANTS PER SCHOOL

Juniors (8/9/10s) - Maximum 2 Competitors

11s - Maximum 2 Competitors

12s/13s - Maximum 2 Competitors

10.3 SSW QUALIFYING STANDARDS (FOR REFERENCE)



		BOYS	GIRLS
Long Jump	12/13 years	4.00m	3.80m
	11 years	3.80m	3.60m
	Junior	3.60m	3.40m



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HIGH JUMP

11.1 New High Jump rule

The scissor technique will be the only high jump technique that is allowed to be used at any level of competition for athletes in the U10 age group and below. (i.e. only the U11 age group and above will be able to use any valid technique).

It shall be a valid scissor jump if all other relevant high jump rules are adhered to, and:

- i. 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);
- ii. The head of the competitor is not below the buttocks when the buttocks clear the bar, and
- iii. The competitor's lead foot touches the mat before any other part of the body.

11.2 SAFETY

- i. The Chief Judge should first make sure that the landing area is satisfactory, and that the uprights and cross-bar (including a spare) are in good condition.
- ii. Restraining straps must be used for all competition (with the exception of age groups using the scissor mats). The use of restraining straps on High Jump equipment avoids the problem of having the bar fall onto the landing bags under the falling body.



Athletes are to be advised to jump so that they land in the centre of the bags (landing area). If officials are concerned with the manner in which an athlete is jumping (ie. in an unsafe manner), they should ask the athlete to cease jumping and seek coaching in the event. Officials are to warn athletes of the dangers of high jump, if it is not done correctly.



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iii. The Chief Judge shall have the power to caution any athlete using an unsafe technique and if necessary not allow the competitor to continue further in the event.

iv. Landing Areas

By 2019, high jump competition at any level can only be conducted utilising high jump mats that meet the following minimum specifications:

- Scissor mats – 5m x 3m and a minimum height of 150mm (maximum height of 300mm)
- Flop mats – 5m x 3m and a minimum height of 400mm (however it is recommended and preferred that mats have a height of at least 500mm).

11.3 Validity of Jumps

- A competitor may commence jumping at any height above the minimum height and may jump at their own discretion at any subsequent height. 3 successive failures, not necessarily at the same height, disqualifies the athlete from competing further.
- The effect of this rule is that a competitor may forego their 2nd or 3rd jumps at a particular height (after failing 1st or 2nd time) and still jump at a subsequent height.
- A competitor must take off from one foot.
- Knocking the bar off the supports, or touching the ground or landing area beyond the plane of the uprights with any part of the body without clearing the bar shall count as a failure.
- However, if when jumping, a competitor touches the landing area with a foot and in the opinion of the judge, no advantage is gained, the jump for that reason should not be considered as a failure.
- If the bar falls off without having been knocked by the competitor (eg. due to strong wind) the competitor is not penalised.

11.4 Measuring

- Before the commencement of the competition the Judge shall announce to the competitors the starting height and the subsequent heights to which the bar has been raised at the commencement of each round.
- The height of the cross-bar should be checked at both ends to confirm it is horizontal and in the centre to confirm the correct height.
- In the case of a sagging cross-bar measurement is made from the ground perpendicular to the upper edge of the cross-bar at the point where it is lowest.



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- v. Even after all other competitors have failed a competitor is entitled to continue until they forfeit their right to compete further.
- vi. The heights to which the cross-bar is raised shall be decided after consulting with the competitor.



The following example illustrates the rule on countbacks.

	1.78m	1.82m	1.85m	1.88m	1.90m	1.92m	1.94m	Total Failures	Position
A	a	x0	0	x0	-	xx0	xxx	4	2=
B	0	0	0	x-	x0	xx0	xxx	4	2=
C	0	0	x-	0	xx0	xx0	xxx	5	4
D	0	-	-	xx0	xx0	x0	xxx	5	1

0 = Cleared X = Failed - = Did not jump a = Absent

vii. In marking the sheet a jump is recorded thus:

A clear jump shall be indicated as an 'O'.

A failure shall be indicated as an 'X'.

A jump not taken (pass) shall be indicated as a '-'.

All attempts must be recorded.

viii. There is a mistaken belief that provided the jumper scrambles off the landing area before the bar falls, it does not count as a failure. This is quite wrong, and there is no rule to this effect.

ix. Officials must watch very carefully, particularly when there is a wind blowing, and must make up their mind whether the cross-bar fell as a result of the jumper knocking it, or whether the wind was the true cause of it falling.

11.5 Increments

The bar will be raised by 5cm increments for the first three rounds of competition. After completion of the first three rounds of competition, the bar will be raised by 5cm increments until there are 6 or fewer competitors remaining and increments of 2cm thereafter until only 1 competitor remains.

11.5 ENTRANTS PER SCHOOL



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Juniors (8/9/10s) - Maximum 1 Competitor

11s - Maximum 1 Competitor

12s/13s - Maximum 1 Competitor

11.6 SSW QUALIFYING STANDARDS (FOR REFERENCE)



		BOYS	GIRLS
High Jump	12/13 years	1.30m	1.25m
	11 years	1.25m	1.20m
	Junior	1.12m	1.12m

GENERAL RULES

12.1 Competition Area

Competitors and officials only are permitted on the Competition area. Competitors **MUST** leave the area immediately after the completion of their event.

12.2 Calls

- i. Each event will receive 2 calls, except for any timed carnival.
- ii. Calls will not be made for individual competitors in any event.

12.3 Team Entries/ Changes

School team managers must confirm athlete entries and notify carnival convenors of any errors prior to the carnival. Any changes to school teams must be submitted to the carnival convenor no later than 5 pm the day before the carnival. No changes to individual entries will be accepted on the day of the carnival except in the event of substitutions for a relay team.

12.4 Wildcard Entries

All wild card entries must be submitted in writing to the President of Liverpool Zone PSSA to be considered. Any athlete who has been granted a wild card entry for individual events is not allowed to compete in the relay team for the school.

12.5 Protests

- i. Protests can only be lodged by the individual school's nominated Team Manager.
- ii. Protests must be lodged with the Chief Judge no more than half an hour after the results have been posted.

