



Liverpool Primary School Sports Association

LZPSSA ATHLETICS CARNIVAL BYLAWS

TRACK EVENTS

1. GENERAL RULES

1.1 TIES/PROGRESSION TO NEXT LEVEL

- i. In the event of a tie in any heat which affects the qualification of competitors to compete in the final, where practicable, the tying competitors shall both qualify, failing which the tie will be broken by a draw to decide who progresses to the final.
- ii. Where a required number of competitors need to be arrived at, the Chief Judge will arrange for the competitors so tying to run off. Run offs will not affect the original placing of the athlete.
- iii. Ties in other placings shall remain.

1.2 DISQUALIFICATION

- i. Any competitor jostling, running across or obstructing another competitor so as to impede their progress shall be liable to disqualification.
- ii. The Chief Judge shall have power to order the race to be re-run excluding the disqualified competitor or, in the case of a heat, to permit any competitors affected by jostling or obstruction (other than a disqualified competitor) to compete in a subsequent round of the race.
- iii. Regardless of whether there has been a disqualification, the Chief Judge, in exceptional circumstances, shall also have authority to order the race to be re-run if it is considered just and reasonable to do so.
- iv. The Chief Judge shall have authority to warn, or exclude from the competition, any competitor guilty of improper conduct.

1.3 COMPETITION

- i. In all races run in lanes each competitor **shall attempt to stay in their allotted lane** from start to finish.
- ii. A competitor after voluntarily leaving the track or course shall not be allowed to continue in the race.



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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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- 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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7.5 MEASURING

- i. The Judges shall judge, measure and record each valid trial of the competitors.
- ii. All measurements shall be made immediately after each valid trial.
- iii. In measuring all field events, except the High Jump, the zero end of the tape should be placed at the nearest edge of the mark where the implement first lands or where the athlete makes a mark in the pit closest to the take-off.
- v. Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre.

7.6 TIES

- i. In all field events, except for High Jump:
 - a. The 2nd best performance of the competitors tying shall decide the tie. If a tie remains, the 3rd best and so on.
 - b. If athletes in field events are tied for any place after ALL count backs have been applied, then equal placing will be declared.
- ii. High Jump Ties
 - a. The competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
 - b. If the tie remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
 - c. If the tie remains the competitors shall be awarded the same place in the competition There is no jump-off for placings.
 - d. If the result determines progression to the next level of competition, then a jump off should take place. This jump off will not affect placings.

7.7 PROGRESSION TO NEXT LEVEL OF COMPETITION

- i. Where a certain number of athletes need to be arrived at for progression to the next level (Zone to Region) of competition, the principal of elimination shall be used.
- ii. The tying athletes will be required to throw or jump off to determine which athlete/s progress to the next level.

In high jump the following will apply:



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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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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.



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- iii. The Starters decision is final, not even the Chief Judge can overturn it. A protest lodged against the start of a race will be deemed frivolous.
- iv. Photographic and/or video evidence from outside the arena will never be used by the Chief Judge to make a decision on a protest (for track or field).
- v. When a protest is lodged, the name of the protesting school and the reason for the protest is to be declared.
- vi. Two types of reasons only shall be announced - either on a technicality or on the judges' decision.

13. MEDICAL

- i. A Medical Officer, with appropriate first aid or medical qualifications, should be appointed at each athletic competition.
- ii. On advice from the Medical Officer to the appropriate judge, an athlete may be removed from an event if they appear to be suffering from heat stress, an asthma attack or any other medical condition which poses a serious risk of injury.
- iii. Asthma inhalers may be carried by an athlete during the event but must not be held in the hand.

14. UNACCEPTABLE BEHAVIOUR

- i. The Chief Judge will speak to an athlete who displays unacceptable or unsporting behaviour. Any repetition of that behaviour will lead to the disqualification of that athlete.
- ii. The Chief Judge will notify the athlete's team manager.

(BASED ON LITTLE ATHLETICS NSW RULES/ IAAF RULES AS OF SEPTEMBER 2016)