

HORSLEY ZONE ATHLETICS CARNIVAL RULES

Updated August 2020

- a. **Athletics Carnivals** will be held at least one week prior to the regional carnival.
- b. **Champion School**
The winning school at the Athletics Carnival will be decided upon by the highest aggregate point score.
- c. **Events**
The events shall be for Boys and Girls in the following Divisions
- d. **Eligibility** Children must compete in their own age group
Juniors are those who turn **8, 9, or 10** in that year. **NOTE:** this includes the Junior Relay team
11 Years are those who turn **11** in that year
Seniors are those who turn **12 or 13** in that year. **NOTE:** Senior Relay team is made up of 11, 12 and 13 year old students.
- e. **Track Events**
1. Junior Boys 200m Heat/Final
 2. Junior Girls 200m Heat/Final
 3. 11 Yrs Boys 200m Heat/Final
 4. 11 Yrs Girls 200m Heat/Final
 5. Senior Boys 200m Heat/Final
 6. Senior Girls 200m Heat/Final
 7. 8 Yrs Boys 100m Heats
 8. 8 Yrs Girls 100m Heats
 9. 9 Yrs Boys 100m Heats
 10. 9 Yrs Girls 100m Heats
 11. 10 Yrs Boys 100m Heats
 12. 10 Yrs Girls 100m Heats
 13. 11 Yrs Boys 100m Heats
 14. 11 Yrs Girls 100m Heats
 15. 12 Yrs Boys 100m Heats
 16. 12 Yrs Girls 100m Heats
 17. 13 Yrs Boys 100m Heat/Final
 18. 13 Yrs Girls 100m Heat/Final
 19. Junior Boys 800m Final
 20. Junior Girls 800m Final
 21. 11 Yrs Boys 800m Final
 22. 11 Yrs Girls 800m Final
 23. Senior Boys 800m Final
 24. Senior Girls 800m Final
 25. Junior Boys 4 x 100m Relay H/F
 26. Junior Girls 4 x 100m Relay H/F
 27. Senior Boys 4 x 100m Relay H/F
 28. Senior Girls 4 x 100m Relay H/F
 29. 8 Yrs Boys 100m Final
 30. 8 Yrs Girls 100m Final
 31. 9 Yrs Boys 100m Final
 32. 9 Yrs Girls 100m Final
 33. 10 Yrs Boys 100m Final
 34. 10 Yrs Girls 100m Final
 35. 11 Yrs Boys 100m Final
 36. 11 Yrs Girls 100m Final
 37. 12 Yrs Boys 100m Final
 38. 12 Yrs Girls 100m Final
- Field Events**
39. Junior Boys High Jump
 40. Junior Girls High Jump
 41. 11 Years Boys High Jump
 42. 11 Years Girls High Jump
 43. Senior Boys High Jump
 44. Senior Girls High Jump
 45. Junior Boys Long Jump
 46. Junior Girls Long Jump
 47. 11 Years Boys Long Jump
 48. 11 Years Girls Long Jump
 49. Senior Boys Long Jump
 50. Senior Girls Long Jump
 51. Junior Boys (2kg) Shot Put
 52. Junior Girls (2kg) Shot Put
 53. 11 Years Boys (2kg) Shot Put
 54. 11 Years Girls (2kg) Shot Put
 55. Senior Boys (3kg) Shot Put
 56. Senior Girls (3kg) Shot Put
 57. Junior Boys (500g) Discus
 58. Junior Girls (500g) Discus
 59. 11 Years Boys (750g) Discus
 60. 11 Years Girls (750g) Discus
 61. Senior Boys (750g) Discus
 62. Senior Girls (750g) Discus

- f. **Entry** *
- Each school is entitled to enter a maximum of
- * 3 Competitors in Age races.
 - * 2 Competitors in 200m, 800m, 1500m and Field Events
 - * **NB:** Field Event competitors **MUST** have reached the qualifying standards set by the Zone before schools consider entering them in the event.
 - *1 team in each relay.
- g. **Point Score**
- 3, 2, 1 respectively for placegetters in each Heat.
 - 6, 4, 2 respectively for placegetters in each Final or Heat/Final.
 - 6, 4, 2 respectively for placegetters in relay Finals.
- h. **Protests**
- These must be handed in writing to the Carnival Convener by the Team Manager within 15 minutes of the disputed event. Protests will be dealt with by the Carnival Convener and the HZPSSA Executive.
- After a protest is lodged at a Carnival the Carnival Convener shall contact a member of the Executive. The Executive member is then responsible to liase with the Carnival Convener to make a decision and then communicate that decision to the complaintant.
- i. **Coaching**
- Parents, coaches and unauthorised persons are not allowed on to the ground. Once competitors are in the hands of the officials controlling the event, they shall not receive any coaching or advice, whether in person or via a digital device. Penalty-disqualification of the competitor at the discretion of the Carnival Convener. *
- j. **Marshalling**
- Competitors must report to the marshals immediately after the first call. After two calls the competitor may be eliminated.
- k. **Priorities**
- If a competitor is entered in several events which run concurrently he/she shall give priority to a Track event, then High Jump, then Long Jump, then Shot Put & Discus events.
- l. **Spikes**
- Spikes are **NOT** to be worn in the 800m, 1500m or in any area outside of the track.
- This includes NOT wearing spikes in any Grandstand or on concrete areas.**
- m. **Starting** *
- 100m, 200m and relays:** Competitors may use a standing start or crouch start in the 100m, 200m, and relay events. Competitors may use the starting blocks provided. The toes of both feet must be in contact with the ground. Competitors must stand behind the mark until called by the starter. Hands must be behind the mark.
- The orders given by the starter shall be – **“on your mark, set,” then the gun.**
- 800m and 1500m:** Competitors must use a standing start in 800m and 1500m events. Competitors must stand behind the mark until called to move by the starter.
- The orders given by the starter shall be – **“on your mark”, then the gun.**
- False start will be the gun again or a whistle. If a competitor receives two false starts he/she will be disqualified.

n. **Lanes** *

A competitor is to remain in his/her lane during the race and at the completion of the race. If a competitor runs out of his/her lane he/she will be disqualified at the discretion of the Carnival Convener.

o. **Finals** *

The **eight (8) fastest heat times** will qualify for the 100m final. In the event that Finals cannot be run, the fastest times from the heats will see placings 1st, 2nd and 3rd awarded.

NOTE: The 200m event will be conducted as timed finals. Performances from all timed finals will be combined to determine the overall places for each age group.

p. **Relays** *

Relays will be run on a circular track (4x100m). A team shall consist of four (4) runners from the same school and a baton shall be carried in the hand. Batons will be supplied.

The baton shall be passed within the takeover zone. The takeover zone shall be 30 metres long. Receiving athlete must start within the zone and have full control of the baton when leaving the zone. All runners must remain in their allotted lane until all teams are clear of the takeover zone.

If the baton is dropped, it shall be recovered by the athlete who dropped it. If it drops out of the team's lane, the athlete may leave the lane to retrieve it provided they don't lessen the distance covered and no other athlete is impeded.

Failure to keep to the allotted lane or change the baton in the takeover zone will be reported to the Convener for a decision.

NOTE: In order for schools to fill Senior Relay teams, where injury or illness has affected a Senior Relay team, a Junior competitor may fill a spot in order for the team to be able to compete. **However**, a Junior competitor who competes in a Junior Relay team cannot then compete in a Senior Relay team on the same day.

q. **Shot Put**

Boys	Qualifying	Girls	Qualifying
Junior Boys	5.00m (2kg)	Junior Girls	4.50m (2kg)
11 Years Boys	8.00m (2kg)	11 Years Girls	6.00m (2kg)
Senior Boys	7.00m (3kg)	Senior Girls	6.50m (3kg)

The shot is to be put from a 2m diameter circle. The put must be executed in a single pushing action from the shoulder. Competitors must leave the circle from the rear, failure to do so will result in a foul being called on that Put.

Each competitor will have 3 throws.

The best 6 throwers will have another throw.

Throws under the qualifying distance **will not** be measured.

r. **High Jump**

Boys	Qualifying	Girls	Qualifying
Junior Boys	1.00m	Junior Girls	1.00m
11 Years Boys	1.10m	11 Years Girls	1.05m
Senior Boys	1.15m	Senior Girls	1.10m

The starting height of the bar at Zone will be the qualifying height for each age group.

Rises of the bar from these heights shall be initially 5cm, then as deemed necessary.

Competitors will be allowed to continue jumping until eliminated by 3 consecutive failures at the same height. The bar will not be raised until all competitors return from their track event.

s. **Long Jump**

Boys	Qualifying	Girls	Qualifying
Junior Boys	3.40m	Junior Girls	3.20m
11 Years Boys	3.60m	11 Years Girls	3.40m
Senior Boys	3.80m	Senior Girls	3.60m

Each competitor will be allowed 3 jumps.

The best 6 jumpers will be allowed an additional jump.

Jumps under the qualifying distance **will not** be measured.

t. **Discus**

Boys	Qualifying	Girls	Qualifying
Junior Boys	18m (500g)	Junior Girls	13m (500g)
11 Years Boys	17m (750g)	11 Years Girls	13m (750g)
Senior Boys	18m (750g)	Senior Girls	14m (750g)

Competitors must leave the circle from the rear, failure to do so will result in a foul being called on that throw.

Each competitor will have 3 throws.

The best 6 throwers will have another throw.

Throws under the qualifying distance **will not** be measured.