



QUEENSLAND GIRLS
Secondary Schools
Sports Association

WORKBOOK

Athletics

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Established 1908 - Performance, Participation, Tradition & Innovation

ATHLETICS

1 ELIGIBILITY

1.1 Each school may be represented by one entry in any one event.

Exception: Open Multiclass events whereby one nominated student can compete for competition points, with additional students nominated as exhibition athletes and ineligible for competition points.

1.2 In individual events where divisions occur, the school must rank its competitors in descending order.

1.3 Ranking of relay teams, where divisions occur, must be done on the same principle.

1.4 Re-ranking down between divisions can be made up to 5pm, two school days before the competition.

1.5 Where divisions occur in an event, a competitor will not be permitted to enter more than one division.

1.6 Open Multiclass events

Students with a sport classifiable disability (i.e. meets the minimum eligibility criteria for classification) are eligible to participate and be awarded competition points. Students without a sports eligible classification are welcome to participate.

To compete in multiclass events and be eligible for competition points, students are required to undergo a classification assessment and hold a sport class in athletics.

1.7

1.7.1 Ages shall be:
12 years and under
13 years
14 years
15 years
16 years
17 years and over
Open Multiclass

1.7.2 A competitor may compete only in her own age group.

1.8 A competitor may compete in

- 3 individual events – age or open; and 1 age relay
- Open Multiclass competitors may compete in:
 - 4 individual open multiclass events; or
 - 3 individual open multiclass events and 1 age relay

2 EVENTS

Open Event: 3000 metres

Events per age:

12 years and under:

TRACK:	100 metres	Divisions A, B, C, D
	200 metres	
	800 metres	Divisions A & B
	1500 metres	
	4 x 100 metres Relay	Divisions A & B

FIELD:	Long Jump	Divisions A & B
	High Jump	
	Discus	Divisions A & B
	Shot Put	Divisions A & B

13 years and above:

TRACK:	100 metres	Divisions A, B, C, D, Open Multiclass
	200 metres	Divisions A, Open Multiclass
	400 metres	
	800 metres	Divisions A, B, Open Multiclass
	1500 metres	
	4 x 100 metres Relay	Divisions A & B

Hurdles:	80 metres	13 years and under	9 x 76.2cm
	90 metres	14 years	9 x 76.2cm
	90 metres	15 years	9 x 76.2cm
	100 metres	16 and 17 years	10 x 76.2cm

FIELD:	Long Jump	Divisions A, B and Open Multiclass
	Triple Jump	13rs & U; 14 & 15yrs; 16yrs & O
	High Jump	
	Discus	Divisions A & B
	Shot Put	Divisions A & B
	Javelin	Divisions A & B

3 PLACES AND POINTS

3.1 A place will be awarded to every competitor who completes an event.

3.2 Points shall be:

- Individuals: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
- Relays: 12, 10, 8, 7, 6, 5, 4, 3, 2, 1
- Open Multiclass: Points will be awarded based on the number of schools represented in the event. If there were three (3) athletes/schools there would be a maximum of three (3) points for 1st place, two (2) points for 2nd place, and one (1) point for 3rd place.

3.3 In the event of a tie, the points for that place and the next will be added and the total divided equally.

4 WARM-UP

- 4.1 Where possible all warm-up and practices must be completed away from the competition area, with the exception of field events.
- 4.2 Warm-up for field events will be held prior to the commencement of each event for a maximum of 15 minutes.

5 LANE ORDER

For both Track and Field events, a random draw will be done for each event.

6 SEATING

Schools will be allocated seating and where possible will rotate two places clockwise each year. Position 1 is the left end as you face the stand from the oval, position 10 being the right end.

7 SCHOOL NUMBERS

- 7.1 School numbers, a minimum of 12cm, shall be worn on the front and back of shirts by all competitors.
- 7.2 For the 800m, 1500m and 3000m track events, athletes will have school numbers in the form of a patch placed on the right side of their shorts.
- 7.3 For all other track events there will be no numbered patches on the shorts.

8 TROPHIES

- 8.1 Aggregate Cup - Aggregate Points
- 8.2 Del Mellefont Percentage Trophy - Calculated on a percentage points basis on total female secondary enrolment and excluding the winner of the Aggregate Cup.
- 8.3 A pennant will be awarded to the winner of the Aggregate Cup.
- 8.4 A pennant will be awarded to each winning age group.

9 OFFICIALS

- 9.1 State/National Athletics Association officials will be used where possible.
- 9.2 Each school will supply officials as requested by the Executive Officer.
- 9.3 Competitors and officials are the only people permitted on the oval, except in an emergency.
- 9.4 Officials should be identified by an official QGSSSA bib.
- 9.5 A copy of modified Associations rulings is to be given to the Athletics Association when requesting help for officials.
- 9.6 Officials shall be called together, 30 minutes prior to the start, to state our Association rules, re QGSSSA rule modifications.

10 TEAM ENTRIES

Refer to By-Laws 5.21 and 5.22

- 10.1 Prior to an event, a request may be presented to the Executive Officer for an athlete's withdrawal from previously nominated event/s. This request detailing limited participation in the QGSSSA Athletics event must be signed by the school's Principal, or delegate, and accompanied by a medical certificate.

11 BARRACKING

- 11.1 Cheer squads must not obstruct any school's view of the competition.
- 11.2 No mechanical devices, musical instruments or amplified music are permitted in the stands.
- 11.3 Non-electric megaphones are permitted.
- 11.4 No stamping of feet will be permitted in the stands.

12 BANNERS AND FLAGS

Banners and flags may be placed in appropriate areas prior to the commencement of the competition.

13 PROTESTS / DISPUTES

Refer to By-Law 8

- 13.1 Video evidence to support a protest will not be considered by the Referee.

14 MARSHALLING

Once marshalled, athletes may not leave the competition area without permission from the Official in charge of that event. The athlete will receive one warning and a subsequent warning will result in disqualification.

15 RULES

The IAAF Handbook is to be used unless modified to suit the needs of the Association.

- 15.1 Where a competitor is involved in a field event and a track event at the same time, the track event takes precedence. After notifying the relevant official in charge of the field event, she may:

- 15.1.1 Complete all her attempts before the scheduled track event, at the time or after the event.
The competitor is entitled up to three minutes recovery between attempts.

OR

- 15.1.2 Compete in the track event in between her attempts at the field event.

- 15.2 If a High Jumper is involved in a track event at the same time as her High Jump, she has the option of:

- 15.2.1 Competing in the track event and then immediately returning to the High Jump competition at the current height;

OR

- 15.2.2 Waiting until all other competitors in the High Jump have finished and then starting at the height at which the bar was when she left the competition for the track event.

- 15.3 Coaches: one per school per event - are permitted on to the competition area during competition, however, they must remain in the designated areas.

Contravention of this rule will result in one warning to the athlete.
Further contravention will result in disqualification.

- 15.4 Competitors in 13, 14, 15, 16 and 17 years & over must use a crouch start for all track events up and including the 400 metre events. Competitors in 12 years & under can choose to use a crouch or standing start.
- 15.5 All track competitors and the last leg relay runner must wait at the finish line until an "all clear" call is made by the Track Referee.
- 15.6 In all field events, the competitor is allowed three attempts.
- 15.7 In all field events, the competitor is allowed 1 minute for each attempt commencing when the official responsible indicates to the competitor their throw / jump may begin.
In High Jump only, when two or three competitors remain in the competition, the time will be increased to 2 minutes.
- 15.8 Access to the oval for field event competitors will be across the track at a point nearest to their area of competition, ensuring that no interference to the track events in progress occurs.
- 15.9 **Late Changes:**
- 15.9.1 Late changes on the day must be signed by the Principal or his / her designated adult school representative and submitted via the yellow Changes Form no later than 20 minutes prior to event.
- 15.9.2 Prior to an event, a request may be presented to the Executive Officer for an athlete's withdrawal from previously nominated event/s. This request detailing limited participation in the QGSSSA Track & Field event must be signed by the QGSSSA Medic, together with the written permission from the school's Principal or Principal's delegate via the blue Limited Participation Form, and, where possible, submitted no later than 20 minutes prior to the event.

16 EQUIPMENT

- 16.1 In field events, competitors may use the equipment provided by the Association. Competitors may provide their own equipment which must be submitted for official approval 30 minutes prior to the first event. This equipment will be made available to all competitors.

- 16.2 The starting height and progression for the High Jump are:

13 & 14 years	Start 1.20m, increase by 5cm to 1.35m
15, 16, 17 years and over	Start 1.25m, increase by 5cm to 1.40m

Then by 3cm increments for each age group.

16.3 The weights of the throwing implements are as follows:

Javelin	13 years	400 grams
	All other age groups	500 grams
Shot	12, 13 and 14 years	3 kg
	15, 16, 17 years and over	3 kg
Discus	12 years and under	750g
	All other age groups	1 kg

16.4 Hurdles

13 years	9 x 80m
14 and 15 years	9 x 90m
16 and 17 years	10 x 100m

Age	Height	Approach	Distance Between Hurdles	Distance to Finish
13	76.2cm	12m	7.0m	12.0m
14	76.2cm	13m	8.0m	13.0m
15	76.2cm	13m	8.0m	13.0m
16	76.2cm	13m	8.5m	10.5m
17 & Over	76.2cm	13m	8.5m	10.5m

16.5 All Association equipment is to be placed in the hands of the organising school at the completion of the meet.

17 MARCH PAST

At the completion of the Athletics Carnival, the teams will march in seating order to the designated area for the presentation of trophies and pennants.

18 WET WEATHER

In the event of rain:

18.1 If, due to dangerous conditions, some events cannot be held, these events will be cancelled.

18.2 At least 75% of the program must be completed for the trophies to be awarded.