



QUEENSLAND GIRLS
Secondary Schools
Sports Association

WORKBOOK

Athletics

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Queensland Girls Secondary Schools Sports Association Inc
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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.

CLARIFICATION: In the event and athlete needs to be replaced (e.g. due to injury/illness), schools must ensure that nominations are adjusted to ensure that competitors are ranked in descending order (i.e. Division A athlete withdraws, Division B athlete moves in Division A, Division C athlete moves into Division B etc).

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

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

1.5 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.

1.6

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

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

1.7 A competitor may compete in

1.7.1 3 individual events – age or open; and 1 age relay

1.7.2 Open Multiclass competitors may compete in:

- 4 individual open multiclass events; or
- 3 individual open multiclass event and 1 age relay

1.7.3 In the event a school as multiple open multiclass competitors:

- Schools may continue to enter athletes in multiple multiclass events as per current eligibility.
- Each school must nominate up to four Open multiclass events to count towards their school's aggregate and pennant calculations.
- If a school has multiple Open multiclass athletes, they must also nominate which athlete's result will count for each of the four scoring events.
- All other multiclass event results will not contribute to aggregate or pennant points.

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 START RULES

- 6.1 For the able-bodied competition from Under 15 to Open inclusive, the World Athletics rule will be applied and starting blocks are mandatory.
- 6.2 For the Under 13 and Under 14 competitions, one false start per race (not each athlete) shall be allowed without disqualification of the athlete making the false start. Any athlete(s), making further false starts shall be disqualified from the race. Where an athlete eligible for such an age group competes in an older age group (e.g. Open 3000m), they will be subject to the rules applied to the older age group.
- 6.3 Where a student is disqualified due to a false start, they may still compete in the race for participation purposes; however, their result will be recorded as ineligible for competition points and placings (QGSSSA specific).
- 6.4 For all Para events, the start rule will be applied as per individual classification standards I. Starting blocks (for events up to an including 400m) are mandatory for T11, T12, T13 and T20 II. III. Starting blocks may be used by T21, T35-T38, T40-T47 and T1-T64 in all races up to an including 400m, these athletes may ask for their starting blocks to be set for them by the start panel. A crouch start stance is not required by T21, T35-T38, T40-T47, T1-T64 and T71-T72.
- 6.5 Only those starting blocks supplied by the venue can be used. Personal blocks are not permitted.

7 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.

8 SCHOOL NUMBERS

8.1 School numbers, a minimum of 12cm, shall be worn on the front and back of shirts by all competitors.

8.2 For all other track events there will be no numbered patches on the shorts.

9 TROPHIES

9.1 Aggregate Cup - Aggregate Points

9.2 Del Mellefont Percentage Trophy - Calculated on a percentage points basis on total female secondary enrolment and excluding the winner of the Aggregate Cup.

9.3 A pennant will be awarded to the winner of the Aggregate Cup.

9.4 A pennant will be awarded to each winning age group.

10 OFFICIALS

10.1 State/National Athletics Association officials will be used where possible.

10.2 Each school will supply officials as requested by the Executive Officer.

10.3 Competitors and officials are the only people permitted on the oval, except in an emergency.

10.4 Officials should be identified by an official QGSSSA bib.

10.5 A copy of modified Associations rulings is to be given to the Athletics Association when requesting help for officials.

10.6 Officials shall be called together, 30 minutes prior to the start, to state our Association rules, re QGSSSA rule modifications.

11 TEAM ENTRIES

Refer to By-Laws 5.21 and 5.22

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.

12 BARRACKING

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

13 BANNERS AND FLAGS

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

14 PROTESTS / DISPUTES

Refer to By-Law 8

- 14.1 QGSSSA livestream footage to support a protest will be considered by the Referee. No other forms of video footage will be accepted.
- 14.2 When a competitor(s) is disqualified for a false start, in individual or relay events, the competitor(s) shall be allowed to compete in the event and receive 0 competition points.

15 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.

16 RULES

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

- 16.1 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:
 - 16.1.1 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

16.1.2 Compete in the track event in between her attempts at the field event.

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

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

OR

16.2.2 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.

16.3 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.

16.4 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.

16.5 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.

16.6 In all field events, the competitor is allowed three attempts.

16.7 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.

16.8 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.

16.9 **Late Changes:**

16.9.1 Late changes on the day must be signed by the Director of Sport or Girls Sports Coordinator, and submitted via the yellow Changes Form no later than 20 minutes prior to event.

17 EQUIPMENT

17.1 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.

17.2 The starting height and progression for the High Jump are:

12 years & under	Start 1.10m, increase by 5cm to 1.30m
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.

17.3 The weights of the throwing implements are as follows:

Javelin	Open Multiclass	PA Implement Weights (p103)
	13 years	400 grams
	All other age groups	500 grams
Shot	Open Multiclass	PA Implement Weights (p103)
	12, 13 and 14 years	3 kg
	15, 16, 17 years and over	3 kg
Discus	Open Multiclass	PA Implement Weights (p103)
	12 years and under	750g
	All other age groups	1 kg

17.4 **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

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

18 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.

19 WET WEATHER

In the event of rain:

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

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



Para Athletics Implement Weights

U13, U15, U17, U20 & Open Age Groups

This document outlines the Implement Weights for Para Athletics competition under Athletics Australia Rules.

Athletics Australia adopts the World Para Athletics U17, U20 and Open Implement weight lists (WPA Rules and Regulations, February 2020-2021).

To ensure progression through the age groups and to align with WPA U17, U20 and Open Implement weight lists, the implement weights for U12, U14, U16 and U18 have been removed and the U13 and U15 implement weights have been amended accordingly as at 01/08/2020.

Competition at National Championships; For clarity, para-athletes must throw their age-appropriate weight when they compete at National Championships.

U15 Age Group – U13 and U15 Athletes Implement weights

U17 Age Group – U17 Implement weights

U20 Age Group – U20 Implement weights

Open Age Group – Open Implement weights

If an athlete qualifies for and chooses to compete in an older age group – the athlete must throw the minimum weight of that age group e.g. An U17 athlete competing in the U20 Shot Put must throw the U20 Shot Put weight. An exception is made for the U13 athletes whose age group is not offered at the Australian National Championships and therefore can throw the U13 Implement weight in the U15 age group.

All Athletics Australia events, records and underage eligibility is determined by the athlete's age as at the 31st of December in the year of competition e.g. an athlete cannot claim a U17 record if the performance is achieved in the year they turn 17.

School Sport Australia implement weights for ages 10,11 and 12 can be found

<http://www.schoolsportaustralia.edu.au/track-and-field/>

For further information contact; Athletics Australia Sport Delivery Department

competitions@athletics.org.au

F01, F11, F12, F13, F20, F60

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Hammer Men	Hammer Women
Open	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g	7.26kg	4.0kg
U20	1.75kg	1.0kg	6.0kg	4.0kg	800g	600g	6.0kg	4.0kg
U17	1.5kg	1.0kg	5.0kg	3.0kg	700g	500g	5.0kg	3.0kg
U15	1.0kg	1.0kg	4.0kg	3.0kg	700g	500g	4.0kg	3.0kg
U13	750g	750g	3.0kg	3.0kg	600g	400g	NE	NE

F21 (II2)

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Hammer Men	Hammer Women
Open	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE
U20	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE
U17	1.0kg	750g	3.0kg	2.0kg	500g	400g	NE	NE
U15	1.0kg	750g	3.0kg	2.0kg	500g	400g	NE	NE
U13	750g	500g	3.0kg	2.0kg	400g	400g	NE	NE

F31, F32, F33, F34, F35, F46, F37, F38

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Club Men	Club Women
Open	F31	NE	NE	NE	NE	NE	NE	397g	397g
	F32	1.0kg	1.0kg	2.0kg	2.0kg	NE	NE	397g	397g
	F33	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g	NE	NE
	F34	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F35	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F36	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F37	1.0kg	1.0kg	5.0kg	3.0kg	600g	600g	NE	NE
	F38	1.5kg	1.0kg	5.0kg	3.0kg	800g	600g	NE	NE
U20	F31	NE	NE	NE	NE	NE	NE	397g	397g
	F32	1.0kg	1.0kg	2.0kg	2.0kg	NE	NE	397g	397g
	F33	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g	NE	NE
	F34	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F35	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F36	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F37	1.0kg	1.0kg	5.0kg	3.0kg	600g	600g	NE	NE
	F38	1.5kg	1.0kg	5.0kg	3.0kg	800g	600g	NE	NE
U17	F31	NE	NE	NE	NE	NE	NE	397g	397g
	F32	750g	750g	1.0kg	1.0kg	NE	NE	397g	397g
	F33	750g	750g	2.0kg	2.0kg	500g	500g	NE	NE
	F34	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F35	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F36	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F37	750g	750g	4.0kg	2.0kg	500g	500g	NE	NE

	F38	1.0kg	750g	4.0kg	2.0kg	600g	500g	NE	NE
U15	F31	NE	NE	NE	NE	NE	NE	397g	397g
	F32	750g	750g	1.0kg	1.0kg	NE	NE	397g	397g
	F33	750g	750g	2.0kg	2.0kg	500g	400g	NE	NE
	F34	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F35	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F36	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F37	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F38	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
U13	F31	NE	NE	NE	NE	NE	NE	397g	397g
	F32	500g	500g	1.0kg	1.0kg	NE	NE	397g	397g
	F33	500g	500g	2.0kg	1.0kg	400g	400g	NE	NE
	F34	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F35	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F36	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F37	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F38	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE

F40, F41

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Hammer Men	Hammer Women
Open	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE
U20	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE
U17	1.0kg	750g	3.0kg	2.0kg	500g	400g	NE	NE
U15	1.0kg	750g	3.0kg	2.0kg	400g	400g	NE	NE
U13	750g	500g	2.0kg	2.0kg	400g	400g	NE	NE

F42, F43, F44, F45, F46, F61, F62, F63, F64

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Hammer Men	Hammer Women
Open	1.5kg	1.0kg	6.0kg	4.0kg	800g	600g	6.0kg	4.0kg
U20	1.5kg	1.0kg	6.0kg	4.0kg	800g	600g	6.0kg	4.0kg
U17	1.0kg	1.0kg	5.0kg	3.0kg	700g	500g	5.0kg	3.0kg
U15	1.0kg	1.0kg	4.0kg	3.0kg	600g	400g	4.0kg	3.0kg
U13	750g	750g	3.0kg	3.0kg	500g	400g	NE	NE

F51, F52, F53, F54, F55, F56, F57

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Club Men	Club Women
Open	F51	1.0kg	1.0kg	NE	NE	NE	NE	397g	397g
	F52	1.0kg	1.0kg	2.0kg	2.0kg	600g	600g	NE	NE
	F53	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g	NE	NE
	F54	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F55	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F56	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE

	F57	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
U20	F51	1.0kg	1.0kg	NE	NE	NE	NE	397g	397g
	F52	1.0kg	1.0kg	2.0kg	2.0kg	600g	600g	NE	NE
	F53	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g	NE	NE
	F54	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F55	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F56	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F57	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
U17	F51	750g	750g	NE	NE	NE	NE	397g	397g
	F52	750g	750g	2.0kg	2.0kg	500g	500g	NE	NE
	F53	750g	750g	2.0kg	2.0kg	500g	500g	NE	NE
	F54	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F55	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F56	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F57	1.0kg	750g	3.0kg	2.0kg	500g	500g	NE	NE
U15	F51	750g	750g	NE	NE	NE	NE	397g	397g
	F52	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F53	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F54	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F55	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F56	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F57	750g	750g	2.0kg	2.0kg	500g	400g	NE	NE
U13	F51	500g	500g	NE	NE	NE	NE	397g	397g
	F52	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F53	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F54	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F55	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F56	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F57	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE

F01 – Hearing Impairment

F11-F13 – Vision Impairment

F20 – Intellectual Impairment

F21 (II2) – Formal diagnosis of Trisomy 21 or Translocation Down Syndrome

F31-F34 – Hypertonia, Athetosis or Ataxia – Seated

F35-F38 - Hypertonia, Athetosis or Ataxia – Standing

F40 – Short Stature

F41 - Short Stature

F42-F46 – Affected by a limb deficiency, impaired PROM, Muscle Power, Leg length difference

F60 – Transplant

F61-F64 – Affected by a lower limb deficiency and/or leg length difference who use unilateral P Prosthesis or bilateral Prostheses

NE – No Event for this Class/Age Group