RIDGEWOOD ATHLETICS CENTRE SEASON HANDBOOK

2026/ 2027

IN ASSOCIATION WITH:

Version 1.1
Last Updated
06 October 2026

Ridgewood Athletics Centre acknowledges the Whadjuk Noongar people as the traditional custodians of the land on which we train, compete and meet.

Ridgewood Athletics Centre Contact Details

Website: www.ridgewoodathletics.com.au

Email: info@ridgewoodathletics.com.au

Follow us on Facebook: www.facebook.com/RidgewoodLAC @RidgewoodLAC

Follow us on Instagram: www.instagram.com/ridgewoodlittleathleticscentre

This Handbook is correct at the time of publication: 06 October 2026. *Version 1.1*

Please refer to the Ridgewood Athletics Centre website and/or Ridgewood Athletics Centre Socials for any updates or more information regarding specific events as outlined in this handbook.

Version	Release Date	Updated Elements	Page
V1.0	01 Oct 2026	2026/27 Initial Release	
V1.1	06 Oct 2026	Addition – Mobile Phone Usage Rules	8
		Program 3 U11 Walks Distance Correction	14
		Addition – Award Eligibility Criteria	19
		Addition – Code of Conducts	20-26

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Ridgewood Athletics Centre
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President's Welcome

On behalf of the Ridgewood Athletics Centre Board and Affiliated Clubs, I would like to welcome you to our Centre for the 2026/2027 season. This handbook has been prepared to provide you with all the important information that you need to be a part of our amazing centre and enjoy your time as part of the Ridgewood Athletics family.

We strive to promote our mission statement where we aim *To create an inclusive environment where every athlete has the opportunity to compete and achieve to their full potential.*

We also strive to promote our core values of Respect, Fun, Inclusion and Growth.

If you have any questions or queries, please contact your club representative or email

General Enquires: info@ridgewoodathletics.com.au

President: president@ridgewoodathletics.com.au

Championships/Special Events: championships@ridgewoodathletics.com.au

Development: development@ridgewoodathletics.com.au or seniorcompsdirector@gmail.com

Results: recorder@ridgewoodathletics.com.au

Member Protection Information Officer: mpio@ridgewoodathletics.com.au

Or contact us via Facebook: facebook.com/RidgewoodLAC

Kind regards

Matthew Vine
President 2026/2027
Ridgewood Athletics Centre

Affiliated Clubs & Eligibility to Compete

Ridgewood Athletics Centre is made up of five affiliated clubs who host club training sessions during the week and then come together on Saturday mornings or Friday/Saturday evenings throughout the summer season to compete as a centre.

Each club have their own uniform and training grounds located around the northern suburbs.

- Butler Boomers Little Athletics Club
- Clarkson Cougars Little Athletics Club
- Mindarie Mustangs Little Athletics Club
- Quinns Rocks Sharks Little Athletics Club
- Yanchep Dolphins Little Athletics Club

Note: Club Training Locations, Times and Age Groups indicated on page 5 are subject to change based on club updates and operational requirements. Please check with your club for the latest information.

All clubs offer membership for any athlete aged 5 years or older as at 31st December 2026 and will be required to be a financial registered member to compete at any Ridgewood Athletics Centre or Athletics West competitions.

A Come-&-Try offer is available for interested members to attend 2 training sessions and 1 competition prior to finalising registration.

Butler Boomers Little Athletics Club

Training Ground: Halesworth Park, Butler

Training Times: Tuesdays and Thursdays 4:30pm to 6:00pm

Uniform: Navy Blue & Yellow Club Shirt or Singlet with Navy Blue Shorts

Email Contact: butlerlac@gmail.com

Facebook: facebook.com/butlerlac

Clarkson Cougars Little Athletics Club

Training Ground: Ridgewood Park, Ridgewood

Training Times: Monday and Wednesday 5.00pm to 6.30pm

Uniform: Sky Blue Club Shirt or Singlet with Navy Blue Shorts

Email Contact: clarksonlittleathletics@outlook.com

Facebook: facebook.com/Clarkson-Cougars-Little-Athletics

Mindarie Mustangs Little Athletics Club

Training Ground: Abbeville Park, Mindarie

Training Times: Monday and Wednesday – 5.00pm to 6.30pm

Uniform: Green Club Shirt or Singlet with Navy Blue Shorts

Email Contact: mindarielac@gmail.com

Facebook: facebook.com/mindarielac

Quinns Rocks Sharks Little Athletics Club

Training Ground: Belhaven Park, Quinns Rocks

Training Times: Monday and Wednesday – 4.45pm to 6.00pm

Uniform: Orange and Navy Club Shirt or Singlet with Navy Blue Shorts

Email Contact: quinns.lac@gmail.com

Facebook: facebook.com/QuinnsRocksLittleAthleticsClub

Yanchep Dolphins Little Athletics Club

Training Ground: Splendid Park, Splendid Avenue, Yanchep

Training Times: Monday and Wednesday – 4.30pm to 6.00pm

Uniform: Jade Green Club Shirt or Singlet with Navy Blue Shorts

Email Contact: yancheplac@gmail.com

Facebook: facebook.com/yancheplac

Rosters and Parent Helpers

Ridgewood Athletics Centre is completely run by a dedicated group of volunteers who work hard to organise and prepare for competition days. Each week **up to 100 volunteers** are needed to successfully run a competition at Halesworth Park. Without assistance from the parents and carers of the athletes at Ridgewood Athletics Centre, competitions would not be able to be held. It is therefore a requirement of registering with Ridgewood Athletics Centre that ALL families will be committed to assisting throughout the season as per our Roster Policy.

Families allocated to our Tier 3 Rosters will be allocated to either Team Red or Team Blue. Each week throughout the season, a team will be responsible for fulfilling the rosters. If you are unable to attend an allocated week, it is your responsibility to seek a swap with another family within your Club on the alternate team to ensure the roster is filled and you fulfill your overall roster requirements. For further assistance, speak with your club committee.

Volunteer Responsibilities Webpage including Full Roster Policy

2026			
3rd Oct	Comp 1	Program 1	
10th Oct	Comp 2	Program 2	
17th Oct	Comp 3	Program 3	
24th Oct	Comp 4	Program 1	
31st Oct	Comp 5	Program 2	
7th Nov	Comp 6	Program 3	
14th Nov	Comp 7	Program 1	
21st Nov	Comp 8	Program 2	
28th Nov	Comp 9	North Metro Challenge TBC	
5th Dec	Comp 10	Program 3	
19th Dec	Comp 11	Centre Combined Events	***Medals***

2027			
8th Jan (Fri)	Comp 12	Program 1 [Twilight]	
16th Jan	Comp 13	Program 2 [Twilight]	
22nd Jan (Fri)	Comp 14	Program 3 [Twilight]	
6th Feb	Comp 15	Program 1	
13th Feb	Comp 16	Program 2	
27th Feb	Comp 17	Program 3	
6th Mar	Comp 18	Championships A	***Medals***
13th Mar	Comp 19	Championships B	***Medals***

Assisting at competitions may include Field Site Chief Officials, Field Site Assistants, Track Assistants (Start of Track or End of Track), Data Entry Assistants, Group Chaperones, Venue Set Up and Pack Down Assistants, or other roles that may be requested throughout the season.

When volunteering and assisting at competitions, you will be supported by a dedicated team of Tier 1 and Tier 2 Volunteers made up of our Senior Officials and Managers including the Competition Managers, Field Event Referees, Starters, Chief Timekeepers, and Chief Recorders, who are all experienced and have a wealth of knowledge to share.

Each club is allocated a certain number of roster positions to fill each competition. These include certain Field Site Chief Officials and Field Site Assistants as well as other roles as necessary. Without these allocated roles filled, competitions will not happen.

Training for volunteers will be provided during the first few weeks of the season at club training sessions. If you would like to complete more training at home, you can complete the World Athletics Apprentice Level Officiating Education Courses.

Visit: www.elearning.worldathletics.org or www.learning.athletics.com.au for more information or speak to a Club Committee Member.

The Officiating Roadshow to clubs will be run throughout October and will visit all 5 clubs to provide club parents a 45-60 minute practical session on the basics of running a competition field site.

Ridgewood Athletics Centre
info@ridgewoodathletics.com.au
www.ridgewoodathletics.com.au

Volunteer Arrival Times

Enclosed Shoes and Hats are required when volunteering, not only is this a Health and Safety requirement, but it also promotes Sun Smart behaviours for our athletes.

Set Up Assistants are to arrive at 6.45 am (Morning Programs) or 4.00 pm (Twilight Programs) and report to the Technical Manager at the storeroom. Pack Up Assistants will be called when required and must remain until all equipment is packed up (usually around 1pm on Morning Programs or 9.30pm on Twilight Programs).

Field Site Chief Officials and Site Assistants are to arrive by 7.30 am (Morning Programs) or 4.40 pm (Twilight Programs) and report to the storeroom to collect radios, vests and be briefed.

All other volunteers are to arrive by 7.45 am (Morning Programs) or 4.45 pm (Twilight Programs) and report to clubs' tents to sign in and then proceed to the morning briefing when required.

Without volunteers arriving promptly, competitions may be delayed or events may risk being cancelled.

Arena Safety

Please be mindful of safety when not competing. Athletes are to remain at Club Tents in between events and not be around car parks or on the Southern Oval as other sports use this space. It is the responsibility of parents and clubs to enforce these rules.

All parents and spectators MUST always remain behind the ropes. No parents are allowed in the middle of the Arena unless you are on roster.

The end of track and the timing gates area is out of bounds to parents and athletes. At no time should any athlete or parent cross the track or run through the timing gates (except during their track events!). For safety reasons and the smooth running of all events we ask that everyone always stays clear of end of track. If you have any questions, queries, or concerns about events, please see your club committee representative who will liaise with the Centre Management Team if required.

Uniforms

Uniform Policy Webpage

Athletes must wear full Club uniform (Club shirt and Ridgewood Branded navy-blue shorts). Please check the Uniform Policy on the Centre website for full details and note that the policy will be strictly enforced.

Club Uniform will be available for purchase from the relevant club during club training sessions. Please speak to your respective club to purchase.

Centre shorts and singlets will be available for purchase on competition days at the storeroom. Opening Times will be announced over the PA system each week and will usually be for an hour. **Centre Uniform is compulsory to be worn at State Championship Events.** Uniform needs to be purchased prior to these events as uniform will not be available at the State Competition Venues.

Registration numbers (provided by your club) must be pinned to the front of the athlete's shirt as pictured.

Ridgewood Athletics Centre
info@ridgewoodathletics.com.au
www.ridgewoodathletics.com.au

Footwear and Spikes

Appropriate footwear is compulsory for all athletes in all events. Football boots or cleats are NOT permitted. Spiked shows may be worn by athletes in the following age groups for the following events:

Age Groups	Events
U7, U8, U9, U10, U11	NO Spikes permitted for any event.
U12 & U13	100m, 200m, 400m, Sprint Hurdles, 4x100m Relay, Long Jump, Triple Jump, High Jump and Javelin
U14 +	As per U12 & U13 plus: 800m, 1500m, Long Hurdles, 4x400m Relay, Mixed Distance Relay.

Spikes must be the appropriate length and style (Christmas Tree or Pyramid ONLY) to be used at the specific venue. Please refer to the Athletics West Rule of Competition for more information.

For further information regarding the wearing and usage of Spiked shoes, please refer to the Uniform Policy.

Spike safety must be discussed with athletes at club training and copies of spike licences kept by clubs. There will be **NO LENIANCY** as to unsafe practices.

Athlete Marshalling

Athletes for Race Walks and 1500m runs must marshal with the Chief Official at the Announcer's tent at 7.30am. At 7.40 am the Chief Official will take those athletes present and ticked off to the starting position for the race and only those athletes will be allowed to compete in the walks and 1500m runs.

For all other events, Athletes MUST marshal at the designated marshalling locations as indicated by the announcer. Athletes will meet their Age Group Chaperones there, who will tick their names off before moving onto their scheduled event.

Each event will receive only TWO calls to proceed to the marshalling locations at Ridgewood Athletics Centre competitions. Please note that there are no marshalling calls at State Competitions where a Call Room is in operation, please refer to State event specific Technical Regulations for more information.

Ridgewood Athletics Centre reserves the right to bring forward start times, cancel, change, or postpone any individual event and/or competition due to unforeseen circumstances, including time delays, inclement weather (wet weather or extreme temperatures), government restrictions or other impacts outside the control of Ridgewood Athletics Centre. Where practical, Ridgewood Athletics Centre will communicate any changes via our Social Media channels or via the PA System if during a competition.

Mobile Phone Usage

Under World Athletics Technical Rules of Competition TR6 and outlined in Athletics West Rules and Regulations, **all athletes are prohibited from having or using mobile phones or similar devices within the competition area.** This includes any device that can be used to communicate with any other person. The competition area is determined as anywhere inside the roped area, on track, at the Jump Pits or any other field site within the field of play.

Failure to abide by this rule may constitute a breach of rules of competition and/or breach of code of conduct and may result in disqualification from competition or other sanctions as deemed necessary by the Board of Directors.

Ridgewood Athletics Centre Event Rules and Regulations

The following section is to be read in conjunction with the Little Athletics WA Program, Athletics West, World Athletics and World Para Athletics Rules of Competition Books which can be found on the relevant websites. Please note, these rules are subject to updates and changes at the discretion of the Ridgewood Athletics Centre Board in alignment with the State, National and International Rules and Regulations.

Each week, athletes will compete in events as listed on the published schedule. Events listed in each program may not be contested in the order listed and athletes will need to listen for marshalling calls via the announcer to know which event is being contested and where to marshal to prepare for the event. Below are the standard regulations for each event. Special rules and regulations may apply to championship events, please check the championship policies published on the Ridgewood Athletics Centre website for up-to-date information.

Track Events

60m, 70m, 100m, 150m, 200m, 400m, Sprint Hurdles and Long Hurdles

These events will be contested with up to 8 athletes in each race. Where there are more than 8 athletes contesting the event, multiple races will be contested. The lane and race allocation will be at the discretion of the Start Area Marshall. Athletes are to remain in their lane for the entirety of the race, failure to do so may result in disqualification.

Commands for the commencement of the race will be “On Your Marks”, “Set”, followed by the sound of the starting device.

800m

800m races will be conducted with up to 12-16 athletes per race. Lane and race allocation will be at the discretion of the Start Area Marshall. Athletes are to remain in their allocated lane for the first 100m, until they pass the indicator markers, at such point athletes may merge into Lane 1 and complete the remainder of the race in this lane. Failure to remain in their allocated lane for the first 100m, may result in disqualification.

Commands for the commencement of the race will be “On Your Marks”, followed by the sound of the starting device.

300m Pack Start (U7-U8), 500m Pack Start (U9), 1500m (U12+) and Race Walks (U9+)

These events will be contested as pack start races with the number of athletes within each race determined at the discretion of the Competition Manager and Start Area Marshal. Athletes will be lined up along the start line and once the race has commenced, athletes may merge into Lane 1 and complete the race in Lane 1. Athletes are to be mindful of other athletes during the initial part of the race to ensure that they merge safely and do not cause an obstruction or interfere with other athletes as this may result in a disqualification.

Commands for the commencement of the race will be “On Your Marks”, followed by the sound of the starting device.

Mixed Events

Ridgewood Athletics Centre reserves the right to conduct mixed races (multiple age groups and/or genders) for middle and long-distance events. If during these events, it is deemed that athletes were paced, resulting in a pending record, the Track Referee may deem the record and/or time as invalid.

Ridgewood Athletics Centre
info@ridgewoodathletics.com.au
www.ridgewoodathletics.com.au

False Starts

In all track events, athletes who commence the race prior to the sound of the starting device being heard may be charged with a false start. The following rules apply to false starts:

Under 7 to Under 9 Athletes

Any individual athlete shall be allowed a maximum of TWO (2) false starts without disqualification. Any individual athlete responsible for more than TWO (2) false starts shall be disqualified.

Under 10 to Under 13 Athletes

A maximum of TWO (2) false starts per race shall be allowed without disqualification, regardless of which athlete is responsible. Any athlete responsible for a subsequent false start shall be disqualified.

Under 14 Athletes

A maximum of ONE (1) false start per race shall be allowed without disqualification, regardless of which athlete is responsible. Any athlete responsible for a subsequent false start shall be disqualified.

Under 15+ Athletes

The first three competitions of the Ridgewood Athletics Centre season will follow the above Under 14 rule.

Commencing from Competition #4 each season the following rule will apply:

Any athlete responsible for a false start shall be disqualified from the race.

Note: Modification to these rules will apply at Combined Event Championships and at some Athletics West State Championship Events. Please check the Rules and Regulations for the specific events for details.

Starting Blocks and Crouch Starts

Starting Blocks are allowed to be used by all athletes U12 and above. Starting blocks are optional at all Ridgewood Athletics Centre events. U12+ Athletes not using Starting Blocks at Ridgewood competitions are encouraged to use a Crouch Start for events up to and including 400m.

Please note that Starting Blocks and/or Crouch Starts will be compulsory for most athletes at Athletics West Strive and State Championship Competitions. Please check the event specific Rules and Regulations for details.

U7 to U11 Athletes must commence a track event using a standing start only.

Field Events

Long Jump, Triple Jump and Throws

All athletes will be allowed up to three competition trials in each event. Athletes in Under 10+ age groups may be allowed up to 2 practice/warm up attempts prior to commencement of competition.

Depending on group size, athletes may be split across multiple sites depending on Age, Gender and/or PB at the discretion of the Event Referee and Competition Managers.

Triple Jump Take Off Boards

Athletes may select a take-off board that is a metre increment from 3m to 13m. It is to be noted that restrictions apply at State Championship events and athletes competing at these events should be aware of these restrictions (7m, 9m, 11m, 13m only, depending on age and gender)

High Jump

The starting height for each age group and gender will be determined by the Event Referee and Chief Judge. These heights will consider the State Starting Height, athlete's PB's and where in the season we are.

Athletes may commence jumping at any nominated height and continue jumping until they are eliminated by recording three consecutive failures or by retiring from the competition.

Athletes are encouraged to not commence jumping until the bar is within 10cm of their current personal best. This not only assist the competition to run more efficiently, but it also enables athletes more opportunities to gain personal bests as they won't be as tired from jumping too many times. (It is considered that an athlete has between 8-10 'good' jumps in them, before fatigue within the event begins to impact the athlete)

The bar will be raised by 5cm each time a round is complete until there are 6 or less athletes remaining in the competition. (A competition refers to the individual site and may include multiple age groups at the one site). After this time the bar will be raised by 2cm increments. An athlete who is the last remaining athlete may choose the height of the bar.

Once an athlete has successfully cleared a height within their three attempts, then will proceed to the next progressive height.

Depending on size of groups, athletes may be combined on one site or pooled across multiple sites based on age, gender and/or PB at the discretion of the Event Referee and Competition Managers.

Para Inclusion Athletes

Athletes included in the Para Inclusion Program will be listed within the athlete marshalling/recording sheets with a T and/or F and a number against their name.

Please refer to the relevant age group/gender/classification information provided by the Inclusion Officer for any additional modifications to rules and regulations for athletes included within the Ridgewood Athletics Centre Para Inclusion Program

Competition Results and Records

Athletes have access to their weekly results on the following website: www.resultshq.com.au Please see your club registrar if you are unsure of your log in details.

If parents have a query or complaint on competition days, in the first instance please see a member of your **CLUB Committee** who will then in turn see the Centre Competition Manager(s). The Competition Manager(s) will deal with the matter with assistance from the Event Referee or the Ridgewood Board.

Centre Records will be recognised for all events contested at Ridgewood Athletics Centre events. Records will be recognised for each gender, age category and event as necessary. Please be aware that all records achieved at a competition are pending until ratified by the Event Referee and Ridgewood Recorder. Failure to have a record verified by the Event Referee at the time of achievement may result in the record not being ratified by the Ridgewood Recorder.

All records and ratification authorisations are at the discretion of the Ridgewood Recorder. Their decision is final.

Member Protection

Ridgewood Athletics Centre has a comprehensive Member Protection Policy (Available on our website) and has an appointed Ridgewood Athletics Centre Member Protection Information Officer.

You can email mpio@ridgewoodathletics.com.au for assistance and advice where appropriate.

Ridgewood Athletics Centre Season Calendar - 2026

Day	Date	Start	Organisation	Competition	Venue	Ages	Program
October 2026							
Sat	3-Oct	7:30	RWAC	Centre Comp 1	Halesworth	ALL	Program 1 (Opening Ceremony)
Sat	3-Oct	16:00	AW	Strive 1	WAAS	U13+	Strive A
Sat	10-Oct	7:30	RWAC	Centre Comp 2	Halesworth	ALL	Program 2
Sat	10-Oct	7:30	RWAC	Special Olympics 1	Halesworth	ALL	RW Program 2
Sat	10-Oct	16:00	AW	Strive 2	WAAS	U13+	Strive B
Fri	16-Oct	17:30	AW	Strive 3	WAAS	U13+	Strive A
Sat	17-Oct	7:30	RWAC	Centre Comp 3	Halesworth	ALL	Program 3
Fri	23-Oct	17:30	AW	Strive 4	WAAS	U13+	Strive B
Sat	24-Oct	7:30	RWAC	Centre Comp 4	Halesworth	ALL	Program 1
Sat	24-Oct	TBD	AW	Women's Track Special	WAAS	U13+	Special Event
Fri	30-Oct	17:30	AW	State All Schools Day 1	WAAS	U13-U18	All Schools
Sat	31-Oct	7:30	RWAC	Centre Comp 5	Halesworth	ALL	Program 2
Sat	31-Oct	8:00	AW	State All Schools Day 2	WAAS	U13-U18	All Schools
November 2026							
Sun	1-Nov	8:00	AW	State All Schools Day 3	WAAS	U13-U18	All Schools
Fri	6-Nov	17:30	AW	Strive 5	WAAS	U13+	Strive A
Sat	7-Nov	7:30	RWAC	Centre Comp 6	Halesworth	ALL	Program 3
Sat	7-Nov	7:30	RWAC	Special Olympics 2	Halesworth	ALL	RW Program 3
Sat	14-Nov	7:30	RWAC	Centre Comp 7	Halesworth	ALL	Program 1
Sat	14-Nov	7:30	RWAC	Special Olympics 3	Halesworth	ALL	RW Program 1
Sat	14-Nov	16:00	AW	Strive 6	WAAS	U13+	Strive B
Sat	21-Nov	7:30	RWAC	Centre Comp 8	Halesworth	ALL	Program 2
Sat	21-Nov	TBC	AW	Combined Event Comp	WAAS	ALL	State Championships
Sat	21-Nov	TBC	AW	State 10,000m Championships	WAAS	U20+	10,000m
Sun	22-Nov	TBC	AW	Combined Event Comp	WAAS	ALL	State Championships
Sat	28-Nov	7:30	RWAC	Centre Comp 9	**WAAS**	ALL	Inter Centre (Joondalup/Hamersley)
Sun	29-Nov	8:00	AW	Strive 7	WAAS	U13+	Strive A
December 2026							
Fri	4-Dec	TBD	AA	National All Schools 1	Perth	U13-U18	National All Schools
Sat	5-Dec	7:30	RWAC	Centre Comp 10	Halesworth	ALL	Program 3
Sat	5-Dec	TBD	AA	National All Schools 2	Perth	U13-U18	National All Schools
Sun	6-Dec	TBD	AA	National All Schools 3	Perth	U13-U18	National All Schools
Sat	12-Dec	TBD	AW	State Relay Champs	WAAS	U7+	State Relays
Sun	13-Dec	TBD	AW	State Relay Champs	WAAS	U7+	State Relays
Fri	18-Dec	17:30	AW	Strive 8	WAAS	U13+	Strive B
Sat	19-Dec	7:30	RWAC	Centre Comp 11	Halesworth	ALL	Combined Events Champs

Competition Status
Ridgewood Home Competition
Special Olympics Competition – In conjunction with Ridgewood Home Competition
Athletics West Standard Competition
Athletics West State Championship Competition
Australian Athletics National Championship Competition

Ridgewood Athletics Centre
info@ridgewoodathletics.com.au
www.ridgewoodathletics.com.au

Ridgewood Athletics Centre Season Calendar - 2027

Day	Date	Start	Organisation	Competition	Venue	Ages	Program
January 2027							
Fri	8-Jan	17:00	RWAC	Centre Comp 12	Halesworth	ALL	Program 1
Sat	9-Jan	16:00	AW	Strive 9	WAAS	U13+	Strive A
Fri	15-Jan	17:30	AW	Strive 10	WAAS	U13+	Strive B
Sat	16-Jan	17:00	RWAC	Centre Comp 13	Halesworth	ALL	Program 2
Fri	22-Jan	17:00	RWAC	Centre Comp 14	Halesworth	ALL	Program 3
Fri	22-Jan	17:00	RWAC	Special Olympics 4	Halesworth	ALL	RW Program 3
Sat	23-Jan	16:00	AW	Strive 11	WAAS	U13+	Strive A+
Sat	23-Jan	PM	AW	State 5000m Championships	WAAS	U20/Open	Strive A+
Sat	23-Jan	PM	AW	State 60m Championships	WAAS	U13+	Strive A+
Fri	29-Jan	16:00	AW	Strive 12	WAAS	U13+	Strive B
Sat	30-Jan	TBD	AW	AW Junior Challenge & Little Athletics Challenge Day 1	WAAS	U7-U12	Special PB Challenge Competition
Sat	31-Jan	TBD	AW	AW Junior Challenge & Little Athletics Challenge Day 2	WAAS	U7-U12	Special PB Challenge Competition
February 2027							
Sat	6-Feb	7:30	RWAC	Centre Comp 15	Halesworth	ALL	Program 1
Sat	6-Feb	7:30	RWAC	Special Olympics 5	Halesworth	ALL	RW Program 1
Sat	6-Feb	16:00	AW	Strive 13	WAAS	U13+	Strive A
Fri	12-Feb	17:30	AW	Strive 14	WAAS	U13+	Strive B+
Fri	12-Feb	TBD	AW	State 3000m Championships	WAAS	U15+	Strive B+
Sat	13-Feb	7:30	RWAC	Centre Comp 16	Halesworth	ALL	Program 2
Sat	13-Feb	7:30	RWAC	Special Olympics 6	Halesworth	ALL	RW Program 2
Fri	19-Feb	17:00	AW	State Junior Champ Day 1	WAAS	U13-U18	State Champs
Sat	20-Feb	8:00	AW	State Junior Champ Day 2	WAAS	U13-U18	State Champs
Sun	21-Feb	8:00	AW	State Junior Champ Day 3	WAAS	U13-U18	State Champs
Sat	27-Feb	7:30	RWAC	Centre Comp 17	Halesworth	ALL	Program 3
Sun	28-Feb	8:00	AW	Strive 15	WAAS	U13+	Strive A
March 2027							
Sat	6-Mar	7:30	RWAC	Centre Comp 18 (Championships 1)	Halesworth	All	Championship Program A
Sat	6-Mar	TBD	AW	State Senior Champ Day 1	WAAS	U20/Open	State Champs
Sun	7-Mar	TBC	AW	State Senior Champ Day 2	WAAS	U20/Open	State Champs
Fri	12-Mar	17:30	AW	Strive 16	WAAS	U13+	Strive B
Sat	13-Mar	7:30	RWAC	Centre Comp 19 (Championships 2)	Halesworth	All	Championship Program B
Sat	13-Mar	14:00	RWAC	AGM & Awards	Halesworth	ALL	AGM & Awards
April 2027							
Dates TBC			AA/LAA	National Championships	TBC	U13+	National Champs

Competition Status
Ridgewood Home Competition
Special Olympics Competition – In conjunction with Ridgewood Home Competition
Athletics West Standard Competition
Athletics West State Championship Competition
Australian Athletics National Championship Competition

Ridgewood Athletics Centre endeavours to offer each event available to all age groups at least five times throughout the season at Ridgewood competitions prior to Centre Championships.

Ridgewood Athletics Centre
info@ridgewoodathletics.com.au
www.ridgewoodathletics.com.au

Ridgewood Athletics Centre Programs

Ridgewood Athletics Centre runs a three-week program rotation to accommodate all events that the Centre offers to athletes. Each program will be conducted 5 times throughout the season as indicated below.

Special Event programs will be published on our website at least four weeks prior to the competition.

Program 1

Dates: 2026: Sat 3rd Oct / Sat 24th Oct / Sat 14th Nov **2027:** Fri 8th Jan / Sat 6th Feb

U7	U8	U9	U10	U11	U12	U13	U14+
100m	100m	100m	100m	100m	100m	100m	100m
300m	300m	500m	800m	800m	800m	Shot Put	Shot Put
Vortex Throw	Vortex Throw	Turbo Javelin	Discus Throw	Discus Throw	Discus Throw	1500m Walk	1500m Walk
		Long Jump	Long Jump	Scissor High Jump	Long Jump	Triple Jump	High Jump
						200m Hurdles	Long Hurdles *

Long Hurdles* U14 – 200m Hurdles (68cm) U15/U16 – 300m Hurdles (76cm) U17+ - 400m Hurdles (76cm)

Program 2

Dates: 2026: Sat 10th Oct / Sat 31st Oct / Sat 21st Nov **2027:** Sat 16th Jan / Sat 13th Feb

U7	U8	U9	U10	U11	U12	U13	U14+
150m	200m	200m	200m	200m	200m	400m	400m
Shot Put	Shot Put	400m	Scissor High Jump	Long Jump	High Jump	Long Jump	Long Jump
60m Mini Hurdles	60m Mini Hurdles	60m Hurdles	60m Hurdles	60m Hurdles	80m Hurdles	80m Hurdles	Sprint Hurdles#
		Shot Put	Turbo Javelin	Turbo Javelin	Javelin Throw	Discus Throw	Discus Throw
					1500m	1500m	1500m

Sprint Hurdles#

U14M/F, U15F – 80m Hurdles **|** U15M/U16F – 90m Hurdles **|** U16M/U17+F – 100m Hurdles **|** U17+M – 110m Hurdles

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Program 3

Dates: 2026: Sat 17th Oct / Sat 7th Nov / Sat 5th Dec **2027:** Fri 22nd Jan / Sat 27th Feb

U7	U8	U9	U10	U11	U12	U13	U14+
70m	70m	70m	70m	70m	60m	60m	60m
Long Jump	Long Jump	Scissor High Jump	400m	400m	400m	200m	200m
Discus Throw	Discus Throw	Discus Throw	Shot Put	Shot Put	Triple Jump	800m	800m
		700m Walk	700m Walk	1100m Walk	Shot Put	High Jump	Triple Jump
					1100m Walk	Javelin Throw	Javelin Throw

All competitions, special events and order of programs are subject to change at any time.

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Special Events

In 2026/2027 Season, Ridgewood Athletics Centre will participate in one Inter-Centre Competition and three Centre Championship events. These events will have special programs and will be published prior to the event.

Sat 28th Nov 2026 – North Metro Challenge (Joondalup, Hamersley & Ridgewood at WA Athletics Stadium)

Sat 19th Dec 2026 – Centre Combined Events Championships

Sat 6th Mar 2027 – Centre Championships Program A

Sat 13th Mar 2027 - Centre Championships Program B & Centre AGM and Awards Presentations.

All competitions, special events and order of programs are subject to change at any time.

Athletics West Strive Competitions

Athletics West as the State Association organises and provides competition opportunities for athletes aged 11 and above at the WA Athletics Stadium or other venues as advertised.

The following events will be offered during the specified programs. For more information visit the Athletics West Website or speak to our Development Directors - Dan Morrison and Wendy Reeve.

PROGRAM	A	B	Special Program 1	Special Program 2
TRACK	60m 200m 800m 3000m 5000m Long Hurdles 3000m Steeplechase *Participants in the 5000m may also record an official 3000m split time if requested * Strive #7 will also offer 4x100m Relay 4x400m Relay	100m 400m 1500m Sprint Hurdles 2000m Steeplechase 3000m Race Walk 5000m Race Walk *Participants in the 5000m Race Walk may also record an official 3000m split time if requested	60m State Championships 60m hurdles 200m 800m 5000m State Championships	100m 400m 4x100m Relay 4x400m Relay 3000m State Championships
FIELD	Shot Put Javelin Seated Throws – Shot Put and Javelin Triple Jump High Jump (Women) Pole Vault (Division A)	Discus Hammer Seated Throw - Discus Long Jump High Jump (Men) Pole Vault (Division B)	Shot Put Javelin Seated Throws – Shot Put and Javelin Triple Jump	Discus Hammer Seated Throw - Discus Long Jump

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Athletics West State Championships

Athletics West will host several Championship Events throughout the season; these events and eligible age groups are listed below:

Event	Dates	Location	Eligibility	Qualification Requirement
WA All Schools Championships	October 30 to November 1, 2026	WA Athletics Stadium	WA School Students 12-18 Years Old	Open Registration
WA State Combined Event Championship	21-22 November 2026	WA Athletics Stadium	Check Website for Eligible Events	Open Registration
WA State 10,000m Championships	22 November 2026	WA Athletics Stadium	16 years + by 31 Dec 2026	Open Registration
WA State Relay Championships	12-13 December 2026	WA Athletics Stadium	ALL Ages	Selection by Ridgewood Board
Mid-Season Break				
WA State 60m Championships	23 January 2027	WA Athletics Stadium	U13+ Age Group	Open Registration
WA State U20/Open 5000m Championships	23 January 2027	WA Athletics Stadium	U20/Open Age Groups	Open Registration
Little Athletics Junior Challenge	30-31 January 2027	WA Athletics Stadium	U7-U12 Age Groups	Qualification Process
WA State 3000m Championships	12 February 2027	WA Athletics Stadium	U15 – Open Age Groups	Open Registration
WA State Junior Championships	19-21 February 2027	WA Athletics Stadium	U13-U18 Age Groups (2010-2015 Born)	Open Registration
WA State Senior Championships	6-7 March 2027	WA Athletics Stadium	U20/Open + Qualified Juniors	U20/Open – No Qualification Standards

* Entry to specific events at the WA State Track and Field Championships are limited to 'Senior Athletics' athletes only. These are explained on the Athletics West State Championships Webpage.

Please visit the relevant event webpage on the Athletics West website for more information about each specific competition. Event entries, costs, technical regulations and requirements are all provided.

https://www.athleticswest.com.au/aw-events/state-championships

When Can I Compete this season?

		Centre	State Championships						National Champs	
Year of Birth	Age Group	Ridgewood Centre Comps	WA All Schools	WA State Combined Events	WA State Relays	Little Athletics Junior Challenge	WA Junior State Track and Field	WA State Track and Field	Australian National Champs (TBD)	Aus. Little Athletics Champs (TBD)
		Oct - Mar	Oct 30 – Nov 1	Nov 21 – Nov 22	Dec 12 – Dec 13	Jan 30 – Jan 31	Feb 19 – Feb 21	Mar 6 – Mar 7	TBD	TBD
2022	Tiny Tots	✓								
2021	Under 7	✓		^	✓^	✓				
2020	Under 8	✓		^	✓^	✓				
2019	Under 9	✓		^	✓^	✓				
2018	Under 10	✓		^	✓	✓				
2017	Under 11	✓		^	✓	✓				
2016	Under 12	✓		✓	✓	✓				
2015	Under 13	✓		✓	✓		✓			✓ (U12) TBC
2014	Under 14	✓	✓ U14*	✓	✓		✓		✓	✓ (U13) TBC
2013	Under 15	✓	✓ U14*	✓	✓		✓		✓	
2012	Under 16	✓	✓ U15*	✓	✓		✓		✓	
2011	Under 17	✓	✓ U16*	✓	✓		✓		✓	
2010	Under 18	✓	✓ U17*	✓	✓		✓		✓	
2009	Under 20	✓	✓ U18*	✓	✓			✓	✓	
2008	Under 20	✓		✓	✓			✓	✓	
2007	Under 20 / Open	✓		✓	✓			✓ Open	✓ Open	
2006 +	Open	✓		✓	✓			✓	✓	
1996 +	Masters	✓		✓				✓ Open	✓ Open	

* The WA All Schools Age Groups are 1 age below the standard due to the time of the season that this event takes place. Event specific eligibility applies for certain events, please check Athletics West Website for details.

^ Non-Medalling Event Opportunity – Check website for further information.

Details for specific events are subject to change following season confirmations. Please check the Athletics West and Australian Athletics websites for the latest information and details regarding each event.

More Information regarding any State and National Championships events is available on the Athletics West and Athletics Australia websites. State Championships | Athletics West https://www.athleticswest.com.au/aw-events/state-championships/

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State Relay Championships Qualification Criteria

Athletics West are making significant changes to the 2026 WA State Track and Field Relay Championships.

Therefore, the qualification criteria are yet to be confirmed. More information will be provided as soon as it becomes available. Athletes will need to record a valid result in any event that they wish to be considered for within the nominated qualification window which runs from October 1st, 2026, to November 1st, 2026, inclusive.

Qualification Criteria for Little Athletics Junior Challenge

Athletics West will release the qualification standards and information for the Little Athletics Junior Challenge scheduled for January 30 – 31, 2027 soon. Information will be circulated once available.

Centre Awards and Eligibility Criteria

Individual Awards

Ridgewood Athletics Centre recognises athletes at the end of each season for their achievements across the season through several awards. The eligibility criterium is currently being reviewed and will be updated by December 1, 2026. Once updated, this handbook and the website will be updated accordingly.

Athletes are reminded to be eligible they will need to compete in events consistently throughout the season or have a medical exemption in line with the eligibility criteria.

Age Group Champion, and Age Group Runner Up Awards are based on a cumulative points system that athletes earn throughout the season by competing in individual events. Event points are allocated on a percentage sliding scale based on the Centre Record at the time of competition. Bonus points are awarded for athletes who break the Centre Record. The points scale is then reset against the new Centre Record for the following competition. The top 2 athletes in each age group and gender (unless indicated otherwise) with the highest cumulative points score at the end qualification period will be recognised as the Centre Age Group Champion and Runner Up Champion respectively.

Most Improved Athletes are recognised based on the athlete with the most Personal Bests achieved throughout the season. Athletes must have registered at least 15 Personal Bests for the current season to be eligible. The athlete(s) with the highest number of Personal Bests in each age group and gender (unless indicated otherwise) will be awarded the Most Improved athlete award.

Other awards/scholarships or special recognitions will be confirmed and finalised shortly.

Club Perpetual Awards

Ridgewood Athletics Centre recognises Clubs through the presentation of Club Perpetual Awards. The criteria for each perpetual award is currently being reviewed and will be confirmed by December 1, 2026.

Code of Conducts

Ridgewood Athletics Centre applies appropriate Codes of Conduct in association with our Member Protection Policy and affiliated policies applied by Athletics West and Australian Athletics. All Code of Conduct Documents are available as attachments within the Member Protection Policy and available as separated documents on our Website.

All Members and attendees at Ridgewood Athletic Centre and Affiliated Club organised events, competitions and/or training sessions are subject to the relevant Code of Conducts. Any members or attendee deemed to have breached the Code of Conduct may be subject to warnings and/or disciplinary action as deemed appropriate by the Ridgewood Board of Directors. If you wish to report a concern or discuss a matter relating to the Code of Conduct, please contact info@ridgewoodathletics.com.au

General Code of Conduct

As a person required to comply with this Policy, you must meet the following requirements with regard to your conduct during any activity held or sanctioned by Athletics West, Member Centres or Clubs:

1. Respect the rights, dignity and worth of all people involved in little athletics regardless of their gender, ability, cultural background or religion.
2. Be ethical, fair, considerate and honest in all dealings with others.
3. Make a commitment to providing a quality service.
4. Operate within the rules and spirit of little athletics including national and state guidelines, constitution and policies which govern Athletics West, Member Centres and Clubs.
5. Do not use your involvement with little athletics to promote your own beliefs, conducts or practices where these are inconsistent with those of Athletics West, Member Centres or Clubs.
6. Demonstrate a high degree of individual responsibility as your words and actions are an example to little athletes.
7. Always place the safety and welfare of little athletes and children above other considerations.
8. Avoid unaccompanied and unobserved activities with little athletes, wherever possible.
9. Comply with all relevant Australian laws (Federal and State), particularly antidiscrimination, occupational health and safety and child protection laws.
10. Refrain from any conduct that may bring Athletics West, Member Centres or Clubs into disrepute.
11. Provide a safe environment for the conduct of the activity.
12. Show concern and caution towards others who may be sick or injured.
13. Be a positive role model.
14. Be responsible and accountable for your conduct.
15. Never use bad language.
16. Abide by the relevant Athletics West role-specific codes of conduct and understand the consequences if you breach, or are aware of any breaches of this Code of Conduct.

Athlete Code of Conduct

This Code of Conduct is modified from the Ridgewood Athletics Centre Member Protection Policy V2.0 (May 2023) Attachment 2. It has been updated to remove reference to 'Little Athlete' and encompass all athletes that compete under the Ridgewood Athletics Centre and/or Affiliated Club.

In addition to Athletics West General Code of Conduct, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of Ridgewood Athletics Centre and its affiliated Clubs in your role as an athlete:

1. Respect the rights, dignity and worth of fellow athletes, coaches, officials and spectators.
2. Refrain from conduct that could be regarded as sexual harassment, discrimination, bullying or victimisation.
3. Respect the talent, potential and development of fellow athletes and competitors.
4. Participate fairly and safely.
5. Be frank and honest with your coach concerning illness and injury and your ability to fully train and compete.
6. Conduct yourself in a responsible manner relating to language, temper and punctuality.
7. Abide by the rules and respect the decision of the officials. Be courteous and use the correct process when seeking a rule clarification.
8. Be honest in your attitude and preparation to training.
9. Co-operate with coaches and officials in relation to programs that adequately prepare you for competition.
10. Do not engage in practices that affect sporting performance (alcohol, tobacco and drug use).
11. Applaud all good performances, by your opponents.
12. Respect and acknowledge the contribution of those who create the opportunity for you to compete (e.g. coaches, timekeepers, administrators and officials).
13. Participate in Athletics for the 'fun of it' and not just to please parents and coaches.
14. Compete according to the rules.
15. Any approach to an official should be in a courteous manner. Never argue with an Official.
16. Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking another athlete is not acceptable, nor permitted in our sport.
17. Never use bad language.
18. Be a good sport. Acknowledge all good results, whether they are by athletes at your Centre / Club, or another Centre / Club.
19. Any form of cheating is unacceptable.
20. Work equally hard for yourself and / or your Centre / Club as both will benefit.
21. Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
22. Co-operate with your coach, club mates and other athletes. Without them there would be no competition.

Coaches Code of Conduct

In addition to Athletics West General Code of Conduct, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of Ridgewood Athletics Centre and its affiliated Clubs in your role as a coach:

1. Operate within the rules and spirit of little athletics, promoting 'fair play'.
2. Develop a positive little athletics environment by emphasising enjoyment and by providing appropriate development and competitive experiences.
3. Support opportunities for participation in all aspects of little athletics.
4. Treat each person as an individual. Respect the rights and worth of every person regardless of their gender, ability, cultural background or religion.
5. Display control, courtesy and respect to all involved with little athletics.
6. Respect the decisions of officials, other coaches and administrators in the conduct of little athletics programs and competitions.
7. Wherever practical, avoid unaccompanied and unobserved one-on-one activity when in a supervisory capacity or where a power imbalance exists with little athletes.
8. Ensure activities, equipment and facilities are safe and appropriate to the ability level of participating little athletes. Activities, rules, equipment, length of activities and training schedules should take into consideration the age, ability and maturity level of the little athletes.
9. Act with integrity and objectivity, and accept responsibility for your decisions and actions.
10. Ensure your decisions and actions contribute to a safe environment. Place the safety and welfare of the little athletes above all else.
11. Ensure your decisions and actions contribute to an environment free of sexual harassment, bullying, discrimination or victimisation.
12. Any physical contact with little athletes should be appropriate to the situation and necessary for the little athletes' skill development.
13. Be honest and do not allow your qualifications / accreditation to be misrepresented.
14. Be reasonable in your demands on little athletes' time, energy and enthusiasm.
15. Teach little athletes that the rules of the sport are mutual agreements which no one should evade or break.
16. Group athletes according to age and physical maturity whenever possible.
17. Avoid over-coaching the better performing athletes, all athletes deserve and need equal time.
18. Remember children participate for fun and enjoyment and winning is only part of their motivation.
19. Never ridicule, yell at or scold little athletes for making mistakes or losing an event.
20. Ensure equipment and facilities meet safety standards and are appropriate to the age and ability of the little athletes.
21. Develop little athletes to have a respect for the ability of other little athletes as well as for the judgement of officials and coaches.
22. Follow the advice of a physician when determining when an injured little athlete is ready to recommence training or competition.
23. Demonstrate appropriate social behaviour by not harassing athletes, other coaches or officials, smoking or being intoxicated at Little Athletics.

24. Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.
25. Remember that athletes need a coach they can respect. Be generous with your praise when it is deserved for effort and skill. Set a good example, not only with your behaviour, but also with dress and equipment.
26. Never use bad language.

Officials Code of Conduct

In addition to Athletics West General Code of Conduct, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of Ridgewood Athletics Centre and its affiliated Clubs in your role as an official:

1. Officiate according to the rules and where subjective judgement is necessary decide on the basis of what is fair to all athletes.
2. Treat all little athletes, coaches, administrators, parents and other officials with respect.
3. Place the safety and welfare of the little athletes above all else, including by:
    a. Ensuring the competition track / enclosure and its surrounds are compliant with the rules.
    b. Taking appropriate action to manage dangerous situations.
4. Maintain a high standard of personal conduct at all times.
5. Be a positive role model through conduct and personal appearance projecting a favourable image of little athletics and officiating at all times.
6. Refrain from conduct which could be regarded as sexual harassment, discrimination, bullying or victimisation.
7. Be courteous, respectful and open to discussion and interaction with other little athletics participants.
8. Maintain or improve your current performance level and seek continual improvement.
9. Be honest and do not allow your qualifications / accreditation to be misrepresented.
10. Be consistent, objective and courteous in calling all infractions.
11. Commend honest effort not just performance excellence.
12. Condemn unsporting behaviour and promote respect for all opponents.
13. Use common sense to ensure that the Spirit of the Sport is not lost by over officiating.
14. Ensure equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes.
15. Encourage the principles of participation for fun and enjoyment.
16. Co-operate with other officials to discourage improper conduct by spectators.
17. Make a personal commitment to keep yourself informed of sound officiating principles and rule changes.
18. Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
19. Never use bad language.

Administrator Code of Conduct

In addition to Athletics West General Code of Conduct, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of Ridgewood Athletics Centre and its affiliated Clubs in your role as an administrator:

1. Be fair, considerate and honest in all dealings with others.
2. Be professional in, and accept responsibility for your actions. Your language, presentation, manners and punctuality should reflect high standards. Bad language is not to be used at any time.
3. Resolve conflicts fairly and promptly through established procedures.
4. Maintain strict impartiality.
5. Be aware of and comply with your legal responsibilities, including under anti-discrimination, child protection and occupational health and safety legislation.
6. Develop a positive little athletics environment by emphasising enjoyment and by providing appropriate development and competitive experiences. Remember little athletes participate for enjoyment. Play down the importance of rewards.
7. Involve all relevant stakeholders (players, coaches, officials, parents) in the planning, evaluation, leadership and decision-making related to little athletics programs and events.
8. Ensure activities, equipment and facilities are safe and appropriate to the ability level of participating little athletes. Activities, rules, equipment, length of activities and training schedules should take into consideration the age, ability and maturity level of the little athletes.
9. Ensure that everyone (administrators, coaches, little athletes, officials, parents, spectators and sponsors) emphasise fair play in all little athletics activities.
10. Where appropriate, distribute the Codes of Conduct to coaches, little athletes, officials, parents and spectators.
11. Ensure equal opportunities for participation in athletics are made available to all children within the defined age groups, regardless of ability, size, shape, sex, disability or ethnic origin.
12. Ensure adequate supervision is provided by coaches and officials capable of developing appropriate positive behaviour and skill technique related to the activity.
13. Focus on the needs of the athletes rather than the enjoyment of the spectators.
14. Provide the opportunity for clinics aimed at improving the standards of coaching and officiating, with an emphasis on appropriate behaviour and skill technique.

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Parent/ Guardian Code of Conduct

In addition to Athletics West General Code of Conduct, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of Ridgewood Athletics Centre and its affiliated Clubs in your role as a parent / guardian:

1. Encourage your child to participate but do not force them. Remember children are involved in Little Athletics for their enjoyment, not yours.
2. Focus upon your child's efforts and performance rather than the overall outcome of the event. This assists your child in setting realistic goals related to his / her ability by reducing the emphasis on winning.
3. Teach your child that an honest effort is as important as winning, so that the result of each event is accepted without undue disappointment.
4. Encourage your child to always participate according to the rules.
5. Be a model of good sports conduct for children to copy. Applaud good performances and effort by all little athletes.
6. Never ridicule, yell at or scold a little athlete for making a mistake or losing.
7. Never use bad language.
8. If you disagree with an official or coach raise the issue through the appropriate channels rather than question their judgement and honesty in public.
9. Refrain from conduct which could be regarded as sexual harassment, discrimination, bullying or victimisation.
10. Recognise and respect the value and importance of volunteer administrators, coaches and officials. They give up their time and resources to provide recreational activities for little athletes and deserve your support.
11. Be courteous in communication with administrators, coaches, little athletes and officials. Teach your child to do the same.
12. Support the use of age appropriate development activities and modified rules.
13. Turn defeat into victory by encouraging your child to work towards skill improvement, good sportsmanship and attaining personal best performances.

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Spectator Code of Conduct

In addition to Athletics West General Code of Conduct, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of Ridgewood Athletics Centre and its affiliated Clubs in your role as a spectator:

1. Remember that most little athletes participate in little athletics activities for fun. They are not participating for the entertainment of spectators. They are not small adults.
2. Applaud good performance and efforts by each little athlete. Congratulate all participants upon their performances regardless of the event outcome.
3. Respect the decision of the officials. Encourage little athletes to participate according to the rules and the official decisions, and develop your own knowledge of the rules. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the athletes to do likewise.
4. Never ridicule or scold a little athlete for making a mistake during an event. Positive comments are motivational.
5. Refrain from conduct that could be regarded as sexual harassment, discrimination, bullying or victimisation.
6. Do not use foul or bad language, sledge or harass administrators, coaches, little athletes, officials or other spectators.
7. Condemn the use of violence in any form, be it by administrators, coaches, little athletes, officials or other spectators.
8. Support the use of age appropriate development activities and modified rules.
9. Keep to designated spectator areas and do not encroach on the arena or other competition sites.
10. Show respect for each athlete. Without them there would be no events.
11. Encourage athletes to follow the rules and the officials' decisions.
12. Demonstrate appropriate social behaviour by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.

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