Standard Rules and Regulations for Ridgewood Athletics Centre

The following document 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.

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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.

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)

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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

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