

LAA STANDARD EVENTS & EQUIPMENT SPECIFICATIONS

LAA RULE 600 STANDARD EVENTS

1. Little Athletics Australia shall determine a list of standard events for the Under 9 to Under 15 age groups. Such events and their specifications shall be listed in this document as Table 1 and must be offered by all Affiliated Associations in their Association Championship(s).
2. Little Athletics Australia shall determine a list of recommended Standard Events and Specifications for the Under 6 to Under 8 age groups and a list of events that must not be offered for those age groups at any level of competition. Such events and their specifications shall be listed in this document as Table 2 and Table 3.
3. Little Athletics Australia shall determine a list of recommended Standard Events and Specifications for the Under 16 and Under 17 age groups. Such events and their specifications shall be listed as Table 4.
4. Little Athletics Australia shall determine a maximum allowable distance to be offered for each age group for the conduct of Out of Stadia Cross Country races and Out of Stadia Road Race Walking at all level of competitions. Such events and their specifications shall be listed in this document as Table 5.
5. The maximum (individual leg) distance for track and height/weight specification for field within a relay event, must not exceed that age group's individual maximum specification as listed in the Standard Event Table and/or the Recommended Standard Events Table(s)
6. Associations may, at their discretion, conduct additional events at State Championships or at any other level so long as they do not contradict what is listed in the Standard Events - Table 1
7. Events deemed inappropriate for inclusion at all levels of competition by all affiliated Associations:
 - All events over 8km
 - Pole Vault
 - Hammer Throw
 - Steeplechase
 - All events, Track or Field, which are listed as not allowed at any level of competition in Table 1- Standard Events

LAA RULE 601 GUIDELINES FOR TRIALLING AN EVENT

1. Ensure that all equipment and specifications are in strict accordance with that as advised by the LAA.
2. The trialist must only be the age and gender as specified suitable for the event. It is not permissible to "experiment" outside these specifications.
3. The trial must be conducted under normal conditions.
4. At all times, the appropriate safety considerations must be adopted.
5. The trial shall be conducted with the greatest number of athletes in each age/gender group(s) possible.
6. The trial shall be for a maximum of two years.
7. The following points are to be reported:
 - a) age, gender and number of athletes involved in each trial;
 - b) safety considerations;

- c) event acceptance by athletes;
- d) ability of athletes to learn and perform the event, level of skill attained;
- e) compare those skill levels to other events if possible;
- f) determine whether modifications etc. are required by consulting participating athletes/officials; and
- g) final evaluation should give an overall judgement on the event as to its viability:
 - as an additional event;
 - to replace an existing event;
 - not to be adopted for a particular gender/age group; or
 - not to be adopted for any gender/age group.

Note: *Australian Best Performance cannot be claimed when an event is classified as a Trial Event or Modified Trial Event. If the event or modification is adopted as standard by LAA, retrospective claims can be submitted for ratification.*

Note: Changes to this table for 2018/19: U10 Boys & Girls 1500m – not allowed at any level, U12 Boys Shot Put – now 2kg, U12 Boys & Girls Discus – now 500g & U13 Boys Discus now 750g.

Table 2 – Recommended Standard Events (Under 6 to Under 8)

The events listed in table 2 are the recommended standard events that could be offered to Under 6 to Under 8's. Events must not exceed the distances and / or specifications as listed.

Event Type	Under 6	Under 7	Under 8
Race Walks	N/A	N/A	Up to and including 700m
Sprints	Up to and including 100m	Up to and including 200m	Up to and including 200m
Hurdles	60m, max height 200mm	60m, max height 300mm	60m, max height 450mm
Middle Distances	Up to and including 300m (pack start)	Up to and including 500m (pack start)	Up to and including 700m (pack start)
Throws	Shot Put - 1kg Discus - 350g Vortex - 300g	Shot Put - 1kg Discus - 350g Vortex - 300g	Shot Put - 1.5kg Discus - 500g Vortex or Turbo Jav - 300g
Horizontal Jumps	Long Jump (using mat or sand)	Long Jump (using mat or sand)	Long Jump (using mat or sand)
Vertical Jumps	N/A	N/A	High Jump (scissors only - bar or flexy rope)
Relays	Max leg of 100m	Max leg of 200m	Max leg of 200m

Table 3 – Must Not Offer Events (Under 6 to Under 8)

The events listed below **must not** be offered at any level of competition for these age groups.

Event Type	Under 6	Under 7	Under 8
Race Walks	Any	Any	Distances greater than 700m
Throws	Javelin / Turbo Jav	Javelin / Turbo Jav	Javelin
Horizontal Jumps	Triple Jump	Triple Jump	Triple Jump
Vertical Jumps	High Jump	High Jump	

Table 4 – Recommended Standard Events (Under 16 – Under 17)

The events listed in table 4 are the recommended standard events that could be offered to Under 16 to Under 17's. These event specifications are based as closely as possible to those of Athletics Australia for the appropriate age groups except for hurdle heights.

Event Type	Under 16	Under 17
Race Walks	Up to and including 3000m	Up to and including 3000m
Sprints / Middle Distances	Up to and including 800m	Up to and including 800m
Long Distances	Up to and including 3000m	Up to and including 3000m
Hurdles	90m - Girls (76cm) 100m - Boys (76cm) 200m - Boys and Girls (76cm) 300m - Boys and Girls (76cm)	100m - Boys and Girls (76cm) 110m - Boys (76cm) 200m - Boys and Girls (76cm) 300m - Boys and Girls (76cm)
Throws	Shot Put - Girls 3kg Shot Put - Boys 4kg Discus - Girls 1kg Discus - Boys 1kg Javelin - Girls 500g Javelin - Boys 700g	Shot Put - Girls 3kg Shot Put - Boys 5kg Discus - Girls 1kg Discus - Boys 1.5kg Javelin - Girls 500g Javelin - Boys 700g
Horizontal Jumps	Long Jump (board) Triple Jump (board)	Long Jump (board) Triple Jump (board)
Vertical Jumps	High Jump Any legal jumping technique)	High Jump (Any legal jumping technique)
Relays	4 x 100m 4 x 200m 4 x 400m 4 x Medley (Max leg of 800m)	4 x 100m 4 x 200m 4 x 400m 4 x Medley (Max leg of 800m)

Table 5 – Maximum Distance Out of Stadia Events

The following distances are the maximum allowable distance to be offered for each age group for the conduct of Out of Stadia Cross Country and Out of Stadia Road Race Walking races at all level of competitions.

CROSS COUNTRY												
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Girls	0.5k m	1k m	1k m	1.5k m	1.5k m	2.0k m	2.0k m	3.0k m	3.0k m	3.0k m	4.0k m	4.0k m
Boys	0.5k m	1k m	1k m	1.5k m	1.5k m	2.0k m	2.0k m	3.0k m	3.0k m	3.0k m	4.0k m	5.0k m

ROAD RACE WALKS												
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Girls	N/A	N/A	N/A	1.2k m	1.5k m	1.5k m	2.0k m	2.0k m	3.0k m	5.0k m	5.0k m	5.0k m
Boys	N/A	N/A	N/A	1.2k m	1.5k m	1.5k m	2.0k m	2.0k m	3.0k m	5.0k m	8.0k m	8.0k m