



**WHITTLESEA CITY
LITTLE ATHLETICS CENTRE
CENTRE NO. 112**

CENTRE WEEKLY COMPETITION RULES

Revised June 2025



Table of Contents



Introduction.....	3
Long Jump.....	4
High Jump.....	5
Triple Jump.....	9
Shot Put.....	11
Discus.....	13
Javelin.....	15

Introduction



The Standard Events Table found on the Little Athletics Victoria (LA Vic) website applies to all levels of competitions from Centre to State Competitions. Whilst LA Vic offers a wide range of events across various disciplines, not all events are available at Whittlesea City Little Athletics Centre (WCLAC).

Before the start of any weekly competition event, please ensure you have read the WCLAC Centre Records Policy, marked out the Centre Record for awareness of the athletes, have awareness of the applicable Centre Record measurement for the event, and have sufficient parent helpers for the event to proceed.

For all rules and regulations: <https://lavic.com.au/competition/rules-and-regulations/>

WCLAC EVENTS TABLE

AGE		EVENTS																
U6	ON TRACK	70	100		300								LJ		SP	Discus		
U7	ON TRACK	70	100	200	300								LJ		SP	Discus		
U8		70	100	200	300				60M H				LJ	HJ	SP	Discus		
U9		70	100	200	400	800		700 W	60M H				LJ	HJ	SP	Discus		
U10		70	100	200	400	800		1100 W	60M H				LJ	HJ	SP	Discus	Vortex	
U11			100	200	400	800	1500	1100 W	80M H				LJ	TJ	HJ	SP	Discus	Jav
U12			100	200	400	800	1500	1500 W	80M H				LJ	TJ	HJ	SP	Discus	Jav
U13			100	200	400	800	1500	1500 W	80M H	200M H			LJ	TJ	HJ	SP	Discus	Jav
U14			100	200	400	800	1500	1500 W	90M H	200M H			LJ	TJ	HJ	SP	Discus	Jav
U15			100	200	400	800	1500	1500 W	100M H	300M H			LJ	TJ	HJ	SP	Discus	Jav
U16			100	200	400	800	1500	1500 W	100M H	300M H			LJ	TJ	HJ	SP	Discus	Jav
U17			100	200	400	800	1500	1500 W	110M H	300M H			LJ	TJ	HJ	SP	Discus	Jav

LA VIC STANDARD EVENTS TABLE

EVENT	ON TRACK			AGE GROUP									
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	
70m	X	X	X	X	X	X	X	X	X	X	X	X	
100m	X	X	X	X	X	X	X	X	X	X	X	X	
200m		X	X	X	X	X	X	X	X	X	X	X	
400m				X	X	X	X	X	X	X	X	X	
Unlaid: up to and including, group start	300m	500m	700m										
800m				X	X	X	X	X	X	X	X	X	
1500m						X	X	X	X	X	X	X	
Sprint Hurdles (Boys)	60m	60m	60m	60m	60m	80m	80m	80m	90m	100m	100m	110m	
Sprint Hurdles (Girls)	60m	60m	60m	60m	60m	80m	80m	80m	80m	90m	90m	100m	
Long Hurdles								200m	200m	300m	300m	300m	
Race Walk			700m	700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m	1500m	
High Jump (Scissor)			X	X	X								
High Jump						X	X	X	X	X	X	X	
Long Jump (mat)	X	X	X	X	X								
Long Jump (board)						X	X	X	X	X	X	X	
Triple Jump						X	X	X	X	X	X	X	
Discus (Boys)	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg	1.5kg	
Discus (Girls)	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg	1kg	
Javelin (Boys)	Vortex	Vortex	Vortex or Turbo Jav	Vortex or Turbo Jav	400g	400g	400g	600g	600g	700g	700g	700g	
Javelin (Girls)	Vortex	Vortex	Vortex or Turbo Jav	Vortex or Turbo Jav	400g	400g	400g	400g	500g	500g	500g	500g	
Shot Put (Boys)	1kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	4kg	4kg	5kg	
Shot Put (Girls)	1kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg	3kg	3kg	

EVENT	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Shuttle Relay	X	X	X	X	X	X	X	X	X	X	X	X
4x100m	X	X	X	X	X	X	X	X	X	X	X	X
Mixed Sex 4x100m	X	X	X	X	X	X	X	X	X	X	X	X
4x200m		X	X	X	X	X	X	X	X	X	X	X
Mixed Sex 4x200m		X	X	X	X	X	X	X	X	X	X	X
Swedish Medley 100m,300m,200m,400m				X	X	X	X	X	X	X	X	X

Long Jump



In addition to the LA Vic Rules and Regulations, WCLAC includes the following rules to be administered in the weekly competition events:

- If the athlete approaches and stops short of the back edge of the take-off area, then the athlete will be entitled to start their run up again without penalty.
- The pit and the take-off area must be levelled after each jump.
- The run up tape measure is placed at the start of the sand matt for the U6's – U10's & at the start of the 1st or 2nd take off board for the U11's – U17's.

U6-U8 Athletes Measurements

- Athletes will be entitled to 2 jumps, (unless otherwise directed by the Arena Manager or by a Centre Executive) and will jump from a mat measuring 1.00 x 1.00 covered with sand.
- All jumps must be measured from the nearest break in the landing area (made by any part of the body or limbs) to the front edge of the imprint made by the take-off foot. The tape is then straightened and drawn tight so it lies over and is in contact with imprint made by take-off foot and the distance must be measured to the nearest whole centimetre below the distance jumped.
- In the case of an athlete taking off before reaching the take-off area (sand matt), the jump is measured from the back of the matt to the first imprint in the sand pit.

U9-U10 Athletes Measurements

- Will be entitled to 3 jumps, (unless otherwise directed by the Arena Manager or by a Centre Executive) and will jump from a mat measuring 1.22m x 0.5m covered with sand.
- All jumps must be measured from the nearest break in the landing area (made by any part of the body or limbs) to the front edge of the imprint made by the take-off foot. The tape is then straightened and drawn tight so it lies over and is in contact with imprint made by take-off foot and the distance must be measured to the nearest whole centimetre below the distance jumped. In the case of an athlete taking off before reaching the take-off area (sand matt), the jump is measured from the back of the matt to the first imprint in the sand pit.

U11-U17 Athletes Measurements

- Will be entitled to 3 jumps, (unless otherwise directed by the Arena Manager or by a Centre Executive).
- The take-off board must measure 1.22m x 0.2m.
- All jumps must be measured from the nearest break in the landing area (made by any part of the body or limbs) to the front edge of the take-off board (extended as necessary). The tape is then straightened and drawn tight so it lays perpendicular, i.e. 90° to the take-off board or its extension. The distance must be measured to the nearest whole centimetre below the distance jumped.

U9-U17 Athletes:

Athletes must leave the pit walking forward around the flag where the record is set. If the athlete walks back from their initial landing the measurement will be made from their last imprint into the sand.

High Jump



In addition to the LA Vic Rules and Regulations, WCLAC includes the following rules to be administered in the weekly competition events:

- **U8, U9 & U10 Athletes** - are only allowed the scissor Jump attempt. The athlete must take off from the ground with one foot and land on the landing mat '**foot first**' (not the leg or backside) to be considered a legal attempt which will be adjudged by the chief official of the event.
- **U11 athletes & above** are allowed the flop technique.

Each athlete has a maximum of 8 jump attempts in total per competition. This includes an athlete's entitlement to 3 attempts per height.

However, if an athlete is attempting the Centre Record and it is achieved, the athlete is granted an additional 3 attempts per each centre height achieved. An athlete may achieve the record attempt within their allocated 8 jumps, not after.

Commencement of Competition

Before competition begins, the Chief Judge shall announce to the athletes the height set & subsequent following heights to which the bar will be raised so the athletes can practice their run ups.

For competition jumps

- a) The bar must never be raised by less than 2cm in the High Jump after each round of trials.
- b) The athlete or athletes can nominate the height to be attempted.
- c) The bar must be raised after each round of trials in increments depending on the number of athletes remaining in the competition, as per the following table.

No of Athletes	Increment
Greater than 4	5cm
4 or less	2cm

The Rules (a) & (c) will not apply once the athletes still competing agree to raise the bar to the Centre Record. After an athlete has won the competition, the height to which the bar is to be raised will be decided by the athlete, in consultation with the relevant Event Chief or Referee.

Starting Heights for Age Groups

The starting heights for each age group is as follows:

Age	U8	U9	U10	U11	U12	U13	U14	U15&U16
Boys	0.60m	0.70m	0.80m	1.00m	1.10m	1.15m	1.20m	1.25m
Girls	0.60m	0.70m	0.80m	0.95m	1.05m	1.10m	1.15m	1.20m

An athlete may commence jumping at any height above the starting height as announced by the chief at the start of the event. The athlete has the right to pass a height announced by the chief and may re-enter the competition when the athlete decides to proceed.

All measurements shall be made, in whole centimetres, perpendicular from the ground to the lowest part of the upper side of the bar.

Any measurement of a new height shall be made by the Event Chief before athletes attempt such height. In all cases of Records, the Chief shall also recheck the measurement before each subsequent Record attempt if the bar has been touched since last measured.

Time Allowance per Jump

The Chief Official responsible shall indicate to an athlete that all is ready for the trial to begin. Please refer to the table below for athlete allowance per Jump attempt.

Athletes remaining in competition	Time Allowance
All rounds of Competition	30 seconds
When only 2 – 3 athletes remain	1 min 30secs
When only 1 athlete remains	3 minutes
Consecutive trials	2 minutes

Failures

- a) After the jump attempt, the bar does not remain on the supports because the athlete has made contact with the bar or uprights whilst jumping. **However**, when it is clear that the bar has been displaced by a force not associated with an athlete (e.g. a gust wind). If such displacement occurs after an athlete has cleared the bar without touching it, then the trial shall be considered successful, or if such displacement occurs under any other circumstances, a new trial shall be awarded.
- b) The athlete touches the ground including the landing area beyond the vertical plane through the nearer edge of the crossbar, either between or outside the uprights with any part of his

body, without first clearing the bar. **However**, if when the athlete jumps & touches the landing mat with their foot and in the opinion of the judge, no advantage gained, the jump for that reason should not be considered a failure.

- c) The athlete does not commence their jump within the allowed time frame (30 seconds) will be called a foul jump attempt. The event Chief will raise a flag to notify the athlete that they have 15 seconds left to commence their jump as a warning to the athlete jumping.
- d) The athlete baulks at the bar in their jumping attempt for a third time in the one trial attempt.
- e) The athlete takes off with 2 feet.
- f) Three consecutive failures in a row disqualifies the athlete from further jumping in the competition.

After all other athletes have failed, the remaining athlete is entitled to keep jumping until he/she has forfeited his/her right to continue jumping their allocated 8 attempts.

Awarding placings

If two or more athletes clear the same final height the procedure to decide the places will be the following;

- The athlete with the lowest number of jump attempts at the height last cleared shall be awarded the higher place.
- If the athletes are equal, the athlete with the lowest total of failures throughout the competition up to & including the height last cleared, shall be awarded the higher place.
- If the athletes are still equal, the athletes concerned shall be awarded the same placing at WCLAC Open Day or Championship Weekend competition.

Example of scoring for placings

Height	1.00m	1.05m	1.10m	1.15m	1.20m	1.25m	Performance and place
Athlete 1	-	-	XO	O	XXO	XXX	1.20m – 1 st
Athlete 2	O	O	O	XXO	XXX		1.15m – 3 rd
Athlete 3	O	O	XO	XXO	XXX		1.15m – 4 th
Athlete 4	-	O	O	XX	XXO	XXX	1.20m – 2 nd

Example of scoring for equal performances

Height	1.00m	1.05m	1.10m	1.15m	1.20m	1.25m	Performance and place
Athlete 1	-	O	O	O	XXO	XXX	1.20m – 3 rd
Athlete 2	-	O	O	O	XO	XXX	1.20m – 1 st
Athlete 3	-	-	O	O	XO	XXX	1.20m – 1 st
Athlete 4	O	O	XO	O	XXO	XXX	1.20m – 4 th

Triple Jump



In addition to the LA Vic Rules and Regulations, WCLAC includes the following rules to be administered in the weekly competition events:

- The Triple Jump shall consist of a hop, a step and a jump in that order.
- The hop shall be made so that an athlete lands first on the same foot as that from which the athlete has taken off on; in the step, the athlete shall land on the other foot, from which, subsequently, the jump is performed. It shall not be considered a failure if an athlete, while jumping, touches the ground with the “sleeping” leg (scrapping along the ground).
- If the athlete approaches and stops short of the back edge of the take-off area, then the athlete will be entitled to start their run up again without penalty.
- The pit and the take-off area must be levelled after each jump.

Time Allowance per Jump

The Chief Official responsible shall indicate to an athlete that all is ready for the trial to begin. An athlete has **30 seconds** to complete their jump once they have acknowledgment by the Chief Official. Consecutive trials: **2 minutes** in between jumps.

Each competitor will be entitled to (3) jumps (unless otherwise directed by the Arena Manager or by a Centre Executive).

The Triple Jump (run up tape measure) is set up starts at the 4m take off board. Athletes can nominate their take off board mark and notify the event chief before competition commences. Take off boards are as follows: **4m, 5m, 6m, 7m, 8m, 9m 11 & 13m**. Athletes may use the **4m** take off board if they have difficulty reaching the pit under the event chief’s discretion for safety reasons.

An athlete may change their take-off board during competition. Athletes must notify the chief of the change prior to the commencement of the jump.

Failures

- The athlete does not commence their jump within the allowed time frame will be called a foul jump. The event Chief will raise a flag to notify the athlete that they have 10 seconds left to commence their jump.
- The athlete does not perform the correct sequence in the hop step and jump being: Same foot off the take-off board then onto opposite foot then landing with both feet into the sand pit.
- Any part of the foot touches the black foul line.

Tied Event

The second-best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. If the athletes are still equal following the application of this rule, it shall be determined to be a tie.

Each athlete shall be credited with the best of all their trials, including those achieved in resolving a tie for first place.

U11 - U17 Athletes Measuring

- The take-off board must measure 1.22m x 0.2m.
- **Athletes must leave the pit walking forward around the flag where the record is set.** If the athlete walks back from their initial landing the measurement will be made from their last imprint into the sand.
- All jumps must be measured from the nearest break in the landing area (made by any part of the body or limbs) to the front edge of the take-off board (extended as necessary). The tape is then straightened and drawn tight, so it lays perpendicular, i.e. 90° to the take-off board or its extension. The distance must be measured to the nearest whole centimetre below the distance jumped.

Shot Put



In addition to the LA Vic Rules and Regulations, WCLAC includes the following rules to be administered in the weekly competition events.

- The shot shall be put from the shoulder with one hand only. At the time an athlete commences a put, the shot shall touch or be in close proximity to the neck or the chin and the athlete takes a stance in the circle the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.
- In the Shot Put, implements shall be thrown from a circle. In the case of trials made from a circle, an athlete shall commence his/her trial from a stationary position inside the circle. An athlete is allowed to touch the inside of the rim. In the shot Put, he/she is allowed to touch the inside of the stop board.

Athletes must not use any substances on their hands or the throwing implement to obtain a better grip on the throwing implement.

Time Allowance per throw

The Chief Official responsible shall indicate to an athlete that all is ready for the trial to begin. An athlete has **30 seconds** to complete their throw once they have acknowledgment by the Chief Official. Consecutive trials: **2 minutes** in between throws.

A distinctive flag or marker with a number inset will be provided to mark the best throw of each athlete; it will be moved after each throw providing that subsequent throws are further than the previous. Measurements will be taken from the marker at the end of competition. **(This is a Centre Ruling Only. For Region & State events each throw will be measured & recorded)**

All distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.

From the nearest mark made by the fall of the shot to the inside of the circumference of the circle along a line to the centre of the circle.

Failures

It shall be a failure if an athlete in the course of a trial:

- Releases the shot other than as permitted
- Touches with any part of the outside circle, top of the stop board or top edge of the outer rim with any part of their body will be deemed a no throw when throwing.
- Touches the sector line or lands outside the marked sector lines.

- If the athlete does not exit the Shot Put ring behind the central white line after their throw. If an athlete steps or touches any part of the central white line when exiting this will be deemed a no throw.
- The athlete does not commence their throw within the allowed time frame will be called a foul throw. The event Chief will raise a flag to notify the athlete that they have 10 seconds left to commence their throw.

Shot Put Weights

The respective weights used by each age group are as follows:

Age Group	Weight	Age Group	Weight
U6 & U7 B&G	1.00kg	U13 & U14 B&G, U15, U16 & U17G	3.00 kg
U8 B&G	1.50kg	U15B & U16B	4.00 kg
U9, U10, U11 & U12 B&G	2.00kg	U17B	5.00kg

Attempts

- **U6 – U8** will be entitled to (2) throws during regular competition (unless otherwise directed by the Arena Manager or by a Centre Executive).
- **U9 – U16** will be entitled to (3) throws during regular competition (unless otherwise directed by the Arena Manager or by a Centre Executive).

Discus



In addition to the LA Vic Rules and Regulations, WCLAC includes the following rules to be administered in the weekly competition events.

- A distinctive flag or marker with a number inset will be provided to mark the best throw of each athlete; it will be moved after each throw providing that subsequent throws are further than previous. Measurements will be taken from the marker at the end of competition. **(This is a Centre Ruling Only. For Region & State events each throw will be measured & recorded).**
- All distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre. The measurement will be made from the nearest mark made by the fall of the discus back to the circumference the throwing circle inner edge. The tape pulled back tight to the centre of the throwing circle for alignment.
- When leaving the circle, an athlete's first contact with the top of the rim or the ground outside the circle shall be completely behind the centre white line, which is drawn outside the circle running, theoretically, through the centre of the circle. Note: The first contact with the top of the rim or the ground outside the circle is considered leaving. An athlete shall not leave the circle until the implement has touched the ground.

Athletes must not use any substances on their hands or the throwing implement to obtain a better grip on the throwing implement.

Time Allowance per throw

The Chief Official responsible shall indicate to an athlete that all is ready for the trial to begin. An athlete has **30 seconds** to complete their throw once they have acknowledgment by the Chief Official. Consecutive trials: **2 minutes** in between throws.

Failures

It shall be a failure if an athlete in the course of a trial:

- After he/she has stepped into the circle and begun to make a throw, touches with any part of the outside circle, top of the outer rim with any part of their body will be deemed a no throw.
- It shall be a failure if the Discus, touches the sector line or lands outside marked sector lines.
- If the athlete does not exit the Discus ring behind the central white line after their throw. If an athlete steps or touches any part of the central white line when exiting this will be deemed a no throw. Best practice is to exit out the back of the ring.

- The athlete does not commence their throw within the allowed time frame will be called a foul throw. The event Chief will raise a flag to notify the athlete that they have 10 seconds left to commence their throw.

Discus Weights

The relevant weights will be used by the following age groups:

Age Groups	Weight	Construction
U6, U7 B&G	350g	Rubber Compound
U8, U9, U10 & U11 B&G	500g	Rubber Compound
U12 & U13 B&G	750g	Rubber Compound, Plastic or wood with metal rim
U14, U15, U16 B&G & U17G	1kg	Rubber Compound, Plastic or wood with metal rim
U17B	1.5kg	Rubber Compound, Plastic or wood with metal rim

Attempts by Athletes

- **U6 – U8** will be entitled to (2) throws during regular competition (unless otherwise directed by the Arena Manager or by a Centre Executive).
- **U9 – U16** will be entitled to (3) throws during regular competition (unless otherwise directed by the Arena Manager or by a Centre Executive).

Javelin



In addition to the LA Vic Rules and Regulations, WCLAC includes the following rules to be administered in the weekly competition events.

- All Javelin throws shall be made from a runway.
- The Javelin shall be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted.
- A throw shall be valid only if the tip of the metal end strikes the ground before any other part of the javelin.
- A distinctive flag or marker with a number inset will be provided to mark the best throw of each athlete; it will be moved after each throw providing that subsequent throws are further than previous. Measurements will be taken from the marker at the end of competition. **(This is a Centre Ruling Only. For Region & State events each throw will be measured & recorded)**. All distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.
- The tape measure will be placed by the mark made by the fall of the metal tip part of the Javelin back to the white triangle which is situated 8 meters behind the foul line. The tape pulled back tight to the triangle marker for alignment. Measurement is measured from the foul line inner edge to the fall of the javelin.
- The Javelin does not have to spike into the ground. The measurement is made from the first contact of the metal part (silver tip) of the javelin.
- An athlete shall not leave the runway until the implement has touched the ground.
- In the case of a Javelin throw, when an athlete leaves the runway, the first contact with the parallel lines or the ground outside the runway shall be completely behind the white line of the arc or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly.

Time Allowance per throw

The Chief Official responsible shall indicate to an athlete that all is ready for the trial to begin. An athlete has **30 seconds** to complete their throw once they have acknowledgment by the Chief Official. Consecutive trials: **2 minutes** in between throws.

Failure

It shall be a failure if an athlete in the course of a trial:

- Release the Javelin other than as permitted.
- The Javelin lands end first rather than Metal tip first or flat to the ground. The javelin must be seen to have hit the ground first with any part of the metal tip to be awarded a legal throw.

- Touches with any part of his body the lines which mark the runway or the ground outside.
- It shall be a failure if the Javelin, in contacting the ground when it first lands touches the sector line or lands outside the marked sector lines.
- If the athlete does not exit the Javelin Runway behind the foul line after their throw. If an athlete steps or touches any part of the foul line when exiting this will be deemed a no throw.
- The athlete does not commence their throw within the allowed time frame will be called a foul throw. The event Chief will raise a flag to notify the athlete that they have 10 seconds left to commence their throw.

Javelin Weights

The relevant weights are for the following age groups:

Age Groups	Nominal Weight	Age Groups	Nominal Weight
U10 B&G (Vortex)	300g	U15, U16 & U17G	500g
U11, U12 B&G, U13G & U14G	400g	U15, U16 & U17B	700g
U13B & U14B	600g		

Attempts by Athletes

1. **U10 – U17** will be entitled to (3) throws during regular competition (unless otherwise directed by the Arena Manager or by a Centre Executive).