# School Sport SA Track and Field

## Primary Sapsasa Championships

### Rules and Conditions

#### Age Groups

\*\*Children turning 9 or younger in the year of competition are NOT ELIGIBLE

10-Year-old (turning 10 in the year of competition born 2012)

11-Year-old (turning 11 in the year of competition born 2011)

12-Year-old (turning 12 in the year of competition born 2010)

#### 13-Year-Old in primary schools

13-year-olds in primary schools can compete in School Sport SA Sapsasa events.

In individual sports like athletics 13-year-olds can compete with 12-year-olds. The first three 12-year-old placegetters in that event would be presented with medals and recognised for any record set and any placed 13-year-old would be awarded a medal equivalent to their placing (no records to be recorded).

#### 12-Year-Olds in Year 7 Participation

Track and Field athletes in year 7 and turning 12 in 2022 wish to be considered for the state team can nominate as an individual competitor to compete at the primary track and field (day to be determined based on nominations).

These athletes must complete the year 7 students turning 12 Sapsasa track and field nomination form by Monday 5 September which can be found on the School Sport SA Track and Field page.

#### General Rules

1. Each district is limited to one entry per event excluding wild card entries. Please note that districts may not use more than 12 individual wildcards with a maximum of 2 competitors in any one event.
2. Each competitor is allowed to compete in no more than three individual events: Metro district competitors can only compete in one relay.Country district competitors can compete in two relays though cannot go down an age group.
3. **Substitutions and Scratching’s:** Substitute competitors must be notified by team manager at least 30 minutes prior to commencement of program.
4. School Sport SA reserves the right to divide any event into heats or to run concurrently any two or more heats.
5. Competitors must report to the marshal immediately once their events are called approximately 10 minutes before the event. Marshalling will occur at the start area of the track event and at the event site for field events. No one but the officials on duty at the time of the event and competitors of the event shall be allowed in the competition arena.

Track events take precedence over field events, athletes report to the field recorder first, then report to the track marshal, return to the field event and remain in the competition as long as possible before their track event commences. After the track event athletes need to report directly back to the field recorder. Competitors returning to high jump will be required to re-join the competition at the current height of the bar.

1. **Points:** will be allocated for all final events including relays and will be 16, 14, 12, 10, 8, 6, 4 and 2 (1st to 8th place respectively). One point will be awarded to athletes placed ninth or higher.
2. **Footwear:** Children will not be permitted to compete in bare feet.
3. **Spikes:** No longer than 7mm may be worn for 100m, 200m, Relays, High Jump and Long Jump *ONLY.* Children who compete in the 800m & 1500m WILL NOTbe permitted to wear spikes on championship days because of the large fields and risk of injury to others.
4. Starting blocks may be used, but only those supplied by Athletics SA can be used.
5. Method of starting 'On your marks' - 'set' - 'Gun’. N.B. 800m and 1500m method of starting ‘On your marks’ – ‘Gun’
6. Electronic timing and photo-finish results will be the official results used for placement of athletes for the purpose of settling official protests.
7. **Protests:** The district manager must notify the convenor of the intention to protest within 5 minutes of the event concluding. If the protest is progressed, then the relevant written information is to be completed within 15 minutes. The appointed sub-committee will consider all written protests.
8. **Field events:** Competitor's name shall be called when it is his/her turn to compete.   
   In the event of tied performances between athletes, a ‘count-back’ system will be used to determine final placings.  
   Long Jump - 3 Jumps in rotation   
   High Jump - 3 Jumps in rotation for each height. Competitors will cease competition if they fail after 3 attempts at that height.   
   Discus and Shot Put - 3 throws in rotation. weights:

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| **Discus** | 10 years = 500 gms | 11, 12 Years = 750 gms. |
| **Shot put** | 10 & 11 years = 2 kg | 12 Years = 3 kg |

1. **Relays:** All circular - teams may be comprised of either winning school team or best four sprinters in correct age group in a district. Baton changes must be made within the 30-metre change-over zone. The 10-metre acceleration zone can now be used to exchange the baton. The baton must be carried in the hand throughout the race. If dropped, the baton must be recovered by the athlete who dropped it. After handing over the baton, competitors must remain in their lanes until the course is clear. At this stage the official in charge will instruct athletes to leave the track.