

## VICTORIAN SCHOOLS KNOCKOUT RULES OF COMPETITION

1. Ages are taken as at 31 December in the year of competition and there are three age categories:
  - Junior: Under 15 (born in 2003, 2004, 2005, etc)
  - Intermediate: Under 17 (born in 2001, 2002)
  - Senior: Under 19 (born in 1999, 2000)
2. All team members must be bona fide students at the school.
3. Team sheets must be completed and emailed to [summer@athsvic.org.au](mailto:summer@athsvic.org.au) by **12pm (midday) Monday 11 September**. Team managers are required to sign in **1 hour prior to the events**.
4. A competitor may not compete in more than one age group (eg junior and intermediate) or part of more than one team.
5. A competitor cannot change teams once competition has started. It is the athlete/schools responsibility to ensure that, in the instance of multiple teams in the one age group, the athlete competes in the correct team.
6. All results will be verified once competition has concluded and prior to presentations. If a team member has competed in the wrong team (see point 5), that team will be disqualified and will not be eligible for awards or to qualify for the Australian SKO Championships.
7. Substitutions can be made at the Administration room, 45 minutes prior to the event. Substitution forms are to be completed and taken to field events with the athlete.
8. There is no call room for this event. Athletes must marshal in the event area at least ten (10) minutes prior to the event start time and listen to announcements broadcast over the PA for any changes (see point 8).
9. Warm ups for field events may not be allowed in the competition area if the timetable does not allow.

10. **FIELD EVENTS:**

- Attempts:
  - o Shot Put, Javelin and Long Jump athletes will receive three (3) attempts with no further attempts.
  - o High Jump athletes will be out once they have recorded three (3) consecutive failed attempts.
- Shot Put: This event will be held outside during this School Knockout competition.
- High Jump Start Heights:

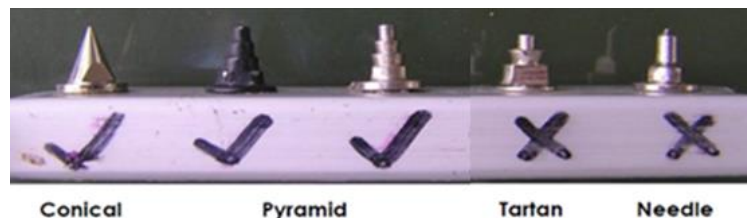
Intermediate Boys	Intermediate Girls	Senior Boys	Senior Girls
1.20m	1.10m	1.25m	1.20m
Jump heights will increase by 5cm			

*Please Note: Subject to change by Field Referee and Competition Director*

- Implement Weights

	Junior Boys	Junior Girls	Intermediate Boys	Intermediate Girls	Senior Boys	Senior Girls
Shot Put	4kg	3kg	4kg	3kg	5kg	3kg
Javelin	700gm	500gm	700gm	500gm	700gm	500gm

11. Events may be given earlier starting times if cancellation or consolidation of previous heats events occurs. **ANY CHANGES WILL BE BROADCAST VIA THE P.A SYSTEM.**
12. All events are conducted under the rules of the International Amateur Athletics Federation (IAAF) and Athletics Victoria (AV).
13. School athletics/sports uniform must be worn. No club uniforms to be worn. If no school sports uniform exists, a white t-shirt is to be worn.
14. Only starting blocks provided by Athletics Victoria may be used, however they are not compulsory
15. The venue ruling for Lakeside Stadium is a maximum spike length of 7mm for all track events and 9mm for all field events. Only conical & Pyramid (Christmas tree) allowed;



Conical

Pyramid

Tartan

Needle



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16. Relay batons will be provided for relay competition and must be used. Teams should provide their own batons for training.
17. Schools are required to provide helpers to assist with track or field events for a set period throughout the day. This will be indicated via a school helper timetable distributed to all schools.
18. RELAYS:
  - Swedish relay: The order of distances for the Swedish relay is 100/300/200/400.
    - o In this relay, the second athlete will have an acceleration zone, but the third and fourth runners will not have the acceleration zone.
  - Medley relay: The order of distances for the medley relay is 200/200/400/800.
    - o The medley relay will have no acceleration points at the changeover legs. The third athlete will be able to cut over into the first lane at the 1500m start line area. Please look out for cones.
  - 4x200m:
    - o This relay will have acceleration points for the second and third leg runners with the third leg runner eligible to cut over into the first lane at the 1500m start line area, please look out for cones.
19. PROTESTS

Any enquiry regarding entry into these Championships will be handled by the AV COMPETITION MANAGER at the ADMINISTRATION AREA at the top of the grandstand. Any protest regarding the competition shall first be made to the Referee within 30 minutes of the official announcement of the result. The referee may decide on the protest immediately, or may refer the matter to a jury.

If you wish to appeal the decision of the Track Referee an appeal must be made in writing, and submitted to the Administration Manager, who will be located in the room over looking the finish line at the top of the grandstand. The protest must be accompanied by a fee of \$50 - which will be forfeited should the protest be considered frivolous.
20. Scoring & Progression to National Finals: SKO uses a performance based scoring system that allocates points based on the performance of each athlete. For example – 10.50secs for boys 100m = 80 points; 11.00secs = 70 points etc. These points are tallied for all events and the team with the highest score wins.
21. Medallions will be awarded to all team members of the teams finishing 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each age category, subject to protest.
22. Breakdown of teams
  - Junior Teams:**
    - Teams must fill eight individual events and one relay
    - Teams consist of a minimum of five and maximum of six athletes
    - Athletes must do a minimum of one individual event and can do a maximum of two individual events
  - Intermediate and Senior Teams:**
    - Teams must fill 11 individual events and one relay
    - Teams consist of a minimum of seven and maximum of nine athletes
    - Athletes must do a minimum of one individual event and can do a maximum of three individual events

**Please note:** A relay is NOT an individual event



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### Elaboration of New Swedish Medley Rules

The Swedish Medley Relay is conducted over 1000 metres and involves legs of 100, 300, 200 & 400 metres.

#### **Runner 1 (100m)**

The race begins at the 200 metres start, and the first runner runs 100m entirely in their lane.

#### **Runner 2 (300m)**

The second runner receives the baton within the third 4x100 change over zone. The second runner may use the acceleration zone. Once athletes enter the straight, they may cut across to run on the inside.

#### **Runner 3 (200m)**

The third runner commences at the 200 metres start point within the unlaned 4x200 change zone. There is no acceleration zone. Athletes are lined up in the changeover zone based on the order of their teams position as they cross the finish line. Once placed in order by the competition officials, they may not change order.

#### **Runner 4 (400m)**

The final change over occurs in the 4x400 change zone. There is no acceleration zone. Athletes enter the changeover zone based on the order of their teams position as they reach the 200m to go point. Once placed in order by the competition officials, they may not change order.

NOTE: only the first leg is run in lanes. Thereafter, each athlete is entitled, (subject always to the rules of obstruction and interference) to run in lane 1.

The AVSCHOOLS logo, featuring a stylized 'AV' with a flame-like shape and stars, with the text 'AVSCHOOLS' in large blue letters to the right.

# AVSCHOOLS