



2019 VICTORIAN COLES NITRO SCHOOLS CHALLENGE

RULES OF COMPETITION

(Updated 11/09/2019)

1. Ages are taken as at 31st December in the year of competition, with three age divisions:
 - Junior (U15): 13-14 years (born 2006, 2005)
 - Intermediate (U17): 15-16 years (born 2004, 2003)
 - Senior (U20): 17-19 years (born 2002, 2001, 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 by **12pm Tuesday 10th 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 division (e.g. junior and intermediate) or part of more than one team.
5. A competitor cannot change teams once competition has started. It is the athlete/school's responsibility to ensure that, in the instance of multiple teams in the one age group, the athlete competes in the correct team.
6. Breakdown of Teams

Junior	Intermediate	Senior
<i>Competitors permitted</i> Minimum of 4; Maximum of 7	<i>Competitors permitted</i> Minimum of 4; Maximum of 11	<i>Competitors permitted</i> Minimum of 4; Maximum of 11
<i>Events permitted per athlete</i> Maximum of 2 individual events and 2 relays	<i>Events permitted per athlete</i> Maximum of 2 individual events and 2 relays	<i>Events permitted per athlete</i> Maximum of 2 individual events and 2 relays

7. 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 National Nitro Schools Challenge Final.
8. Substitutions can be made at Administration **45 minutes prior** to the timetable event start, provided that any substitutions made comply with the maximum number of events permitted as listed in Rule 6.
9. There is **no** Call Room for this event. Athletes must marshal in the event area at least **10 minutes prior** to the event start time and listen to announcements broadcast over the PA for any changes.
10. 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.
11. 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.
12. Warm ups for field events may not be allowed in the competition area if the timetable does not allow.
13. For individual track and field events (except relays), only one representative from each school/team will compete in these events.
14. FIELD EVENTS:
 - a. Shot Put
 - o Three throws per athlete with weights as set out in the Weights and Heights Schedule of the Nitro Schools Information Pack.

b. Javelin

- Three attempts per athlete with either the first or second attempt to be a legal throw
- On the third attempt, a bonus section will come into play
 - A second vector will be set up and clearly marked with either cones or bright coloured vector tape. This will be the 'bonus sector' and will set up for each Division. The objective is to land the javelin within the sector to earn 15 bonus points which will be added to the overall event placing. The bonus vector will apply to all throwers in the third round (provided they have landed a legal throw as mentioned)
 - The event will still be scored based on the longest to shortest performance and 'bonus points' added to the final event placings
- To score 15 bonus points, the javelin must land within the designated internal sector. Throws beyond the sector, or to the left or right, can still be measured for distance if outside this internal vector.
- The outcome of this event will reward the longest distance, but it provides an opportunity for accuracy to score 15 points and move up one place in the event.

c. Long Jump

- Three attempts for each athlete with the first two for distance and must be legal jumps. For the third attempt, the athlete can elect 'accuracy' and advise the Officials of the distance they will attempt to jump (e.g. "I will jump 4.10m" – provided the athlete has posted at least one legal jump).
- If the athlete does not wish to elect accuracy, then they will jump for distance
- For the third attempt there will be 'no fouls', however the athlete must make contact with the take-off board with some part of their foot. The jump will be measured from the normal point irrespective of where the athlete took off from.
- Where the athlete elects 'accuracy' – if the athlete lands a jump within 10cm of their nominated distance, they will receive 15 bonus points to be added to their overall place within that event
- Where the athlete elects 'distance' – ensuring at least one legal jump, the athlete will jump, and the performance measured

d. High Jump

- For each Division, each athlete will elect three jump heights from the below heights. Each athlete will have up to three attempts to clear that nominated height.

Intermediate Boys	Intermediate Girls	Senior Boys	Senior Girls
2.00m	1.60m	2.00m	1.65m
1.95m	1.55m	1.95m	1.60m
1.85m	1.50m	1.90m	1.55m
1.75m	1.45m	1.80m	1.50m
1.65m	1.40m	1.70m	1.45m
1.55m	1.35m	1.60m	1.40m
1.45m	1.30m	1.50m	1.30m
1.35m	1.20m	1.40m	1.20m

- Prior to the start of competition, athlete is to nominate which three heights they wish to attempt to clear
- Each athlete will have a minimum of three jumps in this competition (assumes they clear each nominated height on the first attempt), or a maximum of nine jumps (assume they take all three attempts at each height nominated)
- Only countbacks will apply to separate athletes where necessary. No jump offs.
- Where there is a tie, those points will be combined and divided between the number of athletes that are tied

15. RELAYS:

a. 4 x 100m Relay

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b. 2 x 2 x 400m Relay

- Two athletes in each team will complete two 400m.
- The start of the race will be from the 800m start line and without blocks.

- The first runners will stay in lanes for 100m and then once past the cut in move across to lane 1.
 - The exchange zone will be the same as for the 4 x 400m and teams will be placed in changeover order when runners pass the 200m start line.
 - The first runner will pass to the second runner who will complete the 400m and then pass the baton back to the first runner who in turn will complete 400m and hand over the baton for the final leg to the second runner.
 - Maximum of 8 teams to race in each heat.
 - Teams will be seeded randomly for this event
- c. Swedish relay: The order of distances for the Swedish relay is 100/300/200/400.
- The Swedish Medley Relay is conducted over 1000 metres and involves legs of 100, 300, 200 & 400 metres.
 - The race begins at the 200 metres start, and the first runner runs 100m entirely in their lane.
 - The second runner receives the baton within the third 4x100 change over zone. Once athletes enter the straight, they may cut across to run on the inside.
 - The third runner commences at the 200 metres start point within the unlaned 4x200 change zone. Athletes are lined up in the changeover zone based on the order of their team's position as they cross the finish line. Once placed in order by the competition officials, they may not change order.
 - The final change over occurs in the 4x400 change zone. Athletes enter the changeover zone based on the order of their team's position as they reach the 200m 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.
16. 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.**
17. All events are conducted under the rules of the International Amateur Athletics Federation (IAAF) and Athletics Victoria (AV).
18. Only starting blocks provided by Athletics Victoria may be used, however they are not compulsory
19. 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;



20. Relay batons will be provided for relay competition and must be used. Teams should provide their own batons for training.
21. Any enquiry regarding entry into these Championships will be handled by the **AV COMPETITION MANAGER** at **ADMINISTRATION** at the top of the Main 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 Referee, an appeal must be made in writing, and submitted to the Administration Manager, who will be located in the room overlooking the finish line on Level 1 of the Main Grandstand. The protest must be accompanied by a fee of **\$50** - which will be forfeited should the protest be considered frivolous.
22. Individual competitors within a team will be scored for each performance based on their place in each event. Where there is a tie in a track or field event that cannot be separated, then the points allocated to those placings will be combined and shared between the number of individuals/teams that have tied. This may see 'half points' allocated for some events.
23. Each team/school will select one event (within the Division) as a *Power Play* event on the prescribed form where final placings in that event will be awarded 'Double Points'.
24. At the end of all events in each Division, the team/school medals will be awarded to the top 3 teams in each Division. Where there is a tie in any or all the top 3 places, a count back will occur as follows:
- a. The team with the highest number of first placings from each of the events within the Division; or if still a tie,
 - b. The team with the highest number of seconding placings; or if still a tie,
 - c. The team with the highest number of third placings.

- 25. If teams are still tied after Rule 24, then the Competition Manager can select any event in the Division to be re-contested to determine the Final Top 2 or 3 placings.
- 26. Medallions will be awarded to all team members of the teams finishing 1st, 2nd and 3rd in each age category, subject to protest.

