

# The Great Public Schools' Association of Queensland

## RULES OF COMPETITION

### TRACK & FIELD

Last Reviewed: August 2022

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*Spirit of Fellowship*



## 1. ADOPTED RULES

GPS Track & Field competitions are conducted in accordance with the Technical Rules recognised by World Athletics, except where these differ from the GPS competition Rules; in which case the latter shall take precedence. Reference should also be made to all GPS By-laws, Policies and Procedures. These rules are to be read in conjunction with information available on GPS Net.

## 2. ELIGIBILITY

To compete in a GPS competition, students must meet the eligibility criteria stated in the GPS Eligibility Rule.

- 2.1 Students enrolled in Years 5 to 12 of a GPS member school are eligible to participate in the competition. All competitors must first be registered with the GPS Office.
- 2.2 Students may compete in only one (1) age group where their first event determines the division in which they will compete for the entire duration of the Championship.
  - a. Exception: Students may compete in age group events and all-age events.

## 3. BEHAVIOUR

All misconduct by participants or other personnel that occurs during the normal proceedings of a Sport or Activity will be actioned as according to the Governing body and the GPS Code of Conduct.

## 4. STRUCTURE

GPS competitions must have a minimum number of five (5) teams from five (5) member schools competing in a division.

- 4.1 The competition will follow the schedule as set by the GPS Calendar and the Competition Draw.
- 4.2 Events will be conducted in age-groups 10 Years & Under to 16 Years & Under, Open events (18 Years & Under) and All-Age events.
- 4.3 The following events will be contested at the GPS Championships:
  - a. Track Events:

Age Group	Track Events at GPS Championships (one division per event)						
	13 & Under	100m	200m	400m	800m	1500m	90m Hurdles
14 & Under	100m	200m	400m	800m	1500m	100m Hurdles	4 x 100m Relay
15 & Under	100m	200m	400m	800m	1500m	100m Hurdles	4 x 100m Relay
16 & Under	100m	200m	400m	800m	1500m	110m Hurdles	4 x 100m Relay
Open (18 Years & Under)	100m	200m	400m	800m	1500m	110m Hurdles	4 x 100m Relay
All-age (*see 6.6)					3000m	400 Hurdles	4 x 400m Relay *

## b. Field Events:

Age Group	Field Events at GPS Championships (one division per event)					
13 & Under	3kg Shot Put	1kg Discus	600g Javelin	High Jump	Long Jump	Triple Jump
14 & Under	4kg Shot Put	1kg Discus	700g Javelin	High Jump	Long Jump	Triple Jump
15 & Under	4kg Shot Put	1kg Discus	700g Javelin	High Jump	Long Jump	Triple Jump
16 & Under	5kg Shot Put	1.5kg Discus	700g Javelin	High Jump	Long Jump	Triple Jump
Open	5kg Shot Put	1.5kg Discus	700g Javelin	High Jump	Long Jump	Triple Jump

## 4.4 The following events will be contested at the GPS Junior Championships:

## a. Track Events:

Age Group	Track Events at GPS Junior Championships (number of divisions)				
10 & Under	100m (4)	200m (4)	800m (4)	80m Hurdles (2)	4 x 100m Relay (1)
11 & Under	100m (8)	200m (8)	800m (4)	80m Hurdles (4)	4 x 100m Relay (2)
12 & Under	100m (8)	200m (8)	800m (4)	80m Hurdles (4)	4 x 100m Relay (2)

## b. Field Events:

Age Group	Field Events at GPS Junior Championships (number of divisions)			
10 & Under	2kg Shot Put (2)	500g Discus (2)	High Jump (2)	Long Jump (2)
11 & Under	2kg Shot Put (2)	750g Discus (2)	High Jump (2)	Long Jump (2)
12 & Under	3kg Shot Put (2)	750g Discus (2)	High Jump (2)	Long Jump (2)

## 5. OFFICIALS

5.1 The GPS Association, with the assistance of the Brisbane Athletics Officials Club, will appoint qualified athletics officials for the Championships.

## 6. ADDITIONAL RULES

6.1 Uniforms of competitors and personnel must comply with the GPS Uniform Policy.

a. All competitors must wear footwear.

6.2 The replacement of competitors must be completed no later than thirty (30) minutes prior to scheduled start time of the event using the relevant GPS Championship Changes Form.

a. Replacement due to injury or illness may be made up until the scheduled commencement time of the event.

### Track Events

6.3 Competitors must report to the official in charge of the track event no later than five (5) minutes before the scheduled start time of the event.

6.4 False Starts

b. False starts in 10 & Under, 11 & Under and 12 & Under track events will result in warnings. All competitors will be permitted to run.

c. One false start is permitted in 13 & Under, 14 & Under and 15 & Under track events, where any further false starts result in disqualification.

6.5 Starting blocks may be used by athletes in all age groups for all races up to and including the 400metres (including the first leg of all relays). Personal starting blocks are not permitted where starting blocks are provided either by the venue or the competition hosts.

6.6 Athletes in the all-age 4 x 400m relay will run in ascending age order. Each team must consist of one athlete from each of the following age groups:

- 13 & Under
- 14 & Under
- 15 & Under
- 16 & Under

## 6.7 Hurdle race specifications:

Hurdles Event	Number of Flights	Height of Hurdles	Distance from start line to first hurdle	Distance between hurdles	Distance from last hurdle to finish line
80m [10 & Under]	9	0.600m	12m	7m	12m
80m [11 & Under]	9	0.680m	12m	7m	12m
80m [12 & Under]	9	0.760m	12m	7m	12m
90m [13 & Under]	9	0.762m	13m	8m	13m
100m [14 & Under, 15 & Under]	10	0.840m	13m	8.5m	10.5m
110m [16 & Under, Open]	10	0.914m	13.72m	9.14m	14.02m
400m [All Age]	10	0.840m	45m	35m	40m

**Field Events**

6.8 Competitors must report to the official in charge of the field event not before fifteen (15) minutes prior to the scheduled start time of the event, and no later than fifteen (15) minutes after the scheduled start time of the event.

- a. Due to possible conflicts with Track events, competitors may compete out of order but can only compete once in a round.

6.9 Competitors will be permitted four (4) attempts in Long Jump, Triple Jump, Shot Put, Discus and Javelin.

## 6.10 High Jump

- a. In Junior Championship High Jump events (10 & U, 11 & U, 12 & U), each competitor must provide a certificate of competence to the technical official prior to the commencement of the event. The form must be signed by the school high jump coach.
- b. Height Specifications:

	Starting Height	Bar Rises
10 & Under	1.05m	5cm for 1 rise, then 3cm
11 & Under (Division 2)	1.10m	5cm for 2 rises, then 3cm
11 & Under (Division 1)	1.18m	5cm for 1 rise, then 3cm
12 & Under (Division 2)		
12 & Under (Division 1)	1.25m	5cm for 2 rises, then 3cm
13 & Under	1.35m	5cm for 3 rises, then 3cm
14 & Under	1.40m	
15 & Under	1.50m	
16 & Under	1.60m	
Open	1.65m	

## 7. RESULTS

- 7.1 Points, Premierships and Championships will be awarded in accordance with the GPS Championships & Premierships Policy.
- 7.2 Reviews & Protests of results will be conducted in accordance with the GPS Reviews & Protest Policy.
- 7.3 The GPS Track & Field Championships winner (champion school) shall be the school with the highest aggregate for all events contested at the GPS Track & Field Championships and presented with the "Sir John Goodwin" Trophy.
- 7.4 The GPS Junior Track & Field Championship winner (champion school) shall be the school with the highest aggregate for all events contested at the GPS Junior Track & Field Championships.
- 7.5 Place points awarded for each event:

Event	1 <sup>st</sup> Place	2 <sup>nd</sup> Place	3 <sup>rd</sup> Place	4 <sup>th</sup> Place	5 <sup>th</sup> Place	6 <sup>th</sup> Place	7 <sup>th</sup> Place	8 <sup>th</sup> Place	9 <sup>th</sup> Place
All	10	8	7	6	5	4	3	2	1

- a. Where n is the number of tied competitors in an event, the points awarded for that placing and the next (n-1) place(s) will be summed, divided by n, and awarded to all tied competitors.
- b. A result of DNS, DNF, NH or FOUL will be awarded zero (0) points.
- 7.6 GPS records do not require a wind gauge reading to be considered legal.

## 8. CANCELLATIONS

When required, cancellations will be conducted in accordance with the Abandonment of GPS Competitions and Activities Policy.

## 9. AMENDMENTS

No amendment to these Rules of Competition is authorised unless such amendment is issued by the Executive Officer of the GPS.