

**SOUTH AUSTRALIAN ATHLETIC LEAGUE INC.**

**RULES OF COMPETITION**

**FOR SEASON 2015/16**

**1. INTRODUCTION**

**1.1 Legal Representation**

No member of the legal profession will be permitted to represent an appellant in hearings or appeals. This does not preclude a member of the S.A.A.L. being a solicitor or preclude a member who is a Solicitor from presiding at a hearing or an appeal.

**2. DEFINITIONS**

In these Rules, unless inconsistent with the subject matter or context –

“A.A.C.” shall mean The Australian Athletic Confederation Incorporated.

“Affiliated Body” shall mean any State Athletic body affiliated with the Australian Athletic Confederation Incorporated.

A “Restricted Event” is an event that has been designated as such by the Management Committee and where the Management Committee designates restrictions in the participation in those events.

“Athlete” means any person who is registered with the S.A.A.L. for the purpose of competing in S.A.A.L. sanctioned events.

“Circular events” shall mean tracks for races to be run around a turn shall be measured 30 centimetres from the outside of the pole line.

“Clubs” means a Club, or body or group of persons being unincorporated or incorporated, organised for the purpose of facilitating the coaching of athletes and/or conducting athletic sports meetings.

“Coach” means any person who is registered with the S.A.A.L. for the purpose of training athletes participating in S.A.A.L. sanctioned events.

“Confederacy” means any scheme, arrangement or agreement by athletes, coaches, persons or other parties, which has the purpose of causing interference in a race, causing a race result to be predetermined, causing an athlete not to compete to the best of his/her ability, or any other instance which results in a race not being run on the merits of the athletes concerned.

“Doping/drugs” means any substance referred to in Section 20 or as amended.

“Gift” means the major sprint race on the program as declared by the hosting club or S.A.A.L.

“Interstate League” means the New South Wales Athletic League Inc., the Queensland Athletic League Inc., the Tasmanian Athletic League Inc., the Victorian Athletic League Inc. or the West Coast Athletic League Inc.

“Laned Event” shall mean an event which is restricted up to and including 200

metres which shall require each competitor to have a separate course designated by lines or strings.

“League” means the South Australian Athletic League Incorporated.

“Meetings” means any race meeting which is approved by the S.A.A.L. to conduct such activities.

“Novice” means any Athlete who has never won an event under A.A.C. Rules in the three (3) categories as outlined in Rule 7.9. An athlete will remain a novice in each respective category until winning an event in that category.

“Office” shall mean the registered office for the time being of the S.A.A.L.

“Registration” means acceptance by the S.A.A.L., subject to its conditions, of a person’s participation in S.A.A.L. approved events.

“S.A.A.L.” means the South Australian Athletic League Incorporated.

“The Committee” means the Management Committee duly elected by the S.A.A.L. members.

“Veteran” means athletes over the age of 35 years on the day of competition.

### **3. ADMINISTRATION/ORGANISATION OF RACE MEETINGS**

#### **3.1 Meetings under S.A.A.L. Rules**

All meetings shall be held subject to S.A.A.L. Rules.

#### **3.2 Application for Meetings**

Any club or group of persons wishing to hold competitions or meetings under these Rules shall first make application to the Management Committee. Each meeting shall be advertised on the programme and on all notices and advertisements as being conducted under the S.A.A.L. Rules and may be subject of a written agreement between the relevant club or group and the League.

#### **3.3 Dates subject to Management Committee allocation**

Meeting dates shall be allocated by the Management Committee, in consultation with the Club concerned.

#### **3.4 Violation of S.A.A.L. Rules**

An affiliated club or group may not conduct a meeting in violation of the S.A.A.L. Rules.

### **4. S.A.A.L. MANAGEMENT**

#### **4.1 Discretionary Powers**

The President may at any time and at his/her discretion decide such issues as referred to in these Rules. Such issues to be decided in consultation with

a minimum of five other members of the Management Committee. All decisions to be ratified or otherwise at the first imminent full Management Committee meeting.

#### **4.2 Power to Inquire**

The Management Committee shall have the power to inquire into and deal with any matter relating to activities under the control of the S.A.A.L. The Management Committee may, at its discretion, in the case of any person who in the opinion of the Management Committee is guilty of conduct detrimental to the interests of the S.A.A.L. or unbecoming to a person registered or connected with the S.A.A.L., fine, disqualify, suspend or warn off such person for a term or for life.

#### **4.3 Abuse of Officials**

The Chief Steward may impose a fine as detailed in "Appendix 1" on any person proved to have used obscene, threatening, abusive or insulting language to or concerning any official of the S.A.A.L. at any time.

#### **4.4 Registration of Officials, Competitors and Coaches**

The League shall have full power and discretion to register competitors and officials, refuse to accept the registration or renewal thereof of any athlete or coach or to cancel or withdraw any such registration during the currency thereof.

#### **4.5 Ratify Suspensions**

The League shall have power to ratify or confirm any suspension or disqualification imposed by any recognised controlling body.

#### **4.6 Annual Appointments**

The Management Committee at its first meeting each year shall appoint a Handicap Appeals Committee.

#### **4.7 Appointment of Handicap Appeals Committee**

The Handicap Appeals Committee shall consist of three members. The duties of this Handicap Appeals Committee will be to hear appeals from athletes dissatisfied with their handicap.

#### **4.8 Appointment of Investigation Committee**

An Investigation Committee shall consist of three members and shall be appointed by the Management Committee as required, not necessarily formed from members of the Management Committee, to investigate matters referred to it.

#### **4.9 Officials –Travel Expenses**

Track Officials may receive travelling and accommodation expenses as determined by the Treasurer in consultation with the Executive Officer.

## **5. OFFICIALS**

### **5.1 Appointment of officials**

The Management Committee shall annually appoint a panel of officials comprising of:

Equipment Manager  
Chief Steward  
Colour Stewards  
Handicappers  
Judges  
Presentations co-ordinator  
Handicapper assistant  
Marksmen  
Photocopier  
Program Seller  
Public Address System Operator  
Racecaller  
Results Recorder  
Scratching Steward  
Starters  
Technical Support Operator  
Timekeepers  
Video Operator

### **5.2 Additional Officials**

Additional Officials may be appointed by the Management Committee.

### **5.3 Restriction on Athletes and Coaches as Officials**

Unless authorised by the S.A.A.L., a registered athlete or coach shall not officiate at any meeting run under these Rules.

## **6. REGISTRATIONS**

### **6.1 Applications**

Application for registration shall be made to the office of the S.A.A.L. on the Registration Form in use at the time and such application must be accompanied by the Registration Fee as determined by the Management Committee.

### **6.2 Athletes must be Registered**

All athletes must be registered with the State Body affiliated with The Australian Athletic Confederation in the State in which they reside.  
An athlete will not be permitted to compete in any S.A.A.L. event unless they are registered.

### **6.3. Registration Fee**

The Registration Fee covers the period from the declaration at the Annual General Meeting until the end of the next Annual General Meeting. No person shall be a member until the relevant registration fee has been paid.

### **6.4. Under-age Applications**

Applications for registration will not be accepted from any person who will not attain the age of 11 during the current financial year.

### **6.5 Categories**

Members can register with the League under one of the following categories:

Open with coach  
Open self-trained  
Women with coach  
Women self-trained  
Under 20 with coach  
Under 20 self-trained  
Under 17 with coach  
Under 17 self trained  
Under 14 with coach  
Over 35 with coach  
Over 35 self-trained  
Country with coach  
Country self-trained  
First Year with coach  
First Year self-trained  
Coach only  
Coach/Athlete  
Associate

## **7. ENTRIES**

### **7.1. Requirements for Athletes to Register**

All athletes wishing to compete in S.A.A.L. events must be registered.

### **7.2 Approved Entry Form**

Entries shall be submitted by each athlete to the office of the S.A.A.L. on the form in use by the S.A.A.L. at the time of entry. All entries shall be made and races run in the legal name of the competitor.

### **7.3 Entries Acceptance**

Entries will only be accepted from athletes who have been registered with the S.A.A.L. or an Interstate League.

### **7.4. Example of Performances**

An athlete who has run a personal best or who wins prize-money in any race outside the S.A.A.L., may be re-handicapped according to these Rules. Such entrant must notify, in writing, to the S.A.A.L. office prior to the race day or to

the Chief Steward on the race day of all performances prior to competing again with the S.A.A.L.

**7.5 Age of Athlete**

Athletes must be at least 11 years of age on the day of the race meeting in which he/she is to run to be eligible to compete with the S.A.A.L.

**7.6 Eligibility to enter Races if an Athlete registers under the Open, Country, First Year, Coach/Athlete or Life Categories**

An athlete who registers under the Open, Country, First Year, Coach/Athlete or Life categories can enter all Open and Novice races, as well as Under 20 / 17 races (if he/she is Under 20 / 17), Women's races (if the athlete is female) and Over 35 or 45 races (if he/she is Over 35 or 45).

**7.7 Eligibility to enter Races if an Athlete registers under the Women's Category**

An athlete who registers under the Women's category can enter all Women's races, as well as Under 20 / 17 races (if she is Under 20 / 17) or Over 35 / 45 races (if she is Over 35 / 45). She cannot enter Open and Novice races.

**7.8. Eligibility to enter Races if an Athlete registers under the Under 20 Category**

An athlete who registers under the Under 20 category can enter all Under 20 races, as well as Open and Novice races along with Women's races (if the athlete is female).

**7.8A Eligibility to enter Races if an Athlete registers under the Under 17 Category**

An athlete who registers under the Under 17 category can enter all Under 17 races, as well as Open and Novice races along with Women's races (if the athlete is female).

**7.8B Eligibility to enter Races if an Athlete registers under the Under 14 Category**

An athlete who registers under the Under 14 category can enter all Under 14 races, as well as Under 17 and Under 20 races. He / She cannot enter Open, Novice or Womens races.

**7.9. Eligibility to enter Races if an Athlete registers under the Over 35 Category**

An athlete who registers under the Over 35 category can enter all Over 35 races (and Over 45 if he / she is aged 45). He/she cannot enter Open, Novice or Women's races.

**7.10 Eligibility to enter Novice Races**

An athlete can only enter a Novice race if he/she has not won a novice or open event in that distance category. The three distance categories are 0-200 metres, 201-600 metres and 601 metres plus.

### **7.11 Closing Date**

Entries for all events sanctioned by the S.A.A.L. shall close on the day advised in the Nomination Booklet, or published online.

### **7.12 No Late Entries**

All entries must be in the hands of the S.A.A.L. office not later than the closing date.

### **7.13 Advice re Starting Time and Handicaps**

When bookmakers are operating at a race meeting, the S.A.A.L. Office shall advise all entrants of the starting time of each event and their handicap mark/s approximately 7 days prior to the meeting.

### **7.14 Right to Refuse or Cancel Entry**

The Executive Officer or Chief Steward may refuse or cancel any entry if it has been shown that the athlete's entry was made under false pretences or contains false or incorrect information.

## **8. APPEALS**

### **8.1 Lodging an Appeal**

Persons who wish to protest or appeal any decision shall lodge such appeal in writing with the S.A.A.L. Office or Chief Steward, together with a fee as detailed in "Appendix 1".

### **8.2 Time for Lodging an Appeal**

8.1.1. In the case of a handicap appeal, the appeal must be lodged not less than one (1) hour before the scheduled start time of the event.

8.1.2. In the case where the appeal committee is not present at an event, the appeal shall be to the Chief Steward.

8.1.3. In the case of other appeals, the appeal must be lodged within fourteen (14) days of notification of the decision.

### **8.3 Appeal to Handicap Appeals Committee**

The Handicap Appeals Committee must discuss a handicap appeal as soon as practically possible and may give directions to the Handicapper to change the handicap if seen fit to do so. These directions are to be in writing and receipted by the Handicapper. The procedure and conduct of each appeal will be at the discretion of the Handicap Appeals Committee and subject to the rules of natural justice.

### **8.4 Appeal to Management Committee**

The Management Committee shall determine at the next Management Committee Meeting whether any decision is adequate, or appropriate and advise the appellant in writing of their decision. The decision of the Management Committee shall be final and binding.

## **8.5 Deposit**

The Management Committee or the Handicap Appeals Committee shall make orders as it deems fit in relation to the refund of the deposit up to a maximum of 50% of the deposit paid.

## **8.6 Prize-money**

If any prize-money has been incorrectly paid out as a result of an appeal, the prize-money shall be repaid to the S.A.A.L. before that athlete/s can compete in any future races.

# **9. HANDICAPPING**

## **9.1 Absence of Handicapper**

In the absence of the Handicapper, the duties and responsibilities of the Handicapper will be passed onto the Chief Steward.

## **9.2. Net Times**

The Handicapper(s) shall allocate a handicap for any athlete who has adhered to the entry rules for a S.A.A.L. race. The handicapper will use an athlete's list of performances to allocate a handicap, aiming to allow the athlete to be able to run the net time under ideal conditions according to "Appendix 2". This list of net times will be approved at the first meeting of the Management Committee each year.

## **9.3 Novice Marks**

When an athlete has no record of performances, the Handicapper may use the list of novice marks to allocate a handicap. This list of novice marks, which is detailed in "Appendix 2", will be approved at the first meeting of the Management Committee each year.

## **9.4 Scratch mark**

No athlete will be allocated a handicap behind the scratch mark.

## **9.5 Power to withhold a Handicap**

The Handicapper shall have the power to withhold an athlete's handicap whose entry does not comply with the Rules of the S.A.A.L.

## **9.6 Declaration of Handicaps**

The handicaps will be declared when the Handicapper forwards copies of the handicaps to the S.A.A.L. Office, at which point the handicaps become the property of the S.A.A.L. The handicap of any competitor shall not be disclosed before the complete list of handicaps has been declared.

## **9.7 Alteration to Handicaps**

No handicap shall be altered after it has been declared except:

1. In accordance with the Rules laid down for penalties.
2. In the event of an obvious error by the Handicapper in the



allocation of a handicap, the error may be rectified at any time by the Handicapper.

3. In the event of a competitor winning an event that makes him/her ineligible to compete in a novice or restricted event for which he has entered or been handicapped for, he shall be entitled to have his/her entry transferred to the open event of similar distance and be given a handicap at the Handicapper's discretion.

The Handicapper must carry out these duties immediately he is aware of any alteration required and inform the S.A.A.L. Office in writing at the earliest opportunity. The athlete(s) involved shall also be notified.

#### **9.8 Drawing of Heats and Semi-finals**

The Handicapper will be responsible for allocating athletes into heats and semi-finals.

#### **9.9 Restricted Events**

Restricted events are permitted. The restriction must be approved by the Management Committee and must be clearly stated in the nomination entry booklet.

#### **9.10 Invitation Races**

Athletes may be selected to compete in Invitation Races, where the Handicapper may allocate the backmarker the scratch mark and therefore change the net time.

### **10. HANDICAP PENALTIES**

#### **10.1 Eligibility for Handicap Penalties for performances with the S.A.A.L.**

Any competitor, with the exception of an athlete competing in a novice event who is placed first, wins prize-money over \$500 or breaks the net time with the S.A.A.L., may incur a handicap penalty.

#### **10.2 Eligibility for Handicap Penalties for performances outside the S.A.A.L.**

Any entrant for a race meeting who runs a personal best, is placed first, wins prize-money over \$500 or breaks the net time race outside of the S.A.A.L., may incur a handicap penalty.

#### **10.3 Month of December**

Handicap penalties incurred for races won in the S.A.A.L. in the month of December shall not apply for the Bay Sheffield Carnival.

#### **10.4 Non-penalty Races**

The Management Committee can approve a race or races to be non-penalty. Such conditions will be advertised in the nomination entry booklet and/or in the race meeting program.

#### **10.5 Handicap Penalties for all Athletes**

If the net time for a distance is being constantly broken, the Handicapper may choose to give all athletes a handicap penalty.

## **10.6 Handicap Readjustments for Under 21 Athletes**

Due to their ability to improve dramatically, athletes aged under 21 years can be readjusted from any previous mark at any time if the Handicapper feels the athlete's improvement is such that the current or previous handicap is now inappropriate when compared to the field. Any readjustment will be aimed to ensure the athlete still remains competitive despite the handicap adjustment.

## **11. LIMITS IN HANDICAPS**

### **11.1 Limits for Open and Novice 120 metres Races**

In open and novice races over 120 metres, a handicap limit of 15% of the distance shall apply (18m).

### **11.2 Limits for Open and Novice Races other than 120 metres**

In open and novice races other than 120 metres, a handicap limit of 20% of the distance shall apply.

### **11.3 Limits in Open and Novice 120 metre Races worth \$2000 or more**

In open and novice races over 120 metres worth \$2000 or more, a handicap limit of 10% of the distance shall apply (12m).

### **11.4 Limits in Races worth \$2000 or more other than open and novice races over 120 metres**

In races other than open and novice races over 120 metres worth \$2000 or more, a handicap limit of 15% of the distance shall apply.

### **11.5 Limits for Split Division Races**

Where races are split into races for Front-markers and Back-markers, or A and B divisions, the Front-markers' and B division will have no limit, unless the prize-money is \$2000 or more.

### **11.6 Limits for Special Races**

The limit for the 120m Open Bay Sheffield will be 11 metres.

The limit for the 120m Women's Bay Sheffield will be 15 metres.

The limit for the 1600m Selected at the Bay Sheffield Carnival will be 60 metres.

The limit for the 400m Camden Classic will be 40 metres.

### **11.7 Approval for Special Limits in other Races**

The Management Committee may approve a special limit for other races. Such limits must be advertised in the nomination entry booklet.

### **11.8 No change to Limits**

Once the nomination entry booklet is printed and sent to athletes, limits are not to change, unless there is an obvious error according to these Rules.

## **12. STARTER AND STARTING**

## **12.1 Starting**

All races shall be started by a starting gun.

## **12.2 Commands Used**

In all races conducted under these Rules the Starter shall give two commands before firing the starting gun.

12.2.1 "On your mark"

12.2.2 "Set"

On distance events, a whistle blast may be substituted for the first two commands.

## **12.3 Penalties for Breaking**

12.3.1 0.25 metre in distances less than 70 metres.

12.3.2 0.50 metre for the distance of 70 metres.

12.3.3 0.75 metre in distances over 70 metres up to and including 100 metres.

12.3.4 1 metre in distances over 100 metres up to and including 200 metres.

12.3.5 2 metres in distances over 200 metres up to and including 400 metres.

12.3.6 3 metres in distances over 400 metres up to and including 800 metres.

12.3.7 5 metres in distances over 800 metres.

Disqualification from the event shall follow if an athlete breaks more than once.

## **12.4 Breaking**

Athletes shall remain still after the "set" command, while in the set position. Breaking shall be interpreted as any forward movement of the foot or body whilst in the set position prior to the gun being fired, except when the athlete signals to the Starter by raising his/her hand whilst retaining both feet in contact with the blocks that he/she is not ready, or else he/she is clearly unsteady, in which case the Starter will stand all athletes up without penalty.

## **12.5 False or Unfair Start or Break**

The Chief Steward shall have the power to order a re-run in the case of a false or unfair start or break if the offence has not been detected by the Starter.

## **12.6 Right of Recall**

The Starter or Assistant Starter shall have the right to recall the runners at any time by a second discharge of the pistol, or failing that, by signalling with whistle or otherwise, or immediately reporting to the Judges that a start was a false one.

## **12.7 Collection of Colours**

Athletes shall personally obtain their correct colour from the Colour Steward at least ten (10) minutes prior to the programmed starting time of the event to

be contested. Athletes shall then report to a “holding area” adjacent to the starting position at least five (5) minutes prior to the programmed starting time of the event. Note that Special Rules apply to events where athletes are required to “parade”.

#### **12.8 Start on Time**

Unless permission of the Chief Steward has been obtained, the time of starting, as stated in the program, shall be strictly adhered to and the races started regardless of absentees. Athletes not reporting on time shall be withdrawn at the discretion of the Starter and/or Chief Steward.

#### **12.9 Start not permitted before Time**

No event shall be started before the stated time except with the consent of the Chief Steward and every athlete participating in such event.

#### **12.10 Starting from the Correct Mark**

It shall be the duty of each athlete to see that he/she starts from his/her proper mark and if in default he/she may be disqualified from the race in question.

#### **12.11 Starting Blocks**

Athletes in events up to and including 200 metres shall use starting blocks.

#### **12.12 Placement on Mark**

The Starter shall place the athletes on their respective marks and shall, if necessary, have the assistance of a marksperson for this duty.

#### **12.13 Starting Positions for Races up to 200 metres**

12.13.1 In handicapping events, lanes shall be awarded according to the order on the program.

12.13.2 For events run in lanes the colours shall be allocated commencing from the back-marker, in the following sequence: RED, WHITE, BLUE, YELLOW, GREEN, BLACK, PINK and BROWN.

#### **12.14 Starting Position for Races above 200 metres**

12.14.1 Athletes must line up alongside the handicap mark.

12.14.2 Where two or more athletes are allocated to the same handicap mark, the athlete listed first in the program shall be allocated closest to the line. When the runner listed first in the program chooses to start wide of the inside line, he/she will forfeit the right to start on the inside.

12.14.3 The Starter shall decide any disputes as to the starting positions.

12.14.4 Colours shall be allotted commencing from the back mark, in the following sequence: RED, WHITE, BLUE, YELLOW, GREEN, BLACK, PINK and WHITE with NUMBERS.

### **12.15 Different Colour Sequence**

The Management Committee may authorise different colours or a different colour sequence.

### **12.16 Awaiting Event**

Athletes awaiting the start of an event shall remain seated on the arena during the running of any event(s).

## **13. JUDGES, FINISHES**

### **13.1 Correct Finishing Technique**

In racing, athletes shall breast the finishing line. The finishing line shall consist of light beams set up across the finishing gates, strong worsted or wool. Any athlete touching or attempting to touch the tape with forearm (from upper arm to fingers inclusive) before breasting it will be fined and/or disqualified. The height of the finishing line shall be 1.2 metres.

### **13.2 Finishing Line Broken or Disconnected**

If, after the start of a race, the finishing line becomes broken or disconnected, the judges shall have the power to place the athletes in the order in which they finished.

### **13.3 Power to Declare “No Race” or Order Re-runs**

The Judges in consultation with the Chief Steward, shall have the power to declare the heat or event “no race” and shall have the power to order the race to be re-run if, in their opinion, anything of substance occurred during the race to interfere with any athlete’s chance of winning.

### **13.4 Falling under Tape**

In the event of an athlete falling under the finishing tape, he/she shall be disqualified.

### **13.5 Dead Heat – Division of Prize on Re-run**

In the event of a dead heat for first prize, unless the athletes concerned immediately agree to divide the prizes, there shall be a run-off at such time as determined by the Chief Steward. In the event of a dead heat for second, third or other prizes, the prizes shall, if practicable, be evenly divided.

### **13.6 Dead Heat – Disqualification**

If, in the re-run after a dead heat, either athlete should be disqualified, they will automatically receive the lower prize.

### **13.7 Dead Heat – Other than Final**

In a dead heat for a place which qualifies for a final, the Chief Steward may order the athletes who have tied to run over again or both athletes to take part in the semi-final or final. The other athletes shall be deemed to have

been beaten, but they shall be entitled to their places (if any) as if the race had been finally determined the first time.

## **14. ATHLETES**

### **14.1 Notification of Changes in Runners**

Any changes to an athlete's registration form shall be notified to the S.A.A.L. Executive Officer by the athlete within one week of occurrence. Otherwise the S.A.A.L. may consider him/her bound by their original registration form, until advice to the contrary is received by the S.A.A.L.

### **14.2 Defaulters**

Any person who is a defaulter for any money payable under these Rules, may be fined or disqualified and shall not be allowed to start in any events under the auspices of the S.A.A.L. until such time as the outstanding moneys are paid.

### **14.3 Report to Stewards**

Any athlete and/or coach upon being called before the Stewards shall present themselves forthwith. Failure to face the Stewards and/or accept the charge will render the athlete and/or coach ineligible to compete or participate until the charges are accepted and heard.

### **14.4. Costumes, Shoes**

Athletes shall wear a clean and complete costume (singlets, vests, shorts, bicycle shorts) and spiked shoes all as approved by the Chief Steward. The length of spikes for events up to 400 metres shall be at least 9mm.

Athletes shall be provided with, and wear, numbers or colours over their singlet, corresponding to the program. Any athlete committing a breach of this rule or failing to comply with the directions of the Stewards, may be prevented from competing, fined or disqualified by the Stewards.

### **14.5 Watches**

Athletes may not wear watches.

### **14.6 Head Gear and Long Pants**

Head gear and long pants may only be worn with the permission of the Chief Steward. Once permission has been granted, the athlete must wear the same attire for the heats, semis and final of that race.

### **14.7 Admittance to Arena**

No-one other than the officials of the meeting, competitors taking part, or due to take part in an event or representatives of the S.A.A.L., shall be allowed within the arena except with permission of the Chief Steward.

### **14.8 Assistance Before and During Race**

No attendant shall accompany any competitor to his/her mark, nor in the race, nor shall an athlete be allowed to receive assistance or refreshments during the progress of a race.

#### **14.9 Heats – Transfer, Special**

Athletes must compete in heats in which they are drawn except in the case where an athlete has been transferred from one event to another in accordance with Rule 9.7.3. Special heats for late-comers are not permitted under these Rules.

#### **14.10 Heats – Exclusion From**

If, after correctly nominating, an athlete has not been included in a heat, he/she shall be included in a heat at the discretion of the Chief Steward.

#### **14.11 Correctness of Performances**

Any athlete shall, if required by the Chief Steward or the Management Committee, make proof by statutory declaration or as may be required as to the correctness of the list of his/her performances sent with his/her nomination or as to his/her identity or as to any matter set out in his/her entry or registration form. Any athlete refusing to do so shall be disqualified and all fees paid by him forfeited.

#### **14.12 Bribes, Corrupt or Fraudulent Practices**

If, in this or any other State or Nation, any person corruptly gives or offers or promises, directly or indirectly, any money, present or wager, in any form, to any person having official duties in relation to any meeting or if any such person accepts or agrees to accept, directly or indirectly, a bribe in any form or if any athlete wilfully enters for any race when disqualified, or if any other person be guilty of or conspire with any person for the commission of any corrupt or fraudulent practice or malpractice in relation to athletics, every person so offending may be disqualified and such proceedings taken against him as may be deemed proper.

#### **14.13 Disqualification**

The Certificate of the Stewards that any athlete has been disqualified may be received as conclusive evidence of such disqualification. After any disqualification or suspension has been imposed on any person or persons by the S.A.A.L. or any other governing body to which the S.A.A.L. is affiliated, no such person or persons shall be eligible to compete in any events to which these Rules apply until such time as the person or persons can produce a clearance from the body by whom such disqualification or suspension was imposed or from the Management Committee.

#### **14.14 Injury/illness – Automatic Disqualification**

Any athlete who sustains an injury or illness, or does not complete the whole of the distance of the race during an event which prevents him from running to the best of his/her ability or is unable to take his/her place in a semi-final or final for similar reasons, shall incur an automatic suspension of 28 days. The use of a medical practitioner may be used at the discretion of the Chief Steward to substantiate the claim of injury or illness. In determining the 28

days, the day on which the injury occurred is counted as day one. Return to competition may be permitted by the Chief Steward after 7 days if due to illness or 14 days if due to injury. In both cases the production of a suitable medical practitioner's or similar certificate is required and or a satisfactory trial by the athlete in the presence of the Chief Steward or his/her nominee.

#### **14.15 Scratching Requirements**

Athletes wishing to withdraw from any event shall notify the Executive Officer or other persons appointed by the S.A.A.L. concerned at least 25 minutes before the time appointed for starting the first heat of such event or by calling the phone number provided in the entry booklet on any day prior to, or up to the designated time on the day of the meeting. Any athlete not complying with this Rule may be fined a sum not exceeding that detailed in Appendix 1, notwithstanding the above, at meetings where bookmakers are not operating, athletes who qualify for a final, may, within five (5) minutes of qualifying, scratch from any subsequent event excepting semi-finals and finals for which he has previously qualified, without incurring a penalty for late scratching. At all meetings where bookmakers are operating, athletes who have not reported their intention to start to the Scratching Steward at least 45 minutes before the time appointed for starting the first heat of such event shall be automatically scratched from the event.

All semi and final qualifiers in events where heats are run, are deemed automatic starters unless notified by the Chief Steward to the Scratching Steward.

#### **14.16 Permission to Speak to Stewards and Handicapper**

Athletes and coaches must request permission from the Chief Steward before speaking to Track Officials and Handicapper during the course of a meeting.

#### **14.17 Drugs in Sport**

It is the responsibility of each registered athlete to make themselves aware of the "Drugs in Sport Handbook" and any prohibited drugs as declared by the Australian Sports Anti-Doping Authority.

### **15. COACHES**

#### **15.1 Registration and List of Runners**

Every person training any athlete competing under these Rules must register annually as a coach with the S.A.A.L. by lodging with the Executive Officer a completed "Application for Registration" form in use by the S.A.A.L. at the time together with the fee prescribed by the Management Committee. The registration form shall set out the coach's full name, address and a complete list of names of all athletes he/she is training.

#### **15.2 Notification of Changes in Runners**

Any subsequent additional to, or deletions from, a coach's list shall be notified to the S.A.A.L. Executive Officer by the athlete or coach in writing within one week of occurrence. The S.A.A.L. may consider an athlete bound to that



coach, on whose list they are registered, until advice to the contrary is received by the S.A.A.L.

### **15.3 Drugs in Sport**

It is the responsibility of each registered coach to be aware of the “Drugs in Sport Handbook” and any prohibited drugs as declared by the Australian Sports Anti-Doping Authority.

## **16. PROTESTS**

### **16.1. Protests made Verbally**

Protests may be made verbally to the Chief Steward immediately after the race in dispute.

### **16.2 Chief Steward to Adjudicate**

The Chief Steward will adjudicate on such protest and with or without consultation with other officials, make a ruling on such protest, which may be subject to appeal in writing to the S.A.A.L. Management Committee as per paragraph 8.1.

### **16.3 Withdrawal of Protest**

An athlete may withdraw a protest at any time.

### **16.4 Prize-money not to be Paid Out**

Pending the determination of a protest, no prize-money shall be paid out.

### **16.5 Bookmakers – Pay Out Delayed**

In the event of a protest bookmakers do not pay out until the final result of the protest has been announced by the Chief Steward.

## **17. RULES RELATING TO RACING**

### **17.1 Overtaking**

An athlete overtaking another athlete must always pass him/her on the outside (unless the person they are passing has retired from the track or is clearly competing wide) and must be two clear metres ahead before taking ground in front of his/her opponent. The Stewards may fine and/or disqualify an athlete who does not comply with this Rule.

### **17.2 Jostling, Wilfully Obstructing**

Any athlete jostling or running across or wilfully obstructing so as to impede another's progress may, at the discretion of the Stewards, be disqualified, fined and/or suspended.

### **17.3 Subsequent Start or Re-run**

The Chief Steward may allow any athlete who has been interfered with to start in a subsequent heat or order the race to be re-run with or without the offending athlete or athletes.

#### **17.4 Looking Around**

Any athlete who, in the opinion of the Stewards, deliberately looks around at any time during the running of an event may be fined or disqualified.

#### **17.5 Confederacies**

Confederacies are strictly prohibited and in any race where a confederacy is proven, which in the opinion of the Stewards prevented the athlete concerned or any other athlete running on their merits, such athletes taking part in the confederacy shall be disqualified, fined and/or suspended.

#### **17.6 Calling out times**

No athlete shall be allowed to receive information regarding times during the course of a race.

#### **17.7 Satisfactory performance**

Any athlete who, in the opinion of the stewards, does not perform to the best of his/her ability may face a fine, disqualification and/or suspension.

### **18. POSTPONEMENT**

#### **18.1 Race or Meeting**

In the event of adverse weather conditions or for any other extenuating circumstances, the Chief Steward shall have the power to postpone the races in a race program from hour to hour and from time to time and make any alterations to the program as he thinks fit. The S.A.A.L. shall not be responsible for any expenses or loss incurred by athletes or coaches in consequence of any postponement or any other action taken in relation to this rule.

#### **18.2 Hot Weather Policy**

In the event that the expected highest temperature for a race day is estimated to be 38 degrees or above, on the evening news two days before the race day, the first race on the program will not be held before 6 p.m. If this is not possible the race meeting may be postponed or cancelled.

#### **18.3 Entry Fee Refund**

In the event of the cancellation of an event, the entry fee for that event is to be refunded after the deduction of the appropriate administration fees as determined by the S.A.A.L. Management Committee.

### **19. DOPING**

#### **19.1 Strictly Prohibited**

Doping is strictly prohibited.

#### **19.2 Requirement for Drug Testing**

All athletes registered with the S.A.A.L. or any affiliated body shall be required to submit to all drug testing procedures as required and conducted by Australian Sports Anti-Doping Authority (ASADA) under IAAF Rules. Any

results of a test or procedure under these provisions shall be reported to the S.A.A.L. and the athlete shall be subject to any penalties or procedures as per ASADA and the IAAF Rules.

### **19.3 Penalty**

Any registered coach or other person found guilty of administering a drug or being associated with the administration of any drugs to an athlete shall be penalised at the discretion of the S.A.A.L. Management Committee.

### **19.4 Prize-Money Withheld**

On the event of a sample being taken from an athlete for analysis the payment of prize-money, if any, shall be withheld by the S.A.A.L. or paid into a specific Trust Account of the S.A.A.L. until the result of the analysis has been released and that such result is to the satisfaction of the S.A.A.L. The Chief Steward shall immediately inform the Executive Officer of any such action taken.

### **19.5 Appeal Heard by the Management Committee**

An appeal under this Rule should be determined by the Management Committee.

## **20. BOOKMAKERS/BETTING**

### **20.1 Restriction on Athletes and Coaches**

No registered athlete or coach shall be allowed to operate as a bookmaker or for a bookmaker at any carnival at which he is participating.

### **20.2 Restrictions on Officials Betting**

No S.A.A.L. Officials shall take part in any betting on any event taking place under these Rules.

### **20.3 Bookmakers to be Registered**

All bookmakers shall be registered with and operate under the S.A. Betting Control Board.

## **21. END-OF-SEASON AWARDS**

### **21.1 Points-based Awards**

At the completion of the S.A.A.L. Season, ten awards will be presented according to S.A.A.L. race results throughout the season.

4 points will be allocated for a win, 2 points for a 2<sup>nd</sup> placing and 1 point for a 3<sup>rd</sup> placing.

Invitation and consolation races will not be included in these awards, with the exception of the Bay Sheffield Selected 1600 metres Backmarker's Race.

If two or more athletes are allocated the same points for the same award, whichever runner has the most wins will be given the award. If the amount of wins is equal, more than one award will be presented.

For points allocated to the club and novice club awards, the club will be determined by which club is nominated on each runner's registration form unless the League Office is otherwise notified in writing pursuant to Rule 15.2. Members of the club must train at the same venue.

For combined races, separate points will be allocated to each category for individual awards but not for club awards.

The categories will be:

Short Sprint – 0-200 metres in Open and Novice races.  
Long Sprint – 201-600 metres in Open and Novice races.  
Middle Distance – over 601 metres in Open and Novice races.  
Women's Sprint – 0-400 metres in Women's races.  
Women's Distance – over 401 metres in Women's races.  
Under 20 – Under 20 races.  
Under 17 – Under 17 races.  
Under 14 – Under 14 races.  
Over 35 – Over 35 races.  
Over 45 – Over 45 races

Novice Club – Under 14, Under 17 and Novice races.  
Club – Open, Women, Under 20, Over 35 and Over 45 races.

## **21.2. Voted Awards**

A voting panel of officials will determine the Coach of the Season and the Athlete of the Season. This panel is to be made up of the Handicappers, Chief Steward, starting panel and Chief Racecallers.

Each member of the officials' panel will choose six coaches and six athletes and rank them from 1 through to 6, with 6 points for the 1<sup>st</sup> choice, 5 points for 2<sup>nd</sup>, 4 points for 3<sup>rd</sup>, 3 points for 4<sup>th</sup>, 2 points for 5<sup>th</sup> and 1 point for 6<sup>th</sup>.

If a dead heat occurs, more than one award will be presented.

The Athlete of the Season will be presented with the Mort Daly Medal.

The President may also present a President's Award for outstanding performances during the season.

## **22. MISCELLANEOUS**

### **22.1 Detrimental Statement**

No official or registered member of the S.A.A.L. shall make any accusation or detrimental statement concerning any athlete, coach or official without providing full details of all evidence to substantiate such accusation or statement before a meeting of the Management Committee.

### **22.2 Changes to Rules of Competition**

All changes to these Rules of Competition shall only be changed by a resolution of the Management Committee.

### **22.3 Rule Book and Amendments**

A current edition of the Rules shall be published and made available to S.A.A.L. members at a nominal charge. Amendments to the Rules shall be forwarded annually with each registration form to all athletes and coaches.

**"APPENDIX 1"**

**SOUTH AUSTRALIAN ATHLETIC LEAGUE INC.**

**SCALE OF FEE AND FINES**

| Paragraph No. | Description of Fine or Charge  | Amount   |
|---------------|--------------------------------|--|
| 4.3           | Abuse of officials             | Up to \$500  |
| 4.7 and 8.1   | Lodging of an appeal           | \$50   |
| 13.1          | Incorrect finishing technique  | Up to \$500  |
| 14.15         | Late scratching                | \$5  |
| 14.4          | Incorrect attire               | Up to \$50   |
| 17.1          | Incorrect overtaking           | Up to \$500  |
| 17.2          | Jostling, wilfully obstructing | Up to \$1,000  |
| 17.4          | Looking around                 | Up to \$500  |
| 17.5          | Confederacies                  | Up to \$1,000  |
| 17.7          | Unsatisfactory performance     | Up to \$2,000 & or 100% of prize money won if applicable |

**“APPENDIX 2”**

**SOUTH AUSTRALIAN ATHLETIC LEAGUE INC.**

**NOVICE MARKS AND NET TIMES**

| <b>RACE</b>       | <b>NOVICE MARK</b>              | <b>NET TIME</b> |
|-------------------|---------------------------------|-----------------|
| 70m Open/Novice   | 5.0m (M), 7.0m (O35), 10.5m (F) | 7.50secs        |
| 70m Women         | 5.0m                            | 8.50secs        |
| 70m U20           | 5.5m                            | 7.80secs        |
| 70m O35           | 6.5m                            | 8.00secs        |
| 100m Open/Novice  | 6.0m (M), 8.0m (O35), 12.0m (F) | 10.30secs       |
| 100m Women        | 6.5m                            | 11.70secs       |
| 100m U20          | 6.5m                            | 10.80secs       |
| 100m O35          | 7.5m                            | 11.20secs       |
| 120m Open/Novice  | 7.0m (M), 9.0m (O35), 16.0m (F) | 12.20secs       |
| 120m Women        | 7.5m                            | 14.00secs       |
| 120m U20          | 7.5m                            | 12.80secs       |
| 120m O35          | 8.5m                            | 13.20secs       |
| 200m Open/Novice  | 12m (M), 18m (O35), 26m (F)     | 20.50secs       |
| 200m Women        | 15m                             | 23.50secs       |
| 200m U20          | 14m                             | 22.0secs        |
| 200m O35          | 16m                             | 23.0secs        |
| 300m Open/Novice  | 18m (M), 22m (O35), 30m (F)     | 33.0secs        |
| 300m Women        | 20m                             | 38.0secs        |
| 300m U20          | 20m                             | 35.0secs        |
| 300m O35          | 22m                             | 36.0secs        |
| 400m Open/Novice  | 20m (M), 30m (O35), 54m (F)     | 47.0secs        |
| 400m Women        | 28m                             | 53.5secs        |
| 400m U20          | 24m                             | 49.0secs        |
| 400m O35          | 28m                             | 51.0secs        |
| 550m Open/Novice  | 26m (M), 36m (O35), 60m (F)     | 1min 10.0secs   |
| 550m Women        | 34m                             | 1min 20.0secs   |
| 550m U20          | 30m                             | 1min 13.0secs   |
| 550m O35          | 34m                             | 1min 14.0secs   |
| 800m Open/Novice  | 36m (M), 46m (O35), 100m (F)    | 1min 50secs     |
| 800m Women        | 44m                             | 2mins 10secs    |
| 800m U20          | 40m                             | 2mins 0secs     |
| 800m O35          | 44m                             | 2mins 3secs     |
| 1000m Open/Novice | 60m (M), 75m (O35), 125m (F)    | 2mins 30secs    |
| 1000m Women       | 70m                             | 2mins 50secs    |
| 1000m U20         | 65m                             | 2mins 36secs    |
| 1000m O35         | 70m                             | 2mins 40secs    |
| 1600m Open/Novice | 100m (M), 150m (O35), 300m (F)  | 4mins 0secs     |
| 1600m Women       | 140m                            | 4mins 50secs    |
| 1600m U20         | 120m                            | 4mins 30secs    |
| 1600m O35         | 140m                            | 4mins 40secs    |
| 3200m Open/Novice | 200m (M), 250m (O35), 350m (F)  | 8mins 50secs    |
| 3200m Women       | 240m                            | 11mins 0secs    |
| 3200m U20         | 220m                            | 9mins 40secs    |

3200m O35

240m

10mins 0secs