



N.Z.C.A.A. Inc.



NORTH ISLAND GAMES PALMERSTON NORTH 2016

MEETING RULES

GENERAL

1. Where not specifically set out in these rules, the NZCAA By-Laws will apply.
2. Only Meeting Officials should be in the centre of the Arena.
3. Every effort will be made to ensure the programme runs to time and in the order laid down. However, the Organising Committee reserves the right to make any alterations it deems necessary.
The Organising Committee also reserves the right to allow the programme to run up to 30 minutes early if the situation arises.
4. **AGE GRADE NUMBERS**
Colgate Age Grade Numbers must be worn and they must be securely fastened to the front of the athlete's top. Failure to do so will mean an athlete will not be able to compete. The athlete's name to be printed clearly on the patch under the number with a permanent marker pen.
5. **UNIFORMS**
 - (i) All athletes must compete in club/team uniform including correct name if applicable.
 - (ii) Any visible garment worn under the uniform must be black, white or the dominant colour of the uniform.
 - (iii) Only visible writing allowable is manufacturer's branding.
 - (iv) Franchise shorts are not permissible during competition, eg. NRL Shorts
6. **TEAM PACKS**
Team Packs will be made up for Team Managers to collect after 1.00pm on the Thursday afternoon before the Games begin. They will include Relay Team Confirmation Sheets, Athletes' wrist bands and ribbons, Team Managers' name tags and ribbons, along with small safety pins for name tags and ribbons, pre-ordered programmes, discount vouchers and any free products provided by sponsors.
7. **IDENTIFICATION WRISTBANDS**
Each athlete will be issued with an identification wristband. This will have the athlete's name, club, grade and the events for which he or she has entered. It will also act as the athlete's pass into competition grounds for the duration of the Games. Athletes are required to wear the wristband at all times during the Meeting.
Non-compliance with this rule may mean disqualification.
8. **ENTRIES**
Entries to individual events for any athlete cannot be changed from those in the Printed Programme, other than under the following circumstances:
 - (i) Corrections of any errors made by the Organising Committee
 - (ii) Special circumstances brought to the notice of the Meeting Secretary by an athlete's Club Team Manager only, and then agreed to, by the Competition Director and the Control Room Manager.
9. **RIBBONS, MEDALS, PENNANTS, CERTIFICATES**
 - (i) **Grade 7 to Grade 9 Inclusive Events: Allocation of Pennants and Ribbons**
 - **Divisions with New Zealand ONLY Athletes**
The appropriate pennants are presented to the 1st, 2nd and 3rd place getters in each Division. Light Blue Finalist Ribbons are presented to the remainder of athletes. All presented by the Officials at the Presentation Tent.
 - **Divisions with MIXED New Zealand and Overseas Athletes**
If an Overseas Athlete places 1st, 2nd or 3rd, the athlete is presented an appropriate Pennant. Notwithstanding that, 1st, 2nd and 3rd Pennants are presented to the top 3 New Zealand Athletes. Light Blue Finalist Ribbons are presented to the remainder of athletes. All presented by the officials at the Presentation Tent.

(ii) Grade 10 to 14 Inclusive Events: Allocation of Medals, Ribbons and Certificates

(a) Events with New Zealand ONLY Athletes

Track & Field Event Finals including 4 x 100m Relays.

The appropriate Medals & Certificates are awarded to the 1st, 2nd and 3rd place getters in each Final. Royal Blue "Finalist" Ribbons are awarded to the top 8 athletes/relay teams.

(b)

Events with MIXED New Zealand and Overseas Athletes

Track & Field Event Finals including 4 x 100m Relays.

If an Overseas Athlete/Team places 1st, 2nd or 3rd, the athlete/team is awarded with the appropriate Medal(s) & Certificate(s). Notwithstanding this, 1st, 2nd and 3rd Medals and Certificates are awarded to the top 3 New Zealand Athletes/Teams. Royal Blue "Finalist" Ribbons are awarded to the top 8 New Zealand Athletes/Teams – this may require awarding ribbons to the higher athletes/teams not qualifying for the final.

(c) Medley Relays

• Events with New Zealand ONLY Teams

The appropriate Medals & Certificates are awarded to the top 3 Teams by time from the timed final(s). Royal Blue "Finalist" Ribbons are awarded to the top 8 Teams by Time from the timed final(s).

• Events with MIXED New Zealand and Overseas Teams

The appropriate Medals & Certificates are awarded to the 1st, 2nd and 3rd Teams by time from the timed final(s). Royal Blue "Finalist" Ribbons are awarded to the top 8 teams by Time from the timed final(s). Notwithstanding this, 1st, 2nd and 3rd Medals and Certificates are awarded to the top 3 New Zealand Teams by time from the timed final(s). Royal Blue "Finalist" Ribbons are awarded to the top 8 New Zealand teams by time from the timed final(s).

(d) Method of Awarding of Ribbons and Certificates

• All Track Finals, except Medley Relays

Ribbons are given out by the Track Recorder when athletes hand in the lane or place disc at the completion of each final. Any extra ribbons for New Zealand Athletes, because of any overseas athletes in the event, to be awarded via the Club Envelope system run from the TIC or other suitable Room (not the Presentation Tent). All certificates are also awarded via the Club Envelope system.

• Medley Relays and Field Events

Ribbons and certificates are awarded via the Club Envelope system run from the TIC or other room used.

(e) Collection of Certificates

These may be collected from the TIC or other room used to run the Club Envelope System, by the Team Manager. Suitable times for collection will be announced by the Meeting Announcer.

(f) Presentation of Medals

Medals are presented by Invited Guests or Meeting Officials from a dais near the Presentation Tent. The request for the athletes to report to the Officials at the Presentation Tent by announcements from the PA system. It is usual to expect a delay of at least 30 minutes after the posting of the Official Result of an event.

Please note: The Medal Presentations for the Late Day 1 Events, Grade 12-14 Boys and Girls Hurdles and the Grade 12-14 Medley Relays will **NOT** be presented until after 12.00 noon on Day 2. Similarly, the Medal Presentations for the Late Day 2 Events, Boys Grade 10-14 800m Finals and the Grade 10-11 Boys and Girls 4x100m Relay Finals will **NOT** be presented until after 12.00 noon on Day 3.

(g) (i) Athletes with Disability – Grades 7-9 inclusive. The awarding of Pennants and Ribbons will be set out in Clause 9 (i) above.

(ii) (a) Athletes with Disability – Grades 10-14 inclusive. The awarding of Medals, Certificates and Ribbons will be set out in Clause 9 (ii) above.

(b) Notwithstanding (a) above, in Grades 10-14 inclusive Events, a "Special Participation Ribbon" will be awarded, via the envelope system.

10. PROTESTS

Problems and queries, in the first instance, should be discussed by Team Managers with the appropriate Referee or the Competition Director. If the explanation given, or action taken, does not satisfy the Team Manager, then he or she may lodge a formal protest. Protests will only be accepted from Team Managers.

Protests must be in writing, setting out the details and grounds for the protest and must be accompanied by a \$20 fee. A written protest must be conveyed to TIC within 15 minutes of the official result being posted or announced. A standard protest form will be available from the TIC.

11. SECURITY

The Organising Committee accepts no responsibility.

TRACK

1. Manawatu Community Athletics Track (MCAT), Palmerston North
2. Mondo all-weather surface.

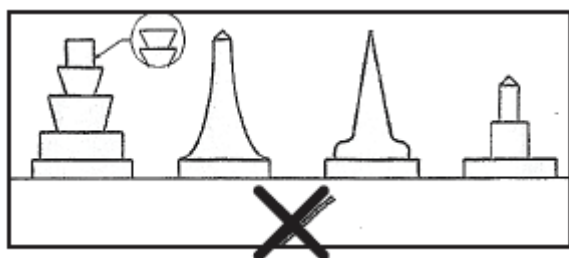
Spiked shoes may only be worn during competition by athletes in Grades 10, 11, 12, 13 and 14.

Spike length allowed: 6mm on Track, 6mm at Long Jump, 9mm at High Jump.

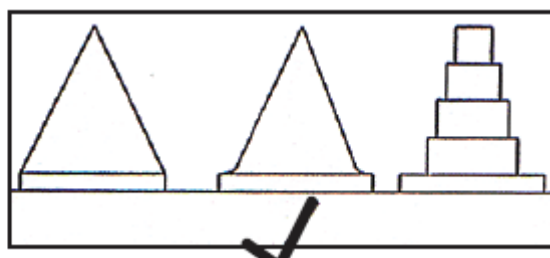
No needle spikes permitted. Spikes to be Cone/Pyramid shaped or Xmas Tree (see diagram)

Spiked shoes must be removed at the immediate completion of the athlete's event and before leaving the arena.

Blocks will be supplied. Athletes own blocks will be permitted if fitted with 12mm cone spikes and checked by officials at least one hour prior to the event.



The spikes shown above are **NOT** permitted to be used on the Track and Run-ups at MCAT.



The spikes shown at left are the only spikes to be used on the Track and Run-ups at MCAT.

6mm Cone/Pyramid or Xmas Tree for the Track and Long Jump Run-ups.

Up to 9mm Cone/Pyramid for High Jump.

Up to 12mm Cone/Pyramid on the base of Starting Blocks.

No shoes capable of taking spikes can be worn by athletes in Grades 7, 8 and 9. This means track shoes capable of taking spikes with studs instead of spikes, cannot be worn. Track shoes with the spike sole plate replaced by a rubber sole or track shoes with moulded grips are permitted.

3. ASSEMBLY

Athletes must not go to the assembly area until called by the Meeting Announcer.

4. HURDLES

Age Grade and	Distance of Race	Height of Hurdle	Distance from Start line to first Hurdle	Distance between Hurdles	Distance from last Hurdle to Finish Line
G12 Girls	80m	0.762m	12m	8m	12m
G13 Girls	80m	0.762m	12m	8m	12m
G14 Girls	80m	0.762m	12m	8m	12m
G12 Boys	80m	0.762m	12m	8m	12m
G13 Boys	80m	0.762m	12m	8m	12m
G14 Boys	100m	0.840m	13m	8.5m	10.5m

5. METHOD OF FINDING FINALISTS (Grade 10-14 inclusive)

100m, 200m, 400m, 80m Hurdles, 100m Hurdles and 4 x 100m Relays will be determined by times. 800m and 1500m will be determined by placing's and fastest losers in the qualifying heats.

100m, 200m, 80m/100m Hurdles, 4 x 100m Relays

Up to 8 confirmed starters	Final
9 to 24 confirmed starters	Heats, Final
25 to 32 confirmed starters	Heats, 2 Semi-finals, Final
33 or more confirmed starters	Heats, 3 Semi-finals, Final

400m

Up to 8 confirmed starters	Final
More than 8 confirmed starters	Heats, Final

(Fastest 8 to the Final)

800m	
Up to 12 confirmed starters	Final
13 to 18 confirmed starters	Final using Split Start (This number maybe increased after consultation with Team Managers, Competition Director, Track Referee, to avoid running heats to eliminate a few athletes)
Over 18 confirmed starters	Heats and Final 2 Heats - First "4" in each Heat, plus the 4 fastest losers qualify for the final 3 Heats - First "2" in each Heat, plus the 6 fastest losers qualify for the final
1500m	
Up to 16 starters	Final (This number maybe increased after consultation with Team Managers, Competition Director, Track Referee, to avoid running heats to eliminate a few athletes) 2 Heats - First "6" in each Heat, plus the 4 fastest losers qualify for the final 3 Heats - First "4" in each Heat, plus the 4 fastest losers' quality for the final 4 Heats - First "3" in each Heat, plus the 4 fastest losers' quality for the final

6. NOTIFICATION OF QUALIFIERS AND RESERVES

Qualifiers for semi-finals and finals will be notified in the following way:

- Semi-final and final sheets will be posted on noticeboards/website.
- Qualifiers' names will also be broadcast over the public address system prior to the call to go to the Track Marshals.
- Two reserve athletes shall be named and ranked for each semi-final and final. These reserves should report to the Track Marshals when the qualifiers are called.

In the event of a withdrawal or non-appearance of a semi-finalist or finalist, the Call Tent Referee shall place a reserve in rank order in the semi-final or the final and once placed that decision cannot be reversed.

7. LANE DRAWS

All lanes in heats, and finals when no preliminary races are necessary, shall be pre-drawn and printed in the programme. Lane draws for all semi-finals and finals will be drawn by ballot, posted on noticeboards/website and announced.

If there is an excessive number of withdrawals in any event, heats may be redrawn by the Call Tent Referee.

Athletes competing in laned events must remain in their lanes and return to the finish line at the completion of events until dismissed by the appropriate official.

8. QUALIFIERS FOR FURTHER ROUNDS

- Any athlete having qualified for a semi-final or final who fails to compete in that semi-final or final becomes ineligible for further competition on that day. Likewise, any competitor starting in a semi-final or final and making no significant effort, could also face disqualification. These decisions will be the sole responsibility of the Track Referee.
- Progression of Overseas Athletes to Final of Track Events.
 - Laned Events; A maximum of 3 Overseas Athletes/Teams can proceed to the final of Laned Track Events.
 - 800m - A maximum of 4 Overseas Athletes/Teams can proceed to a final.
1500m - A maximum of 5 Overseas Athletes/Teams can proceed to a final.

9. STARTING PROCEDURE

All competitors must use a crouch start for races from 60m to 400m inclusive. A competitor starting in spiked shoes must use starting blocks. All athletes in Grade 12 to 14 inclusive must use starting blocks.

Standing starts will be used by athletes running 800m as the first leg in medley relays.

Athletes, after assuming a full and final set position, shall not commence their start until receiving the report from the gun. If, in the judgement of the Starters or Re-callers, an athlete does so any earlier, it shall be deemed a false start. Any athlete responsible for a false start shall be disqualified.

Any matters relating to the start will be at the absolute discretion of the Referee. It will be his or her responsibility to ensure all competitors receive a fair start.

An explanation of starting procedures will be printed in the programme.

RELAYS

- Athletes may be entered in only one relay of each type (4 x 100m and Medley). All athletes in a relay team must:

- Be a member of the Club that enters the Team.
- Wear that Club's uniform.
- Grade 7, 8 & 9 athletes are NOT generally permitted to compete in Grade 10 and above 4 x 100m Relays and Medley Relays. However, at the discretion of the competition committee (prior to entries closing) and competition director (at the games) one nine year old may be able to compete in an older grade where if they did not a team would not be able to compete, except, under no circumstances will they run the 400 or 800 leg in the medley relay

2. 4 x 100m RELAYS

- Team members' names must be entered onto the Relay Team Confirmation Sheets in running order by the

Team Manager. These sheets are provided by the Meeting Secretary in the Team Pack. Please complete these correctly and hand in to the TIC by the specified times. Print clearly the information required and ensure the given (first) names, surnames and Colgate Age Patch of the athletes are provided and correct.

- (b) Relay teams may include athletes from a younger age grade except as restricted by Clause 1(c) above. Younger athletes competing in Grade 12 or above 4 x 100m Relays, if running the first leg, must comply with the starting rules for those Grades.
- (c) All team members must be of the same sex except in Grades 7, 8 and 9 where clubs may enter composite teams of boys and girls. The following conditions apply:
 - (1) 1 boy, 3 girls - Girls Team
 - (2) 2 boys, 2 girls - Boys or Girls Team
(Clubs choice, but may compete in only one event)
 - (3) 3 boys, 1 girl - Boys Team
- (d) For Grade 10, clubs may enter a composite team in Boys 10, only if there are insufficient numbers of one sex.
- (e) Failure to compete with the named athletes in the running order given on the Relay Team Confirmation Sheet may lead to disqualification. Amendments to athletes' names and running order may be made at the TIC up to 1 hour before the race start time.
- (f) Teams entered in all 4 x 100m Relays will be listed in the programme. Once all the Team Confirmation Sheets are received by the TIC, the Competition Director will supervise heat draws. The draws will be posted as soon as possible after they have been completed.

3. MEDLEY RELAYS

- (a) Team members' names must be entered onto the Relay Team Confirmation Sheets by the Team Manager. These sheets are provided by the Meeting Secretary in the Team Pack. Please complete these correctly and hand in to the TIC by the specified times. Print clearly the information required and ensure the given (first) name, surname and Colgate Age Patch of the athletes are provided and correct.
- (b) Medley relays are open to Grades 10, 11, 12, 13 and 14.
- (c) Athletes from a younger grade may be used in a Medley Relay except as restricted by Clause 1 (c) above. Younger grade athletes competing in Grade 12 or above Medley Relays, if running the first leg, must comply with the starting rules for those Grades.
- (d) Teams must comprise two girls and three boys or vice versa, with at least one girl running the 400m leg or the 800m leg.
- (e) There is no stipulation as to the order in which a team runs their relay - each team must run the prescribed legs, eg; 2 x 100m, 1 x 200m, 1 x 400m, 1 x 800m.
- (f) Failure to compete with the named athletes in the running order and leg order given on the Relay Team Confirmation Sheets may lead to disqualification. Amendments to athletes' names, running order and leg order may be made at the TIC up to 1 hour before the race start time.
- (g) Medley Relays will start from the 400m stagger Marks and all teams break lanes at the completion of the second curve (where the athletes enter the home straight on the first lap - approximately 300m from the start). From this point, athletes are entitled to run in Lane 1, except when changing the baton.
- (i) Athletes changing the baton during the first 300m of the first lap shall be marshalled into the 4 x 100m Relay change zones, but without the use of the acceleration zone. (Relays greater than 4 x 100m do not have an acceleration zone). Changes made after the first 300m have been run, are made in Lane 2. If there are simultaneous changes then Lanes 3, 4 & 5 are to be used. Again, no acceleration zone is available. To assist in the athletes understanding this change area, large-sized coloured cones shall be placed inside the pole line, adjacent to Lane 2 change marks at both ends of the zone. Additionally, each end of the Lane 2 change zone shall be temporarily extended through Lane 3, 4 & 5 using 50mm wide light-coloured tape.
- (j) Following the point where the athletes break from the lanes, subsequent team members at the change zones shall, under the direction of a designated Officials, place themselves in the order (inside to out) as respective team members leave the area of the previous change (i.e. 80m out). The waiting athletes shall maintain this order, and shall not exchange positions at the beginning of the change zone.
- (k) At all change positions the athletes shall start from a stationary position within the zone and take possession of the baton within the zone. (Note both runners must be in the same lane). Once the baton is solely in the possession of the outgoing runner, they may cross back into Lane 1, without causing obstruction to any athlete running through the change.
- (l) All changes after the first 300m is run, athletes are to be fed from the outside of the track and athletes leaving the track must go via the outside, to ensure no athlete running through in Lane 1 is interfered with.
- (m) Teams entered in all Medley Relays will be listed in the programme. Once all the Medley Team Confirmation Sheets are received by the Meeting Secretary; the Competition Director will supervise heat draws. The Competition Director may double up Teams in lanes where the lead off runners are running 800m. The draws will be posted as soon as possible after they have been completed.
- (n) There will be no finals for Medley Relays. 1st, 2nd and 3rd places will be determined from the three fastest times in the heats.

FIELD

1. ORDER OF COMPETITION

Competitors will be balloted into an order of competition and this will be printed in the programme.

2. NUMBER OF ATTEMPTS

Three Throws, Puts and Jumps will apply to the Discus, Shot and Long Jump respectively and if valid, each must be measured.

Three attempts at each height will be allowed at the High Jump but three consecutive failures means elimination. The Referee has the right to determine the size of lifts depending on the numbers entered in the event and the weather conditions.

3. LONG JUMP

Metre boards will be used up to and including Grade 11.

Grades 12, 13 and 14 will use the standard take off board.

The standard take off board is 2.00m from the leading edge of the pit.

4. GRADES 7, 8, 9

All field events will be run in divisions of up to 8 with the first three place getters in each division being awarded similar pennants to the track events, and all other competitors receiving a consolation ribbon. Pennants and ribbons will be presented immediately after the event.

5. HIGH JUMP STARTING HEIGHTS

Grade	Girls	Boys
10	1.05m	1.10m
11	1.10m	1.15m
12	1.15m	1.20m
13	1.20m	1.25m
14	1.25m	1.30m

6. DISCUS WEIGHTS

Grade	Girls	Boys
7, 8, 9	500gms	500gms
10, 11	750gms	750gms
12	750gms	1.000kg
13	1.000kg	1.000kg
14	1.000kg	1.250kg

7. SHOT WEIGHTS

Grade	Girls	Boys
7	1.000kg	1.000kg
8, 9	1.500kg	1.500kg
10	2.000kg	2.000kg
11	2.000kg	3.000kg
12	3.000kg	3.000kg
13	3.000kg	4.000kg
14	3.000kg	5.000kg

8. Only implements supplied by the Meeting Organising Committee will be allowed in the competition.

