



## RULES OF COMPETITION FOR SEASON 2024/25

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# 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 SAAL 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 SAAL for the purpose of competing in SAAL 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 SAAL for the purpose of training athletes participating in SAAL 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.

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

“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 SAAL 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 7.11. An athlete will remain a novice in each respective category until winning an event in that category.

“Office” shall mean the registered SAAL office.

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

“Open” means an event in which athletes who are registered, in the Men, Women and or Under 18 Category are eligible to enter.

“SAAL” means The South Australian Athletic League Incorporated.

“The Committee” means the Management Committee duly elected by the SAAL members.

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

#### **3.1 Meetings under SAAL Rules**

All meetings shall be held subject to SAAL 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 SAAL Rules and may be subject to 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 SAAL Rules**

An affiliated club or group shall not conduct a meeting in violation of the SAAL Rules.



## 4 SAAL MANAGEMENT

### 4.1 Discretionary Powers

The President may at any time and at their discretion decide such issues as referred to in these Rules. Such issues are to be decided in consultation with a minimum of five other members of the Management Committee. All decisions are to be ratified or otherwise at the first imminent full Management Committee meeting.

### 4.2 Powers

The Management Committee and the Disciplinary Committee and/or Tribunal shall each have the power to:

- Inquire into and deal with any matter relating to activities under the control of the SAAL
- Exercise the powers conferred on the Stewards or upon the Chief Steward by these Rules.
- Take whatever measure they consider appropriate to prevent, address or overcome what they consider to be a wrong or unfair practice affecting or likely to affect any meeting, race or event or any other aspect of the sport so far as it is under the control of the SAAL.
- Take whatever measure they consider appropriate to rectify an error which has occurred because of some mistake or mishap in the administration of these rules whether by themselves, the stewards, a club, or any person.
- If, in the opinion of the Management Committee or the Disciplinary Committee, a person registered with, or licensed by, the SAAL.
  - Has used obscene, threatening, abusive or insulting language to or concerning any official of the SAAL.
  - Is guilty of conduct contrary to the SAAL code of conduct or constitution.
  - Is guilty of conduct contrary to the interests of the SAAL or
  - Is guilty of a breach of the SAAL rules.

The Management Committee and/or Tribunal may, at its discretion, impose a disqualification, a ban, a fine, a handicap penalty, a warning or a combination of the above. A ban will mean the athlete cannot participate in any events conducted by the SAAL or any affiliated bodies, for a period as determined by the SAAL.

Where an inquiry has been conducted by the Disciplinary Committee and/or Tribunal, an appeal of the decision shall be to the Management Committee.

### 4.3 Abuse of Officials

The Chief Steward may impose a fine or suspension as detailed in “Appendix 1” (also refer to Code of Conduct for Coaches) on any person proved to have used obscene, threatening, abusive or insulting language to or concerning any official of the SAAL 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 Committee shall have power to ratify or confirm any suspension or disqualification imposed by any recognised controlling body.

#### 4.6 Handicap Appeals Committee

The Management Committee shall appoint a Handicap Appeals Committee each year by 31 August.

The Handicap Appeals Committee shall consist of five members and shall be appointed by the Management Committee. The Handicap Appeals Committee shall hear Appeals then determine any outcome from any such athletes dissatisfied with their declared handicap and determine whether it shall be upheld or dismissed. ~~The duty of this Handicap Appeals Committee will be to hear appeals from athletes dissatisfied with their handicap.~~ Each appeal shall be heard by three internally appointed members. The Chief Steward shall be consulted prior to any such appeal. (Also refer to rule 8.3)

#### 4.7 Appointment of SAAL Tribunal

The Tribunal 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 and adjudicate on matters referred to it.

#### 4.8 Officials –Travel Expenses

Track Officials may receive travelling and accommodation expenses as determined by the SAAL.

#### 4.9 Disciplinary Committee

A Disciplinary 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 alleged breaches of these Rules or the SAAL Code of Conduct and adjudicate on them.

## 5 OFFICIALS

### 5.1 Appointment of Officials

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

Chief Steward  
Race Steward  
Chief Starter  
Check Starter  
Starter's Assistants  
Chief Judge  
Judge  
Photo finish Operator/Timekeeper  
Race Day Results System Manager  
Race Day Results System Support  
Presentation Coordinator  
Scratching Steward  
Finals Race Event Distributor  
Colour/Number Steward  
Track Preparation Manager  
Equipment Manager  
Technical Support Manager  
Handicappers  
Race Caller

### 5.2 Additional Officials

Additional Officials may be appointed by the Management Committee or Chief Steward.

### 5.3 Restriction on Athletes and Coaches as Officials

Unless authorised by the SAAL, 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 SAAL office on the Registration Form in use at the time and such application must be accompanied by the Registration Fee. (Except Life Members)

### 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 SAAL 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 years during the current financial year.

## 6.5 Categories

Members can register with the League under one of the following categories. The age of an athlete shall be determined on the 1st of October of the current season.

Men with coach  
Men self-trained  
Women with coach  
Women self-trained  
Para athlete  
Under 18  
Under 14  
Over 35 with coach  
Over 35 self-trained  
Coach only  
Coach/Athlete  
Associate  
3 Meet Registration  
1 Meet Registration  
Parent Coach

An athlete will remain within the category they entered for the whole of the season.

## 7 ENTRIES

### 7.1 Requirements for Athletes to Register

All athletes wishing to compete in SAAL events must be registered.

### 7.2 Approved Entry Form

Entries shall be submitted by each athlete online at [saal.org.au](http://saal.org.au) or to the office of the SAAL on the form in use by the SAAL 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 SAAL or an Interstate League.

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

An athlete who has run a personal best or who wins prizemoney in any race conducted by the SAAL or in any race outside the SAAL, may be re-handicapped according to these Rules. Athletes must notify the SAAL about all their performances outside of the SAAL (including the relevant date, venue, controlling body, distance, placing, time and prizemoney won) prior to competing in any athletic meeting conducted by the SAAL. If information relating to performances and personal bests is not declared or is inaccurate, athletes may face a handicap penalty, fine, disqualification and/or suspension. If an athlete records a personal best after having received a published handicap for a SAAL race which has not yet occurred, then they must notify the Chief Steward about this result before participating in the forthcoming SAAL event.

#### **7.5 Age of Athlete**

Athletes must be at least 11 years of age on the day of the race meeting in which they are to run, to be eligible to compete with the SAAL.

#### **7.6 Eligibility to enter Races if an Athlete Registers as a Coach/Athlete**

An athlete who registers under the Coach/Athlete Category can enter all Men's races (if the athlete is male) or Women's races (if the athlete is female).

#### **7.7 Eligibility to enter Races if an Athlete Registers Under the Men's or Women's Category**

An athlete who registers under the Men's category can enter all Men's, All Comers and Novice and Restricted races (If eligible). He cannot enter Women's races.

An athlete who registers under the Women's category can enter all Women's, All Comers and Novice and Restricted races (If eligible). She cannot enter Men's races.

Athletes must be 16 years of age on the day of selected races as identified in appendix 2 Sect. 2.2.

#### **7.8 Eligibility to enter Races if an Athlete registers in the Under 18 Category**

An athlete who registers in the Under 18 category can enter all Under 18 races, as well as Restricted, Novice, All Comers, Open and Men's races (if the athlete is male) or Women's races (if the athlete is female).

An athlete must be under the age of 18 as at the 1<sup>st</sup> of October. The athlete will remain in this category for the whole of the season.

#### **7.9 Eligibility to enter Races if an Athlete registers in the Under 14 Category**

An athlete who registers in the Under 14 category can enter all Under 14 races, as well as Under 18 races. They cannot enter All Comers, Restricted, Novice, Men's, or Women's races.

An athlete must be under the age of 14 as at the 1<sup>st</sup> of October and will remain in this category for the whole of the current season.

#### **7.10 Eligibility to enter Races if an Athlete registers in the Over 35 Category**

An athlete who registers in the Over 35 category can enter all Over 35 and All Comers races (and Over 45 if they are aged 45). They cannot enter Men's, Novice or Women's races, unless they pay the Men/Women registration fee.

Athletes must be at least 35 years of age on the day of a race meeting in which they are to run to be eligible to compete in an Over 35 race with the SAAL.

### **7.11 Eligibility to enter Novice Races**

An athlete can only enter a Novice race if they have not won a novice, men's, or women's event in that distance category. The three distance categories are 0-200 metres, 201-600 metres and 601 metres plus.

### **7.12 Closing Date**

Entries for all events sanctioned by the SAAL shall close on the day published online. The SAAL Office may extend the closing date if required and a late fee may be charged.

### **7.13 No Late Entries**

Entries must be lodged via the SAAL website no later than the closing date.

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

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

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

The SAAL Office 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 SAAL Office or Chief Steward together with a fee as detailed in "Appendix 1".

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

In the case of a handicap appeal please refer to Appendix 2 Review Processes,

In the case of other appeals, the appeal must be lodged to the SAAL Office within four (4) days of notification of the decision.

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

Refer Appendix 2 Review Processes.

The Handicap Appeals Committee must discuss a handicap appeal as soon as practically possible and may give directions to the Handicapper(s) to change the handicap if seen fit to do so. The Handicapper and the Chief Steward shall be consulted to provide evidence that is relevant to the appeal. The procedure and conduct of each appeal will be at the discretion of the Handicap Appeals Committee. (Also refer to rules of competition 4.6)

### **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 Appeal Fee**

The Management Committee or the Handicap Appeals Committee and/or tribunal may make orders, as they deem fit, in relation to the refund of some or all of the appeal fee paid.

## 8.6 Prizemoney

If any prizemoney has been incorrectly paid out as a result of an appeal, the prizemoney shall be repaid to the SAAL, before that any athlete/s can compete in any future races.

# 9 COMPLAINTS

## 9.1 Suspensions and Disqualifications

No person may be permitted to compete in any event conducted SAAL or conducted under the control of or with the consent of the SAAL while disqualified or under suspension by SAAL.

SAAL shall be entitled to recognise and impose any suspension or disqualification imposed by any recognised sport's governing body, provided such body recognises suspension and disqualifications made by SAAL.

## 9.2 Nature of Misbehaviour

Any person who shall infringe the rules of SAAL, the codes of behaviour/conduct and policies of SAAL or shall be guilty of any misbehaviour or unfair practice in connection with athletics, whether relating to competition or not, shall be liable to suspension or disqualification for such period as the Management Committee may determine.

SAAL shall be entitled to recognise and impose any suspension or disqualification imposed by any recognised body governing sport, provided such body recognises suspension and disqualifications made by SAAL.

## 9.3 Notification of Complaints

All complaints shall be made in writing to the SAAL Office within 7 days of the date upon which the conduct complained of occurred.

## 9.4 Investigation Procedures

Unless otherwise specified in the Corporations Law, the investigation procedure as laid down by the constitution of SAAL or otherwise determined by the Committee shall be followed in all instances.

## 9.5 Recognised Sport Governing Body

The Term "any recognised sport governing body" shall mean any body recognised by the committee of SAAL as governing a particular sport and may include any state regional or national body involved with Athletics.

## 10 HANDICAPPING AND STEWARDING

### 10.1 Rules

The Handicapping and Stewarding Rules are detailed in Appendix 2. These can be changed throughout the course of the season if approved by the Management Committee. If a change is made, members must be notified in writing before the next race day.

### 10.2 Scratch mark

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

### 10.3 Novice marks and Target Times

The Novice Marks and Target Times are listed in Appendix 2.

### 10.4 Handicap Limits

Refer to Appendix 2 part 4.

#### 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 form on the SAAL website.

#### No change to Limits

Once the nomination entry form is published on-line or emailed out to athletes, limits are not to change, unless a change is necessary under exceptional circumstances as determined by the Management Committee

### 10.5 Alteration to Handicaps

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

- i. In accordance with the Rules laid down for penalties.
- ii. In the event of an obvious error in the allocation of a handicap, the error may be rectified at any time by the Handicapper(s).
- iii. In the event of a competitor winning an event that makes them ineligible to compete in a novice or restricted event for which they have entered or been handicapped for, they shall be entitled to have their entry transferred to an open age event of similar distance and be given a handicap as determined by the Handicapping and Stewarding Rules.
- iv. The athlete wins a handicap appeal. The Handicapper(s) must carry out these duties immediately if they are aware of any alteration required and inform the SAAL Office in writing at the earliest opportunity. The athlete(s) and coach(es) involved shall also be notified.



## 10.6 Unacceptable Performance

An athlete may face disciplinary sanctions where their performance in any Category constitutes an Unsatisfactory Performance. Refer Appendix 2.

In normal circumstances the Chief Steward, after consulting with the relevant handicapper, may apply a penalty which could include disqualification, a suspension, a fine, a handicap penalty, a warning or a combination of the above.

All Chief Steward decisions can then be appealed to the Management Committee, paying the applicable fee as set out in Appendix 1 - 8.1.

The decision of the Management Committee will be final.

## 11 STARTER AND STARTING

### 11.1 Starting

All races shall be started by a starting gun.

### 11.2 Commands Used

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

- "Walk to your blocks"
- "Get On"
- "Set"
- Gun

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

### 11.3 Penalties for Breaking

- 0.25 metre in distances less than 70 metres.
- 0.50 metre for the distance of 70 metres.
- 0.75 metre in distances over 70 metres up to and including 100 metres.
- 1 metre in distances over 100 metres up to and including 200 metres.
- 2 metres in distances over 200 metres up to and including 400 metres.
- 3 metres in distances over 400 metres up to and including 800 metres.
- 5 metres in distances over 800 metres.

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

#### **11.4 Breaking**

Athletes shall remain still after the “set” command, while in the “set” position. Any forward movement of the foot or body whilst in the “set” position, prior to the gun being fired, shall be deemed to be a “Break” from the “Set” position, except when an athlete signals to the Starter that he/she is not ready, by raising his/her hand whilst retaining both feet in contact with the blocks. The Starter may stand all of the athletes up, without penalty if athletes are clearly unsteady.

#### **11.5 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.

#### **11.6 Right of Recall**

The Starter or Check Starter shall have the right to recall the runners at any time by a second discharge of the pistol, or failing that, by signaling with whistle or otherwise, or immediately reporting to the Judges/Photo Finish Operator/Time Keeper that a start was a false one.

#### **11.7 Racing Colours**

To avoid the sharing of tops, athletes will need to purchase a set of coloured singlets from the designated supplier. Contact the office for details.

#### **11.8 Athlete Assembly**

Athletes must still report to a “holding area” adjacent to the starting position at least five (5) minutes prior to the programmed starting time of an event.

Athletes must be fully 'Costumed' and properly spiked with their starting blocks placed in heat order behind the Scratch mark for that event.

Note that Special Rules apply to events where athletes are required to “parade”. "Parading" means that Athletes must be fully 'Costumed' in their appropriate race colours as per the Raceday Program and report to the Marshal in the area adjacent to the Finishing Gates at the programmed parade time.

#### **11.9 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 as closely as possible and the races started regardless of absentees. Athletes not reporting on time may be withdrawn from the race in question or fined. This decision is the responsibility of the Chief Steward in consultation with the Chief Starter.

#### **11.10 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.

#### **11.11 Starting from the Correct Mark**

It shall be the duty of each athlete to see that he/she starts from his/her allocated mark and if in default he/she may be disqualified from the race in question or fined by the Chief Steward after consulting with the Starters.

### **11.12 Starting Blocks**

Athletes in events up to and including 200 metres shall use starting blocks. Athletes must obtain prior permission from the Chief Steward prior to each carnival should they have a condition restricting them from using starting blocks.

### **11.13 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

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

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

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 PURPLE.

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

Athletes must line up alongside the handicap mark.

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

Colours shall be allotted commencing from the back marker, in the following sequence: RED, WHITE, BLUE, YELLOW, GREEN, BLACK, PINK and PURPLE.

### **11.16 Different Colour Sequence**

The Management Committee may authorise different colours or a different colour sequence after consulting with the Chief Judge.

### **11.17 Awaiting Event**

Athletes awaiting the start of an event shall remain seated on the arena during the running of any event(s) or a fine may be imposed.

## **12 JUDGES, FINISHES**

### **12.1 Correct Finishing**

Athletes shall breast the finishing line. The time of the athlete is recorded when the athlete's chest reaches the finish line as detected by the photo-finish equipment or in the case of a malfunction, by the Judges.

The finish line is deemed to be a minimum of 80cm above the ground. For a correct finish, an athlete's chest/breast must be above the line. In the event of an athlete falling under the 80cm, he/she shall be disqualified as determined by the Judges.

In the case of a malfunction of the line scan timing, a manual handheld time may be used to determine the winner with video/camera usage to determine other athlete's times, compared to the winner.

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

The stewards 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.

## 12.3 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.

## 12.4 Dead Heat – Disqualification

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

## 12.5 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.

If a dead heat occurs for first place, when there are winners and next fastest times going through to finals, athletes who dead heated will both be considered as winner with the pre-allocated amount of next fastest progressing to the finals.

## 12.6 Judge’s Decision

The Chief Judge will have the final decision on all placings. If an athlete wants to appeal a decision, the Chief Steward will be consulted to make a judgement on the appeal. Once the Chief Steward has made the decision there is no other avenue of appeal.

# 13 ATHLETES

## 13.1 Registration

Any changes to an athlete’s registration shall be notified to the SAAL Office by the athlete within 7 days of any such change. Otherwise, SAAL may consider him/her bound by their original registration, until advice to the contrary is received by the SAAL Office. Failure to notify these changes may incur a penalty.

Where an under 18 or under 14 athlete is registered under their parent rather than a coach that parent will be required to register as a “parent coach” and be bound by our rules, constitution and policies.

## 13.2 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 SAAL until such time as the outstanding moneys are paid.

## 13.3 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.

#### 13.4 Incorrect Attire/Costume, 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 In the case of a synthetic track the maximum spike length is 7mm.

Athletes shall 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. Athletes shall not wear flat soled shoes when competing without prior approval from the Chief Steward.

In the event that the weather is forecast 30 degrees or over an athlete may choose to wear their colour without another singlet underneath. Upon completion of the race athletes will redress in appropriate attire immediately after the race.

#### 13.5 Watches/Timing Devices

Athletes may not wear watches or any form of timing devices.

#### 13.6 Head Gear and Long Pants

Head gear and long pants may only be worn when competing with the prior 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. Athletes are strictly prohibited from wearing headphones or listening devices (excluding prescribed hearing aids) of any kind.

#### 13.7 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 SAAL, or
- Registered coaches with athletes who are due to compete, or have competed within a reasonable time frame

shall be allowed within the arena except with prior permission of the Chief Steward.

Should the Chief Steward not wish for registered coaches to be on the arena they will be required to remove themselves forthwith.

#### 13.8 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.

#### 13.9 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.

#### 13.10 Heat Draw Error

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.

### 13.11 Semi Final Draw

The SAAL Meet Management system will allocate athletes to semis finals and final. No manual redraw shall be undertaken. Correction of a data input error does not constitute a manual redraw.

### 13.12 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/her forfeited.

### 13.13 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.

### 13.14 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 SAAL or any other governing body to which the SAAL 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.

### 13.15 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.

### 13.16 Race Acceptance and Scratching Requirements

Athletes wishing to withdraw (scratch) from any event shall do so by logging into their account on the SAAL website prior to the meet by the scratching deadline published by the SAAL. Athletes can also scratch any time no less than 60 minutes before the time appointed for starting of the first heat of such event. These notifications to the SAAL Office will be by text to 0400 353 506 or at the SAAL tent on race day. Athletes must identify themselves and each race they are scratching from in any communications.

### *Bay Sheffield*

The Bay Sheffield event requires athletes to accept in person 1 hour prior to the first scheduled heat of their event. The Men's and Women's Bay Sheffield will require athletes to accept earlier. Athletes will need to familiarise themselves with the scratching requirement as published by the SAAL in the lead up to the event. 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.

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 they have previously qualified, without incurring a penalty for late scratching.

#### **13.17 Permission to Speak to Officials/Handicappers**

Athletes and coaches must request permission from the Chief Steward prior to speaking to any Officials or Handicapper during the course of a meeting. (Except where the Official has initiated the contact).

#### **13.18 Drugs in Sport**

It is the responsibility of each registered athlete to make themselves aware of any prohibited drugs as declared by Sports Integrity Australia (or if the code has been amended, the Code as so amended).

## **14 COACHES**

### **14.1 Registration and List of Athletes**

Every person training any athlete competing under these Rules must register annually as a coach with the SAAL by lodging with the SAAL Office a completed "Application for Registration" form in use by the SAAL at the time together with the prescribed fee.

### **14.2 Notification of Changes of Coach**

Any change of coach shall be notified to the SAAL Office by the athlete or coach in writing within one week of occurrence and prior to competing. The SAAL may consider an athlete bound to the coach under whom they are registered until advice to the contrary is received by the SAAL Office.

## **15 PROTESTS**

### **15.1 Protests made Verbally**

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

### **15.2 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 SAAL Management Committee as per paragraph 8.1.

### **15.3 Withdrawal of Protest**

An athlete may withdraw a protest at any time.

#### 15.4 Prizemoney not to be Paid Out

Pending the determination of a protest, no prizemoney shall be paid out.

#### 15.5 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.

### 16 RULES RELATING TO RACING

#### 16.1 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.

#### 16.2 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.

#### 16.3 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.

#### 16.4 Looking Around

Any athlete who, in the opinion of the Stewards, deliberately looks around at any time or displays a form of celebration before the finishing line during an event, may be fined and/or disqualified.

#### 16.5 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.

#### 16.6 Calling out times

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

#### 16.7 Breach notice

Any coach or athlete who breaches the SAAL Code of Conduct will be issued with a breach notice. If a coach or athlete receives a breach notice, then they may be banned for a period of months depending on the severity of the breach. If a coach or athlete receives two breach notices in any 12-month period they will automatically be banned for a minimum of 12 months.

This penalty may be transferable across other Leagues and associations. Note that:

- any athletes of a coach banned under rule 16.8 will be required to register as a self-trained athlete before they can compete again.
- any coach banned for 12 months will not be allowed to attend SAAL meetings.

#### 16.8 Unsatisfactory Performance

Any athlete who, in the opinion of the stewards, does not perform to the best of his/her ability may face a penalty, or warning.



## 17 RULES RELATING TO RACING

### 17.1 Adverse Conditions

In the event of adverse weather conditions for any other extenuating circumstances, the Chief Steward shall have the power to postpone races in a race program from hour to hour and from time to time and make any alterations to the program as he/she thinks appropriate. SAAL 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.

### 17.2 Hot Weather Policy

In the event that the expected highest temperature for a race day is estimated to be 38 degrees or above, at the carnival location as shown on the Bureau of Meteorology website 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.

#### *Bay Sheffield Hot Weather Policy*

In the event that the expected highest temperature for a race day is estimated to be 38 degrees or above, at the carnival location as shown on the Bureau of Meteorology website no later than three days before the race day, races may be programmed in the morning prior to 11.00am and then recommence in the evening no earlier than 5pm. If this is not possible, the race meeting or selected races may be postponed or cancelled.

### 17.3 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 SAAL Management Committee.

## 18 DOPING

### 18.1 Strictly Prohibited

Doping is strictly prohibited.

The SAAL anti-doping policy is the Australian National Anti-Doping Policy. All members, participants and non-participants in the SAAL are bound by these rules.

### 18.2 Requirement for Drug Testing

All athletes registered with SAAL, or any affiliated body shall be required to submit to all drug testing procedures as required and conducted by Sports Integrity Australia (SIA) under IAAF Rules. Any results of a test or procedure under these provisions shall be reported to the SAAL and the athlete shall be subject to any penalties or procedures as per SIA and the IAAF Rules, applicable at that time.

### 18.3 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 SAAL Management Committee.

#### **18.4 Prizemoney Withheld**

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

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

An appeal under this Rule shall be decided by the Management Committee.

### **19 BOOKMAKERS/BETTING**

#### **19.1 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.

#### **19.2 Restrictions on Officials Betting**

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

#### **19.3 Bookmakers to be Registered**

All bookmakers shall be registered with and operate under the appropriate South Australian Government Authority.

## 20 END-OF-SEASON AWARDS

### 20.1 Points-based Awards

At the completion of the SAAL Season, awards will be presented according to SAAL race results throughout the season.

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

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 or coaches are allocated the same points for the same award, whichever person 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 unless the SAAL Office is otherwise notified in writing pursuant to Rule 14.2.

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 Men's, Restricted and Novice races.
Long Sprint	201-600 metres in Men's and Novice races.
Middle Distance	Over 601 metres in Men's and Novice races.
Women's Short Sprint	0-200 metres in Women's races, Restricted and Novice races.
Women's Long Sprint	201-601 metres in Women's races and Novice races.
Women's Middle Distance	Over 601 metres in Women's races and Novice races
Under 18 Girls.	
Under 18 Boys	
Under 14	Under 14 races.
Over 35	Over 35 races.
Novice Club	Under 14, Under 18 and Novice races.
Club	Men's, Women's, Restricted, Over 35, Over 30 and Over 45 races.
Coach of the Season	
Athlete of the Season	

Athletes/coaches who breach Rule 16.7 or 16.8 will be ineligible for an award.

Points for All Comers races will be allocated as per an athlete's registration category.

## 20.2 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, Chief Starter and Main Race caller.

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 1st choice, 5 points for 2nd, 4 points for 3rd, 3 points for 4th, 2 points for 5th and 1 point for 6th. If a dead heat occurs, more than one award will be presented.

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

The President may also present a President's Award (known as the Ian Reddaway Memorial Award) for outstanding performances during the season.

## 21 MISCELLANEOUS

### 21.1 Detrimental Statement

No official or registered member of the SAAL 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.

### 21.2 Changes to Rules of Competition

All changes to these Rules of Competition shall only be changed by a resolution of the Management Committee (as per the constitution).

### 21.3 Rule Book and Amendments

A current edition of the Rules shall be published annually on the SAAL website prior to commencement of the season.

**"Appendix 1" - Scale of Fee and Fines**

**"Appendix 2" - Handicapping and Stewarding Rules**