

# SOUTH WEST SCHOOLS ATHLETIC ASSOCIATION

## RULES OF COMPETITION

The rules of competition shall be as for the ESAA National Championships with the following specific regulations:

- 1 ALL COMPETITORS MUST WEAR TWO NUMBERS, WITH THE EXCEPTION OF HIGH JUMP AND POLE VAULT WHERE ONLY ONE IS WORN.
- 2 COMPETITORS SHOULD REPORT TO THEIR EVENT MARSHALL AT THE APPROPRIATE MARSHALLING AREA 10 MINUTES BEFORE THE ANNOUNCED STARTING TIME FOR THEIR EVENT. Track events take priority over field events, so that in the event of a clash, athletes or their team managers must inform field event judges of their other commitments and follow the instructions given.
- 3 Competitors are warned against leaving valuables unattended, especially in the changing rooms; no responsibility can be accepted for any loss by the South West Schools AA.

### TRACK

- 4 Athletes should warm up outside the competition area.
- 5 If heats are not required for any event the final will be held AT HEATS TIME.
- 6 The final of any event in which heats are held, up to, and including 400m, will comprise of the WINNER of each heat, plus the requisite number of fastest losers. When two or more athletes achieve equal times, the one who obtained the higher heat placing will qualify for the final. If two or more athletes are still equal, and lanes do not allow both to compete in the final, then neither will qualify. With this exception there will be EIGHT qualifiers in each final for which heats are held, irrespective of the number of lanes on the track.  
In the 800 metres races – there will be no heats. Where necessary, graded races will be held.
- 7 Starting blocks may be used only by Senior age group athletes, or by finalists in other age groups.

### FIELD

- 8 Practice throws may only be taken under the supervision of a field judge or referee.
- 9 In all events except high jump and pole vault each competitor will be allowed three trials, with the top five competitors allowed a further three trials.
- 10 Starting heights for high jump will be 21cm below the National Entry Standards, followed by three increments of 5 cm, then by 3 cm intervals.
- 11 The pole vault competitions will be held concurrently. Starting heights for each age group will be at the heights given below (or as decided by the Field Referee in the light of weather conditions):

Junior Boys	2.00m	Intermediate Girls	2.00m
Intermediate Boys	2.60m	Senior Girls	2.00m
Senior Boys	2.90m		

Bar settings will be: 2.00; 2.15; 2.30; 2.40; 2.50; 2.60; 2.70; 2.80; 2.90; 3.00; 3.10; 3.20; then in increments of 10 cm. or as requested by the athletes.

**PRESENTATION** - Certificates and badges for 1st, 2nd and 3rd place finalists will be presented as soon as possible after the completion of each event. Team managers are asked to ensure athletes are aware of these presentations.