

Ingle Farm Little Athletics Centre

Recreational Athletics Rules

Age Groups

- The age groups offered for Recreational Athletics (Rec Aths) will be as follows:
 - Under 18 (Men and Women)
 - Under 20 (Men and Women)
- The age group an athlete belongs to shall be calculated in the same way that the Under 17s are calculated.
- Athletes must compete in their proper age group, ie an Under 18 cannot compete as an Under 20; except as allowed in relay teams.

Standard Events, and Modified Rules

Jumps

- The following events are offered in all Rec Aths age groups, following the same rules as U17s.
 - Long Jump
 - Triple Jump
 - High Jump
- The following Athletics SA event will **not** be offered.
 - Pole Vault

Throws

- The following events will be offered in the following age groups:

| Event | Discus (1kg) | Discus (1.5kg) | Discus (1.75kg) | Shot (3kg) | Shot (4kg) | Shot (5kg) | Shot (6kg) | Javelin (500g) | Javelin (600g) | Javelin (700g) | Javelin (800g) |
|-------|--------------|----------------|-----------------|------------|------------|------------|------------|----------------|----------------|----------------|----------------|
| U18M | | ✓ | | | | ✓ | | | | ✓ | |
| U18W | ✓ | | | ✓ | | | | ✓ | | | |
| U20M | | | ✓ | | | | ✓ | | | | ✓ |
| U20W | ✓ | | | | ✓ | | | | ✓ | | |

- Except as specified below, all events will follow the same rules as in U17s.
 - Implement weight will follow World Athletics rules.
 - Either rubber, or metal-rimmed Discus may be used.
- The following Athletics SA events will **not** be offered.
 - Hammer Throw (all weights)

Track (Individual)

- The following events will be offered in the following age groups:

| Event | 100m | 200m | 400m | 800m | 1500m | 3000m | 1500m Walk | 110m Hurdles | 100m Hurdles | 400m Hurdles |
|-------|------|------|------|------|-------|-------|------------|--------------|--------------|--------------|
| U18M | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ |
| U18W | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ |
| U20M | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ |
| U20W | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ |

- Except as otherwise specified, all events will follow the same rules as in U17s.
 - All hurdles races will take place over 10 flights, set at 76 cm.
 - The 3000m will follow World Athletics rules.
- The following Athletics SA events will **not** be offered.
 - 5000m, 10000m, 3000m Walk, 5000m Walk, and 10000m Walk.

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Track (Relay)

- The following events will be offered in the following age groups:

| | U18 Men | U18 Women | U18 Mixed | U20 Men | U20 Women | U20 Mixed | Open Mixed |
|--------------------|---------|-----------|-----------|---------|-----------|-----------|------------|
| 4x100m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| 4x200m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| Little Aths Medley | | | | | | | ✓ |

- Except as specified below, all events will follow the same rules as in U17s.
 - For the 4x100m and 4x200m:
 - U18 teams may include U13 to U17 athletes, so long as at least one member of the team is an U18.
 - U20 teams may include U13 to U18 athletes, so long as at least one member of the team is an U20.
 - For the Little Aths Medley:
 - This is a shortened name for the style of Medley run at the Little Athletics State Relay Championships: 100m, 100m, 200m, 400m.
 - Open teams are not subject to age limitations
- The following Athletics SA events will **not** be offered.
 - 4x400m, 4x800m, Swedish Medley (100, 300, 200, 400), and Senior Medley (200, 200, 400, 800).

Awards and Other

- Recreational Athletes will be eligible to receive Gold / Silver / Bronze trophies, subject to meeting the requirements.
- Recreational Athletes will be eligible to receive the Stone Trophy, Mark Schumacher Trophy, and IGA Club Person of the Year trophy.