

1 Introduction

The following are entry regulations for athletes entering the NSW Individual Championship pathway. The representative pathway comprises Zone, Region and State Championships.

This document is specifically for athletes in the age groups 8's- 15's (U16) (born between 2017-2010). Athletes born in 2009 or earlier will enter their respective state Championships directly, and a separate set of entry and technical regulations will be in place.

It is important that athletes, coaches, volunteers and supporters understand this process. Given the recently announced NSW partnership, changes to historic custom and practice of both Athletics NSW (ANSW) and Little Athletics NSW (LANSW) will be in place for season 2024/25, so it is essential that the athletics community understand the updated/new rules and regulations.

For the avoidance of doubt, these regulations cover entry processes and progression from one representative level to the next. Further Technical rules will be published for each individual competition property, outlining the competition rules.

These regulations can be amended at any time by Athletics NSW/Little Athletics NSW if it is of the opinion that such an amendment is necessary as a result of a drafting error or oversight or for any other reason determined to be in the best interests of the respective organisations or competitions.

2 Age Groups and Events

2.1 The regulations as outlined in this document are applicable for the following age groups only;

Age Group	Year of Birth	Notes
7's	2018	Zone only
8's	2017	Zone & Region only
9's	2016	Zone Regional and State Championships
10's	2015	
11's	2014	
12's	2013	
13's (Under 14)	2012	
14's (Under 15)	2011	
15's (Under 16)	2010	
Para (Multiclass)9-10's	2015/2016	
Para (Multiclass) 11's-12's	2013/2014	
Para (Multiclass)13's-14's (Under 15)	2012/2011	

2.2 Athletes in the 16's (U17), 17's (U18) & Para 15's-17's (Under 18) will have events offered at the zone and Region Championships to provide additional participation opportunities but will not need to progress to reach the State Championships. They will enter the NSW Junior Championships via direct entry and be subject to the entry and technical regulations applicable for that competition

- 2.3 Events for U20, Open and Masters athletes will not be offered at Zone and Region Championships. Athletes will enter the State Championships via direct entry and be subject to the entry and technical regulations applicable for that competition.
- 2.4 Events to be conducted at the Zone and Region Championships are listed in appendix 1. To reach the state Championships, athletes in the age groups listed in 2.1 must qualify via the methods outlined in section 5 and section 6 of this document.
- 2.5 The following events will not be offered at Zone and Region Championships. These events will be offered at the applicable state Championships and athletes will enter these directly by the nominated closing date (see section 9)

Event	Ages
Hammer Throw	13's (U14) 14's (U15) 15's (U16)
Pole Vault	13's (U14) 14's (U15) 15's (U16)
Steeplechase	14's (U15) 15's (U16)
3000m Walk	13's (U14) 14's (U15) 15's (U16)
Competition Pathway Sprint Hurdles	Male 100m Hurdles (84cm)- 14's (U15) Male 100m Hurdles (84cm)- 15's (U16)

3 Eligibility

- 3.1 All athletes must be registered with a NSW Athletics affiliated club with a Little Athletics or Junior membership to enter the Zone/Region/State Pathway.
- 3.2 Athletes registered with more than one club may enter the Zone Championships for either club but may only compete in one Zone Championship. Please refer to the NSW Athletics Partnership Multi Club Policy for further information on club representation.
- 3.3 Individually registered/independent athletes may only enter the Zone Championships for which they have been allocated, based upon their place of residence.
- 3.4 Athletes born in 2018, 2017, 2016, 2015, 2014, 2013, 2012, 2011, 2010 must compete in the age group for which their year of birth falls. Athletes are unable to compete 'up' an age group.

Age Group	Year of Birth
7's	2018
8's	2017
9's	2016
10's	2015
11's	2014
12's	2013
13's (Under 14)	2012
14's (Under 15)	2011
15's (Under 16)	2010

- 3.5 At the NSW Championships, where a competition and participation pathway is offered for Sprint Hurdles, athletes may not contest both.
- 3.6 At the NSW Championships, where a competition and participation pathway is offered for Race Walks, athletes may not contest both.

4 Entry to Zone and/or Region Championships

- 4.1 Athletes may only compete in one Zone Championships. Athletes who have entered/competed at a Zone Championships may not also enter/compete at a Region Championships via direct entry
- 4.2 All entries for Zone Championships will be collected via the affiliated Club/Centre via the entry process provided by LANSW/ANSW. Entries from individual athletes will not be accepted.
- 4.3 The following maximum number of events will apply;
 - 4.3.1 A maximum of four (4) athletes from each Centre/Club (or a greater number at the discretion of the zone) may be entered in each event in the 7's-11's age groups and no athlete may contest more than four (4) events, excluding relays
 - 4.3.2 In the 12's- 17's (U18), there are no restrictions on the number of athletes a Centre/Club may enter in an event; however, no athlete may contest more than six (6) events, excluding relays
 - 4.3.3 For Para events, athletes in the 9's/10's age group may compete in a maximum of four (4) events; athletes in the 11-12's may compete in a maximum of five (5) events; and athletes in the 13-14's (u15) and 15's-17's (U18) may compete in a maximum of six (6) events
- 4.4 All Athletes entering the Zone Championships, will be required to wear a numbered bib, age patch and Coles Patch. Athletes who have not been provided these at registration shall be issued a bib number and provided with bibs and patches at the Zone Championships

5 Qualification- Zone to Region Championships

- 5.1 The table below outlines the number of athletes that may progress from Zone to Region Championships. This is subject to the regulations outlined in section 7 & 8 of this document;

Regions and Zones		Zone to Region Progression		Relay Progression
Region	Zones in Each Region	What places progress from Zone to Region	What is the maximum number of next best qualifiers that will progress from across all Zone results in that Region?	What number of relays progress from Zone to region?
1	New England, Northern Rivers, Mid North Coast	First 4 Places	4	First 2 Places

2	Central Coast, Lake Macquarie, Hunter, Port Hunter	First 3 Places	4	First 2 Places
3	Western Plains, Western Ranges	First 6 Places	4	First 3 Places
4	Eastern Riverina, Western Riverina, Mid South Coast, South Coast Highlands	First 3 Places	4	First 2 Places
5	Northern Metro, North East Metro	First 6 Places	4	First 3 Places
6	West Metropolitan, Outer West Metropolitan, North West Metropolitan	First 4 Places	4	First 2 Places
7	Central West Metropolitan, South West Metropolitan, Mid West Metropolitan	First 4 Places	4	First 2 Places
8	Inner City, Southern Metropolitan	First 6 Places	4	First 3 Places

6 Qualification – Region to State Championships

6.1 The table below outlines the number of athletes that may progress from Region to State Championships. This is subject to the regulations outlined in section 7 & 8 of this document;

Region	Region to State Progression			Notes on Next Best Qualifiers
	What places progress from region to State?	What is the maximum number of next best qualifiers that will progress? (see note)	What number of relays progress from Region to State?	
1	2	8	1	For 9's, 10's, 11's, 12's next best qualifiers will come from results at all Region Championships only. For 13's (U14), 14's (U15), 15's (U16), next best qualifiers will come from performances at; <ul style="list-style-type: none"> • Region Championships • Treloar Shield Metropolitan rounds (including the final-excluding Hunter Summer Series) • Country Championships
2	2		1	
3	2		1	
4	2		1	
5	2		1	
6	2		1	
7	2		1	
8	2		1	

7 Progression rules 9's-12's

7.1 Automatic Qualification

- 7.1.1 Athletes who finish 1st or 2nd in each Region Championships will progress to the State Championships. The number of athletes who will progress from Zone to Region Championships are listed in section 5.1.
- 7.1.2 Any places not filled by automatic progression will not be filled by additional next best performances.
- 7.1.3 If an automatic qualifier is unable to attend the next level of competition, they may be substituted by the next ranked finalist from their event, in circumstances where the athlete has officially withdrawn by midday 10th February (for Regional-State). The withdrawing athlete must have completed and submitted an official withdrawal form via the Zone Coordinator (Zone to Region) or via the form on the ANSW/LANSW website by midday 10th February (Region to State). After this time, any athlete withdrawing as an automatic qualifier, position will be filled via the rules of the next best 8 (see 7.2 and 8.2)
- 7.1.4 The relevant number of automatic qualifiers must be identified for progression to the next level (Zone to Region and Region to State). To that end, and in the event of a tie, the following regulations will be utilized;
- 7.1.4.1 *If there is a tie for automatic qualifiers when timed finals for track events have been held, then the higher placed athlete in their heat shall fill the automatic placing. If the tie remains, a random process with equal probability (eg a coin toss) shall be used to determine the athlete to progress as an automatic qualifier.*
- 7.1.4.2 *If there is a tie in a final where heats have been conducted, the referee will arrange for the tying athletes to run off. Run offs will not affect the original placing of the athlete. If a runoff is not possible, a random process with equal probability (eg a coin toss) shall be used to determine the athlete to progress as automatic qualifier.*
- 7.1.4.3 *In field events, if there is a tie after countbacks, the tying athletes will be required to jump or throw off to determine which athlete progress to the next level as an automatic qualifier.*

7.2 Next Best Qualifications- Region to State (9's-12's)

- 7.2.1 Up to the next best eight (8) performances, achieved during the region Championships, will also qualify for the State Championships.
- 7.2.2 Illegal wind readings (+2m/s) or performances without a wind reading will be considered, and performances will not be adjusted for wind

7.3 Further Obligations after Qualification (State Championships)

- 7.3.1 All qualified athletes will be required to enter the Championships to confirm their entry. The closing date for entries will be Wednesday 5th March
- 7.3.2 Should athletes not accept their position, no further roll down will take place.

8 Progression Rules- 13's (U14), 14's (U15), 15's (U16)

The following rules apply for all qualifying competitions (i.e for Zone to Region and from Region to State) unless otherwise stated.

8.1 Automatic Qualification

- 8.1.1 Athletes who finish 1st or 2nd in each Region Championships will progress to the State Championships. The number of athletes who will progress from Zone to Region Championships are listed in section 5.1.
- 8.1.2 If an automatic qualifier is unable to attend the next level of competition, they may be substituted by the next ranked finalist from their event in circumstances where the athlete has officially withdrawn by midday 10th February (for Regional-State). The withdrawing athlete must have completed and submitted an official withdrawal form via the form on the ANSW/LANSW website by midday 10th February (region to State). After this time, any athlete withdrawing as an automatic qualifier, the vacant position will be filled via the rules of the next best 8 (see 8.2)
- 8.1.3 The relevant number of automatic qualifiers must be identified for progression to the next level (Zone to Region and Region to State). To that end, and in the event of a tie, the following regulations will be utilized;
- 8.1.3.1 *If there is a tie for automatic qualifiers when timed finals for track events have been held, then the higher placed athlete in their heat shall fill the automatic placing. If the tie remains, a random process with equal probability (eg a coin toss) shall be used to determine the athlete to progress as an automatic qualifier.*
- 8.1.3.2 *If there is a tie in a final where heats have been conducted, the referee will arrange for the tying athletes to run off. Run offs will not affect the original placing of the athlete. If a runoff is not possible, a random process with equal probability (eg a coin toss) shall be used to determine the athlete to progress as automatic qualifier.*
- 8.1.3.3 *In field events, if there is a tie after countbacks, the tying athletes will be required to jump or throw off to determine which athlete progress to the next level as an automatic qualifier.*

8.2 Next Best Qualifications- Region to State (13's (Under 14)- 15's (Under 16))

- 8.2.1 Up to the next best eight (8) performances, achieved at the following events, will be considered;
- Treloar Shield (all 6 rounds plus the final, excluding Hunter Treloar)
 - NSW Country Championships
 - Region Championships
- 8.2.2 In determining the eight (8) next best athletes, athletes that achieve automatic qualification (see 8.1) will be deemed qualified and their performances will be removed for the purposes of determining the top 8 next best performances. This will include athletes that have withdrawn their position pursuant to 8.1.2.
- 8.2.3 Athletes will only be permitted to have one performance counted, that being their best performance achieved in a relevant competition. In competitions that contain heats, heat performances will be considered
- 8.2.4 In throws and hurdles events, athletes will need to use the specifications for their age group to have their performance considered

8.2.5 Illegal wind readings (+2m/s) or performances without a wind reading will be considered, and performances will not be adjusted for wind

8.3 Further Obligations after selection (State Championships)

8.3.1 All qualified athletes will be required to enter the Championships to confirm their entry. The closing date for entry will be Wednesday 26th February.

8.3.2 Should an athlete qualify via this method, and not enter the Championships, a final round of offers will be provided by Monday 3rd March. If an athlete who receives this subsequent offer does not enter the Championships, the position will be left vacant.

9 Direct Entry to State Championships

9.1 Athletes wishing to contest the following events will not be required to qualify via section 4;

Hammer Throw **	13's (U14); 14's (U15); 15's (U16)
Pole Vault **	13's (U14); 14's (U15); 15's (U16)
Steeplechase	14's (U15); 15's (U16)
3000m Walk	13's (U14); 14's (U15); 15's (U16)
Competition Pathway Sprint Hurdles	Male 100m Hurdles (84cm)- 14's (U15) Male 100m Hurdles (84cm)- 15's (U16)

**Athletes in the 12's age group may enter the Hammer Throw & Pole Vault via direct entry

9.2 Athletes in these events will be required to enter the state Championships directly. Entries must be submitted by the closing date as nominated on the website.

9.3 There are no qualifying standards for these events. Where an athlete has also qualified for other events, as per section 6, they will be able to enter the events detailed in 9.1 above the maximum event limits as stated in section 4.3

10 Exemptions

10.1 Exemption from Zone Championships

10.1.1 Athletes who are unable to attend their zone Championships because they have been selected to represent NSW or Australia at a clashing National or international sporting event will be able to automatically progress to the Region Championships. The athlete must actually compete at the clashing event, and if they do not attend the clashing event, they will not be permitted to progress to the region Championships.

10.1.2 The athlete must apply in writing (on the application for exemption form which can be found on the ANSW or LANSW website), prior to their zone Championships for the automatic progression to be accepted. The application must be accompanied by supporting documentation

10.2 Exemption from Region Championships

10.2.1 Athletes 12's, 13's (u14), 14's (U15), 15's (U16), may be approved as additional athletes where they have not qualified as an automatic qualifier or via the next best 8. These positions will only be accepted in cases where the athlete satisfies both of the following;

10.2.1.1 *Has, between 1st January 2024 and Sunday 16th February 2025 (inclusive) , achieved the National Qualifying standard at a NSW permit meet or higher; AND*

10.2.1.2 *Made a reasonable attempt at achieving a next best 8 spot via regular participation at the events outlined under 8.3.1. In general, a reasonable attempt would include participation at least two (2) of the events as outlined in 8.3.1, unless injury or other exceptional circumstances prohibited the athlete from achieving this.*

10.2.2 The athlete must apply in writing (on the application for exemption form which can be found on the ANSW or LANSW website), within 3 days of the state Championships qualifiers being determined for the wild card progression to be accepted. The application must be accompanied by supporting documentation (if relevant)

Appendix 1 – Events Offered at the Zone Championships

7's – 12's

Event	7's	8's	9's	10's	11's	12's
50m						
70m						
100m						
200m						
400m		Pack Start				
500m	Pack Start					
700m		Pack Start				
800m						
1500m						
Walks			700m	1100m	1100m	1500m
Sprint Hurdles		60m (45cm)	60m (45cm)	60m (60cm)	80m (60cm)	80m (68cm)
High Jump			Scissor	Scissor		
Long Jump						
Triple Jump						
Discus Throw						
Javelin Throw						
Shot Put						
Junior Relay*						

* Junior Relay will consist of 4 athletes (one athlete from 9's, 10's, 11's and 12's)

- 12's may be replaced by a 9, 10 or 11
- 11's may be replaced by a 9 or 10
- 10's may be replaced by a 9

13's (Under 14) – 17's (Under 18)

Event	13's (Under 14)	14's (Under 15)	15's (Under 16)	16's (Under 17)	17's (Under 18)
100m					
200m					
400m					
800m					
1500m					
3000m					
1500m Walks					
Sprint Hurdles	M: 90m (76cm) F: 80m (76cm)	M: 100m (76cm) F: 90m (76cm)	M: 100m (76cm) F: 90m (76cm)	M: 110m (76cm) F: 100m (76cm)	M: 110m (76cm) F: 100m (76cm)
Long Hurdles	200m (76cm)	300m (76cm)	300m (76cm)	400m (76cm)	400m (76cm)
High Jump					
Long Jump					
Triple Jump					
Discus Throw					
Javelin Throw					
Shot Put					
Senior Relay**					

Senior Relay will consist of 4 athletes (one athlete 13's (U14), 14's (U15), 15's (U16) and 16's (U17) **OR 17's (U18)

- 16's (U17) **OR** 17's (U18) may be replaced by a 13 (U14), 14 (U15) or 15 (U16)
- 15's (U16) may be replaced by a 13 (U14) or 14 (U15)
- 14's (U15) may be replaced by a 13 (U14)