

# COACHES TIPS :

## ATHLETICS



The Athletics competition at the 2016 Trans Tasman Competition will be run in accordance with Special Olympics International (SOI) Athletics Rules (dated June 2016). Special Olympics has created these rules based upon International Association of Athletics Federations (IAAF) rules for athletics

The notes below have been put together to aid you and your athletes so the event is an enjoyable successful experience for everyone.

We would encourage every coach to carry not only a copy of the latest SOI Athletics rules but also a copy of the 2016 Trans Tasman Competition Athletics Overview.

Helpful hints and information:

### Etiquette :

- Coaches/Managers/Parents /athletes/supporters are reminded that all venues are smoke free
- Coaches/Managers/Parents /supporters are not permitted to stand at race start and finish lines
- Coaches/Managers/Parents may not approach the officials
- Coaching athletes trackside is not permitted
- Ensure you have entered your athletes into events they are able to do ensuring they have success

### Common DQ's

#### False Starts

- One false start per race shall be allowed without the disqualification of the athlete responsible for the false start. Any athlete responsible for further false starts in the race shall be disqualified.

#### Lane Violations

- Each competitor shall keep within his/her allocated lane from start to finish.
- If a competitor is pushed or forced by another person to run outside his/her lane, and if no material advantage is gained, the competitor should not be disqualified.
- If a competitor crosses over their lane on a bend giving them the inside advantage they will be disqualified.
- If an athlete either runs outside his/her lane in the straight or runs outside the outer lane on the bend, with no material advantage thereby being gained, and if no other runner is obstructed, then the competitor shall not be disqualified.

#### Technical Violations

- Athletes who cannot perform the discipline correctly will be disqualified based on technical non-compliance. Athletics D/Q slips will be used at this event.

**Athlete ID:**

- Athlete Bib number must be worn on the front of each athletes uniform. Athletes not wearing their Bib number will not be able to take part in the competition.

### **Walkers**

- Walkers who are entered into the 4 x 100 Relay must continue to walk in this relay race. As they are entered into walking races they are expected to continue walking in the relays. (The exception being those 800/1,500 mtr Race/Power Walkers who are also entered into a Relay race, these athletes may run during the relay & will be identified as such). Walkers who are entered into relay races (and are walking) should be placed in Position One to avoid potentially injuring themselves or others at the Changeover point. Race Walker officials will be stationed in this area of the track for adjudicating purposes.
- Relay Teams that contain walkers will not be disadvantaged as their teams times will be reflected in divisioning.

### **Field Events**

- In all the field events each athlete will be given three non-consecutive attempts. All three attempts shall be measured and recorded for breaking ties.

### **Marshalling**

- Athletes need to be at Marshalling at least 6 races ahead. If they do not arrive at marshalling before the scheduled race is taken to the seating behind the starting blocks they will be marked as a no show therefore not be able to compete in this race.
- If it is divisioning event then a “no show” will eliminate the athlete from competing any further in this particular event, i.e. the final.

### **Protests**

- The protest form must be submitted to the Competition Manager within 20 minutes of the posting of the provisional or final result.
- There is no cost payable by a Head Coach/Team Manager in lodging a Protest
- Protests will only be accepted from the athlete’s Head Coach or Team Manager. **NO** parents, supporters or athlete can submit a protest.
- Ensure if you are going to lodge a protest you complete all sections thoroughly including an accurate account of the rule or regulation deemed to have been broken. No protests will be accepted if the form is incomplete. Copies of the rules are available from the information desk but it is prudent to carry your own at all times i.e., both the IAAF and SOI rules.
- The Protest Committee for Athletics will be Trudi Bridges (SONZ Site Manager), Alan McDonald (Sports Competition Manager-Athletics) and Louise Evans (Chief Official – Athletics).
- The Appeal Committee for the 2016 TTT is Kathy Gibson (CEO –SONZ), Mike Ryan (TTT Competition Manager) and XXX.

### **Relay Team Substitutions**

Replacements for any relay team members will be permitted up to the time of Team Managers meeting on the morning of the relay race. The only exception to this is a an injury to an athlete who was registered to compete in a relay race but has withdrawn due to medical reasons, in which case a replacement can be made up to 30 minutes before the race is called/marshalled.

Replacement athletes cannot be from another club, nor can they also be entered into another relay race.

Replacement athletes should be slower than the athlete they are replacing to avoid possible Maximum Effort Violation, as the team would have been divisioned based on the original four members time.

### Performance Improvement Declaration (PID)

- These will be provided in your coaches packs, & further copies can be obtained from the Sports Information Desk.
- If an athlete's performance in an event during a Preliminary Heat is for some reason not a true reflection of their abilities, their coach can submit a Performance Improvement Declaration (PID) requesting a time or distance more reflective of their abilities to be used when divisioning Finals races. This ensures the athlete is appropriately divisioned for their Finals races.
- If a PID form is not submitted, divisioning will be done using preliminary Heat results data which could result in the athlete being disqualified due to violation of the Maximum Effort Rule.
- PIDs must be lodged by the head coach within 30 minutes of results for the event being posted.

 <b><u>Performance Improvement Declaration (P.I.D.)</u></b>		
Date:		Time PID Submitted:
Sport:		Club/Team Code:
Athlete/Team Name:		Bib/Competitor ID:
Event/Discipline:		Division/Heat/Section:
Entry Data:	Heat Data:	<b>Preferred Data:</b>
Head Coach or Team Manager Signature: _____		

### Equipment

- Competitors may compete in bare feet or with sport shoes on one or both feet. Porritt Stadium track which is a ratatan (recycled rubber) all-weather track and as such the surface is hard on bare feet.
- The following is the requirement for spiked shoes at Porritt Stadium:
  - 6mm on Track
  - 6mm at Long Jump
  - Spike type is restricted to 6mm or Christmas Tree (no Needles).
  - 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 6mm spikes or Christmas Tree spikes and checked by officials at least one hour prior to the start of the days competition.

### Maximum Effort Violation (MEV)

Maximum Effort Violations (MEV) will not be enforced for any "Straight Finals" races or in the top Division of any events. Athletes who are disqualified for MEV will be awarded a Participation Ribbon as well as a Certificate of Achievement in recognition of their achieving a Personal Best Time/Distance.

## General

- Bus Drop Off point & Turning Area should remain clear at all times to allow easy access in and out of the Sports Grounds.
- No vehicles are to use the access road to the back of the Grandstand.
- Access to the Grandstand is via the back entrance ONLY, (there is no front access)
- Shaded area under the tress (to the left of the grandstand may be used to set up “camp” for the day, or alternatively the flat grassed area to the right of the grandstand can also be used if teams wish to erect tents/Ezi Ups.
- There is no access to the inside of track area for people other than athletes, Officials and Volunteers.
- For all field events, athletes should be escorted (by their coach) around the outside of the track to the Filed Marshalling areas (as indicated on the Map attached).
- Athletes competing in two field events should report to the marshal of the other field event if they are both occurring simultaneously.
- In Field Events athletes will be permitted ONE warm up Jump/Throw/Put before the Competition proper begins. Warm up jumps/throws/puts will not be measured.
- Team Banners may be erected anywhere along the fence line or at the front of the Grandstand.

## Key Areas @ Porritt Stadium

