

LITTLE ATHLETICS VICTORIA

SANDRINGHAM CENTRE

FOUNDED 1966

CONSTITUTION – APPENDIX 1

(INTRODUCED – SEPTEMBER 2014)

(UPDATED - AUGUST 2015)

(UPDATED - SEPTEMBER 2016)

(UPDATED - AUGUST 2017)

(UPDATED – SEPTEMBER 2018)

## 1. CODE OF CONDUCT

### 1.1 Administrators' Code of Conduct

- Involve children in the planning, leadership, evaluation and decision-making related to the activity.
- Ensure that equal opportunities for participation in sports are made available to all children, regardless of ability, size, shape, sex, disability or ethnic origin.
- Ensure that equipment and facilities are safe and appropriate to the ability level of participating children.
- Ensure that rules, equipment, events and training schedules take into consideration the age, ability and maturity level of participating children.
- Ensure that adequate supervision is provided by qualified and competent coaches and officials capable of developing appropriate positive behaviour and skill technique.
- Remember that children participate for enjoyment and play down the importance of rewards.
- Avoid allowing programmes to become primarily spectator entertainment. Focus on the needs of the participants rather than the enjoyment of the spectators.
- Provide clinics aimed at improving the standards of coaching and officiating, with an emphasis on appropriate behaviour and skill technique.
- Ensure that parents, coaches, sponsors, administrators, officials, physicians and participants understand their responsibilities regarding fair play.
- Make available the Code of Conduct to spectators, officials, parents, coaches, athletes and the media.
- Hold a current Working with Children Check.
- Avoid use of bad language.
- Alcohol will not be available for sale or allowed to be consumed during junior competition, including at additional and special competitions.
- Alcohol will not be served in the presence of juniors at junior club functions and presentations.
- Alcohol brands and products will not be advertised by the junior club and will not be placed on junior apparel.
- Alcohol will not be provided as awards or as a 'thank-you' to adults at junior presentations.

- Alcohol will not be used as fundraising prizes by the junior club.
- All junior events will be promoted as smoke-free, regardless of where they are held.
- No-smoking signage and/or signage promoting the event as smoke-free will be displayed around the club (if possible).
- Water will be promoted as the drink of choice.
- Healthy food and drink options will be available and more prominently displayed than unhealthy options in the canteen and at club events (i.e. club BBQ's).
- Healthy food and drink options, including fundraising items, rewards and prizes, will be promoted to club members and visitors.
- At least one person, who regularly volunteers in the canteen or supervisors/manages the canteen, will have undertaken food safety online training.

### **1.2 Officials' Code of Conduct**

- Compliment all participants on their efforts.
- Be consistent, objective and courteous in calling all infractions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Ensure that the "spirit of the game" for children is not lost by using common sense and not over-emphasising errors.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.
- Hold a current Working with Children Check as required by LAVic.
- Avoid use of bad language.

### **1.3 Parents' Code of Conduct**

- Encourage children to participate if they are interested. However, if a child is not willing, do not force him or her.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the children in setting realistic goals related to his/her own ability by reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event.
- Remember children are involved in Little Athletics for their enjoyment, not yours.
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember, most officials give their time and effort for your child's involvement.
- Support all efforts to remove all verbal and physical abuse at Little Athletics activities.

- Recognise the value and importance of being a volunteer official and/or coach. They give their time and resources to provide recreational activities for the children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, parents, coaches or officials.
- Avoid use of bad language.
- Alcohol will not be consumed during junior competition, including at additional and special competitions.
- All junior events will be promoted as smoke-free, regardless of where they are held.
- All animals, with the exception of assistance animals, are to be on leash or otherwise restrained during the running of all SLAC meets.
- All animals, with the exception of assistance animals, are not allowed on the track or the in-field during the running of all SLAC meets.

#### **1.4 Spectators' Code of Conduct**

- Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators, nor are they miniature professionals.
- Applaud good performances and efforts from each athlete.
- Congratulate all participants upon their performance regardless of the event outcome.
- Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise.
- Never ridicule or scold a child for making a mistake during a competition. Positive comments are motivational.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or athletes.
- Show respect for each participant. Without them there would be no events.
- Encourage athletes to follow the rules and the officials' decisions.
- Demonstrate appropriate social behaviour by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- Avoid use of bad language.
- Alcohol will not be consumed during junior competition, including at additional and special competitions.
- All junior events will be promoted as smoke-free, regardless of where they are held.
- All animals, with the exception of assistance animals, are to be on leash or otherwise restrained during the running of all SLAC meets.
- All animals, with the exception of assistance animals, are not allowed on the track or the in-field during the running of all SLAC meets.

#### **1.5 Coaches' & Age Group Manager's Code of Conduct**

- Be reasonable in your demands on young athlete's time, energy and enthusiasm.
- Teach athletes the rules of the sport are mutual agreements, which no one should evade or break.
- Whenever possible, group athletes to give a reasonable chance of success.
- Avoid over-coaching the better performing athletes, the "just average" athletes need and deserve equal time.

- Ensure any physical contact with athletes is appropriate to the situation and necessary for the athlete's skills development.
- Avoid situations with your athletes that could be construed as compromising.
- Remember that children participate for fun and enjoyment and that winning is only part of their enjoyment. Never ridicule or yell at the children for making mistakes or losing an event.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes.
- Take into consideration the maturity level of the children when scheduling and determining the length of training times and competition.
- Coaches should never solicit, whether overtly or covertly, or by actively recruiting athletes who are already being coached to join their squad.
- Develop respect for the ability of opponents as well as for the judgement of officials and coaches.
- Follow the advice of a physician when determining when an injured athlete is ready to recommence training or competition.
- Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.
- Demonstrate appropriate social behaviour, by not harassing athletes, other coaches or officials, smoking on the arena or being intoxicated.
- Not publicly criticise or disagree with the work of other coaches.
- Hold a current Working with Children Check for all coaches and AGMs over the age of 18.
- Avoid use of bad language.
- All junior events will be promoted as smoke-free, regardless of where they are held.

### **1.6 Little Athletes' Code of Conduct**

- Play by the rules.
- Never argue with an official. If you disagree, ask your Team or Age Manager to deal with the matter.
- Control your temper. Verbal abuse of officials, coaches, parents or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
- Work equally hard for yourself and/or your Centre/Club. Your Centre/Club's performance will benefit.
- Be a good sport. Applaud all good results whether they are by your Centre/Club, opponent or the other Centre/Club.
- Treat all athletes, as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Co-operate with officials, coaches, club mates and other participants.
- Without them there would be no competition.
- Participate in Little Athletics for the "fun of it" and not just to please parents and coaches.
- Avoid use of bad language.

## 2. CENTRE AWARDS

### 2.1 Centre Champion

Points accrue evenly over each week of Regular Centre Competition. Athletes must be SLAC Registered and Paid member by COB on the Wednesday prior to accumulate points. Trial athletes will not be eligible for points. Each event scores points according to the overall placing in that Age Group and Gender. Points can only be earned in the specific events in the program for that age group and gender allocated to that event day. Athletes U7—U15 Age Groups will be awarded a Trophy & Certificate for 1st, 2nd & 3rd and a Certificates for 4th to 10th place.

### 2.2 Season Improver

- a) Age Group – Most number of PB's over the season, Top 3 # centre champion winners excluded. Eligible athletes U7 - U15 Age Groups will be recognized by the Centre, receiving either a trophy, certificate or medal.
- b) Junior - Most number of PB's over the season for the age groups U7 to U10, Top 3 centre champion winners excluded. (The winner of this award cannot win the age group award too.) Eligible athletes will be recognised by the Centre, receiving either a trophy, certificate or medal.
- c) Senior - Most number of PB's over the season for the age groups U11 to U15, Top 3 centre champion winners excluded. (The winner of this award cannot win the age group award too.) Eligible athletes will be recognised by the Centre, receiving either a trophy, certificate or medal.

### 2.3 Dedication Award

Any athlete who attends every Regular Centre Competition, includes any athlete competing at a State event for our centre on a Regular Centre Competition day. U7—U15 Age Groups will be awarded a Certificate.

### 2.4 U6 "On Track" Participation

All athletes in U6 who participate in the program both before and after Christmas will be recognized by the Centre, receiving either a trophy, certificate or medal.

### 2.5 U15 Graduation

All U15 athletes are awarded an U15 Certificate with all PBs from the current season.

### 2.6 New Centre Records

Any athlete who achieves a verified centre record U6-U15. The carry-forward Centre Records will be published in the Centre's yearly Handbook. New Centre Records will only be acknowledged from performances recorded at the Centre in accordance with the appropriate Centre Competition Rules, Regional or State Championship days and athletes competing at LAVic and Australian Little Athletics Championships. All track events will, in the normal course of events, be recorded by SLAC electronic timing equipment. If such data indicates the creation of a New Centre Record, the Chief Official Timekeeping will validate that all is in order, and the new record will be acknowledged. Manual timing may only be used as a back up in the 800m and 1500m events. All existing track records made prior to the 1999/2000 season will assumed to be hand timed. If an athlete runs a time which creates a new record, which is within the standardised thresholds as advised by LAVic, that record shall be awarded. Until such time that the hand timed record is broken that record will remain in the handbook as a hand.

For field events, at SLAC, the Age Group Coordinator in charge of recording will request validation of the new mark by Competition Coordinator or Centre President who will sign off the recording as a New Club record. In the case of High Jump; when record attempts are being made by an athlete, the Competition Coordinator or Centre President shall check the measurements both **before and after** the completion of the trial by the athlete.

For SLAC records broken at the acknowledged Championship events, performances will be taken from the publicised results by the relevant governing body.

Athletes achieving a Centre Record will be awarded with a Certificate.

## **2.7 Event Champion**

The best performance in an individual event for the Age Group recorded at the Centre Championships. Event Champions will have their names and performances recorded in the following seasons Centre Handbook.

## **2.8 Season Best Performance**

The best performance in an individual event for the Age Group recorded at any SLAC Competition, SMR Track and Field Championships, LAVic State Track and Field Championships and LAVic State Multi-Event Championships.

Season Best Performers will have their names and performances recorded in the following seasons Centre Handbook and will receive a Certificate.

## **2.9 Most Passionate Athlete**

To be awarded to the most passionate boy and girl in each age group (on recommendation from the relevant Age Group Manager in consultation with the Club President). Recipients will receive either a trophy, certificate or medal.

## **2.10 Season Sportsmanship Award**

To be awarded to a member (or members) who in the opinion of the Club President (in consultation with the Aged Group Managers and Committee) have demonstrated exceptional sportsmanship during the season. Recipients will receive either a trophy, certificate or medal.

### **3. CONDUCT OF REGULAR CENTRE COMPETITION**

#### **3.1 Rules of Regarding Athlete Participation**

All athletes must register in the age group and gender per the LAVic guidelines. Proof of “date of birth” for new members is required. Athletes must compete in their age group and gender as defined and scheduled in the program for each event. Events may be combined for reasons such as low numbers, if scheduled at a similar time and agreed to by all athletes.

Any variation to this is at the discretion of the Centre President and may be in consultation with the Competition Coordinator or nominated Event Coordinator. Once a decision has been made this is final and no further discussion will be held and will not create precedence for future events.

Any request for variation to Event Rules made by a family on behalf of an athlete should be submitted in writing to [sandringhampresident@lavic.com.au](mailto:sandringhampresident@lavic.com.au) in a reasonable time frame and they will receive a response in a reasonable time frame.

#### **3.2 Rules for Junior Coach Selection & Remuneration**

SLAC encourages its loyal little athlete members to continue their involvement beyond their competition years via its coaching program. On any given competition Saturday, SLAC requires a number of coaches to support its program. It is common practice for SLAC to accept and remunerate, at its discretion, student coaches to return to assist on the following guidelines:

- Coaches must have completed their U15 season in the prior season. For 2018-19 season only, and due to the change in LA Vic age group classifications, U16 athletes are allowed to coach by exception.
- SLAC recognizes there is a shortage of coaches from the start of the season till end November due to school athletics commitments (e.g. APS, GSV, All-Schools, etc). As such, and only for this period, other sources for coaching assistance may be sought. Such sources may come from younger age groups on the following guidelines:
  - I. Applicable only for session one of SLAC’s regular program, and only to assist in the U6, U7 and U8 age groups.
  - II. Coaches who assist under this category have no claim to be entitled to coach at any other period or session
- SLAC may support certain coaches to undergo LA Vic coaching courses by paying for training courses. By agreement on each individual case, the full fee is claimable from SLAC after coaching for 7 meets is completed subsequent to each course.
- Selection and remuneration levels for all coaching assistance is at the sole discretion of SLAC.

#### **3.3 Event Rules – Track Events**

All track events will be graded based upon best performances in each event. Once an athlete has a result recorded in an event for the current season they will be placed in order on the weekly grading sheets for the relevant events. If an athlete does not have a result in an event for the current season they will be placed at the end of the grading sheets for that event.

Lane draws for graded heats will be random and conducted by the Age Group Coordinators prior to the start of each event.

All athletes participate in heats according to the grading sheets each week. Once lane draws have taken place for an event lanes cannot not be swapped between athletes.

#### **3.4 Event Rules – Field Events**

Field events during Regular Centre Competition will be conducted with shot put, discus and javelin event competitors having 3 consecutive throws.

Long Jump and Triple Jump will be conducted with competitors having 1 jump until all athletes have completed a round. All competitors will have 3 rounds.

### **3.5 Points Accumulation**

Points accumulate throughout the season for all Regular Centre Competitions. Each event scores points according to the overall placing in that Age Group.

Any athletes who have the same points at the end of season will be deemed equal in placing. In this case the next recipient will move down a place (eg if 2 equal 2nd then the next person would be in 4th place).

### **3.6 Individual Points Scoring System**

Each child will earn points towards the Centre Championship Award across the whole season. Points accrue over each week of Regular Centre Competition event days that don't conflict with Regional or State event days during the season.

#### **Place Points**

1st	14
2nd	12
3rd	11
4th	10
5th	9
6th	8
7th	7
8th	6
9th	5
10th	4
11+	2
No Result	0

## **4. CONDUCT OF CENTRE CHAMPIONSHIP AND**

### **MULTI EVENT COMPETITIONS**

#### **4.1 Event Rules – Centre Championships**

The SLAC Championship Competitions will be held over two days of Saturday Competition.

Each event will be conducted as per LAVic Competition Rules. Athletes must have competed in at least four (4) of the weekly Centre competition meetings since their date of registration or two (2) for athletes registering in January/February, prior to the close of entries.

Athletes may pick a maximum of six (6) events over the two days of competition. U6 athletes will be automatically entered in all 4 events. Athletes must register for their events through the SLAC Competitions online portal.

All athletes must only compete in their own age group. SLAC reserves the right to combine age groups into one event if the number of participants in a particular event is low, or it is determined beneficial to expedite the progress of the program. Final decisions on combining Age Groups will be made by the Centre President in consultation with the Competition Coordinator.

When competing in any field event the following rules apply:

- Any competitor will only have one throw or one jump until all competitors have completed a round. Athletes are not allowed to do three in succession.
- Any competitor who walks outside of the front of the ring will not have their results recorded.
- Any competitor who walks back through a pit will have their jump measured from where they went back to or if right through the pit, then it will be a no jump and no result recorded.
- Competitors will be allowed 3 jumps or throws only and will not be permitted to have any more under any circumstances even if they have no result registered.

When competing in a track event the following rules apply:

- Where there are more than 8 competitors in an event, timed finals will be run.
- Heat selection will be based upon the event grading sheets and lane draw will be random conducted via the Results HQ lane drawing system.
- Once lane draws have been allocated for an event lanes cannot not be swapped between athletes.

Any disputes will have an outcome determined by the President of the Centre and may be in consultation with the Competition Coordinator. Once a decision has been made this is final and no further discussion will be held.

Medals will be presented to the first 3 placegetters and ribbons for the next 5.

#### **4.2 Event Rules – Multi Event Competition**

The SLAC Multi Event Championship will be held over one day of Saturday Competition.

All Girls Age Groups will participate in the events of 100m, 80m hurdles, Long Jump, Shot Put and 800m.

All Boys Age Groups will participate in the events of 100m, 80m hurdles or 90m hurdles (depending up athletes Age Group), Long Jump, Discus and 800m.

Each event will be conducted as per LAVic Competition Rules.

Points scoring will be calculated using the Points Scoring system for Multi Events used by LAVic and processed through Result HQ.

Athletes must register for the Multi Event Competition through the SLAC Competitions online portal.

All athletes must only compete in their own age group. SLAC reserves the right to combine Age Groups if the number of participants in an Age Group is low, or it is determined beneficial to expedite the progress of the program.

Final decisions on combining Age Groups will be made by the Centre President in consultation with the Competition Coordinator.

When competing in any field event the following rules apply:

- Any competitor will only have one throw or one jump until all competitors have completed a round. Athletes are not allowed to do three in succession.
- Any competitor who walks outside of the front of the ring will not have their results recorded.
- Any competitor who walks back through a pit will have their jump measured from where they went back to or if right through the pit, then it will be a no jump and no result recorded.
- Competitors will be allowed 3 jumps or throws only and will not be permitted to have any more under any circumstances even if they have no result registered.
- Heat selection for track events during Multi Event Championship should be based randomly as it is done at the LAVIC State Championship. The 800m is graded based on accumulated points prior to that event.
- Any disputes will have an outcome determined by the Centre President and may be in consultation with the Competition Coordinator. Once a decision has been made this is final and no further discussion will be held.
- Medals will be presented to the first 3 placegetters and ribbons for the next 5.

## **5. REGION AND STATE EVENTS**

### **5.1 Relay Policy**

#### **5.1.1 Aim**

To provide all U9-U15 athletes the opportunity to represent SLAC in a team based track competition and to enjoy their involvement and achieve competitive results.

#### **5.1.2 Competitions**

There are typically three relay competitions each season comprising a practice competition, the Regional Relay Championship and the State Relay Championship.

#### **5.1.3 Eligibility**

All U9-U15 SLAC registered athletes are eligible to compete. There is no requirement to have competed a minimum number of competitions at SLAC Centre. However, priority for team selection will be given to athletes who compete on a weekly basis. It is an LAVic requirement that an athlete can only qualify for the State Relay championship by qualifying in the Regional Relay Championship in the event(s) they competed in.

#### **5.1.4 Relay Events**

- 4 x 100m
- 4 x 200m
- Medley Relay

The Medley Relay consists of the following legs:

- 2 x 100m
- 1 x 200m
- 1 x 400m

*The majority of these relay events have both heats and finals.*

#### **5.1.5 Relay Race and Team Rules**

Relay competitions are conducted under the rules as set out by Little Athletics Victoria (LAVic), details of which are contained in Little Athletics Victoria Regulation 8, Rule 170: Relay Races; Rule 602: Entry into State Relay Competitions; and Rule 610: Relay Teams.

#### **5.1.6 Relay Teams**

Athletes can compete in up to a maximum of three teams only (LAVic Rule). Athletes can be selected to compete in single sex teams, mixed sex teams or mixed age teams. The mixed sex teams are made up of 2 girls and 2 boys from the same age group. The mixed age teams for U9-U11 age groups comprises one U9, one U10 and two U11 runners; U12-U13 age groups comprises two U12 and two U13 runners; and an U14-U16 age groups comprises one U14, one U15 and two U16 runners. Rules covering athlete substitutions, A+B teams and running above age groups are covered under the LAVic Rule 610.

#### **5.1.7 Parent Duties and Responsibilities**

If athletes enter relay events their parents/guardians will be required to fulfil a duty to assist with the conduct of the relay competition. A Duty Roster will be distributed to parents/guardians once relay teams and entries are finalised.

Parents are expected to encourage their child to participate in any team to which they have been selected. Parent interference with coaches regarding training or teams recommendations will not be tolerated by the SLAC Relay Sub Committee and may result in the withdrawal of their child.

If a parent or an athlete has an issue regarding the Coaching of their child's Age Group or the process of team recommendations they must send an email to the Events Coordinator at sandringhamevents@lavic.com.au and a response will be made within 48 hours of receiving the email. The response may be made in consultation with the President and/or Coaching Coordinator.

#### **5.1.8 Training**

Relay training will be held at the Sandringham Athletics Track usually once a week after school in the weeks immediately prior to the relay competitions. Training dates and times will be advised by the SLAC Event Coordinator, but typically this training will be on a Wednesday between 5.30pm and 7.30pm. You must be available for training if you agree to compete in a relay teams. Children are expected to attend 80% of the days nominated for relay training, as these are team-based events. If they are unable to attend, please notify your child's Age Group Relay Coach.

#### **5.1.9 Relay Entry Process**

Athletes who would like to run in relays must be registered with SLAC to compete in relay competitions. Relay Registration must be completed online by the date as advised by the SLAC Event Coordinator. Fees help cover the costs of running the events.

The SLAC Relay Sub Committee then calculates and pays for the number of teams SLAC can submit, based on registrations received. Constructing SLAC relay teams is a complicated and time consuming task. If an athlete decides to withdraw, after team estimates have been submitted, this could result in the withdrawal of a whole team and disappointment for other athletes. There are no refunds for individual or teams that are withdrawn.

#### **5.1.10 Age Group Relay Coaches**

The SLAC Event Coordinator will appoint Age Group Relay Coaches for each age group. Coaches will be required to attend a Relay Coaching session prior to the first athlete training evening. Age Group Coaches will be issued with guidelines to assist with their coaching and team recommendations role.

#### **5.1.11 Relay Team Selection Criteria**

The Age Group Relay Coaches will make final relay team recommendations and submit them to the SLAC Relay Sub Committee for approval. The SLAC Relay Sub Committee will then ratify all teams and make any changes they feel necessary before the final teams are published and entered in competitions.

Selection of relay teams is a challenging task. The criteria to select athletes in teams and the order they run includes many factors:

- The number of SLAC athletes who register for relays by age group and gender;
- The times recorded by athletes at SLAC competitions in the current season. Times run and ultimate placing when athlete are competing in the same race will take priority in the relevant distances of 100m, 200m, and 400m;
- An athlete's participation in relay training and practice competitions;
- Maximum of 3 events per athlete;
- The timing of the relay programme (given heats and finals)
- The athlete being available to run heats and finals in the event at both State and Regional Championships

- Ensuring, where possible, that each athlete that wants to compete in the relays is selected in at least one team;
- The Age Group Coaches recommendations;
- The competitive chance of the relay team making a State Final, as determined by the SLAC Relay Sub Committee; and
- Any other selection criteria as determined by the SLAC Relay Sub Committee from time to time.

All athletes will be ranked on their SLAC competition times recorded at the SLAC Track for 100m, 200m and 400m, up to 2 weeks prior to the Regional Relay Championships, as the main basis to help select teams. Times or performances in other competitions will not be considered as they are not comparable given different track, weather/wind conditions and recording equipment etc.

Given the integration of SLAC U13-16 athletes into senior athletics via Athletics Victoria (AV), the coaches of these age groups and the SLAC Relay Committee understand that these athletes will not always compete at Sandringham on Saturdays. Hence times obtained for the 100m, 200m and 400m at formally organized athletics meets where the results are publicly available will count as valid times used for team selection at SLAC (e.g. GSV, SSV, APS, AGS finals), up to 4 weeks prior to the Regional Relay Championships. All affected athletes are still expected to attend scheduled relay training and meets that are entered by their respective SLAC relay teams.

These times will be reviewed weekly and used when Age Group Relay Coaches make their relay team recommendations and the SLAC Relay Sub Committee makes final selections. Please note, the SLAC Relay Sub Committee has the right to change the scheduled SLAC weekly competition program at any stage during the season and especially if the Age Group Relay Coaches require further times to help finalise team recommendations. Also selection in any practice relay team or competition does not mean that the same team combination/order will be selected for the Regional Relay Championship.

If SLAC Relay Sub Committee believes that a combination of four athletes have a competitive chance at making a State final on the basis of times from prior Championships, they may be selected as a team. Where possible, SLAC will enter as many competitive teams as possible in an age group or event.

Where the SLAC Relay Sub Committee, from previous years' Relay Championship results, believes times will not be competitive at State level, the focus will be to maximise the participation and enjoyment of our athletes.

## **5.2 Track and Field**

### **5.2.1 Aim**

To provide all U9-U15 athletes the opportunity to represent SLAC in individual events against competitors from other Little Athletics Centres and to enjoy their involvement whilst achieving their best.

### **5.2.2 Competitions**

There are two competitions which are the Region and State Track and Field Events.

### **5.2.3 Eligibility**

All U9-U15 SLAC registered athletes are eligible to compete. There is normally a requirement to have competed a minimum number of competitions at SLAC Centre as defined by LA Vic. This currently stands at four (4) competition days.

## 5.2.4 Parent Duties and Responsibilities

If athletes enter events at a Region or State Track and Field, the parents/guardians will be required to fulfil a duty to assist with the conduct of the competition. A Duty Roster will be distributed to parents/guardians at least five days prior to competition. If your child will not be attending, you will need to advise the Sandringham LAC Events coordinator at [sandringhamevents@lavic.com.au](mailto:sandringhamevents@lavic.com.au) at least three days prior to the event.

If a parent/guardian is unable to undertake a duty, it is the parent's responsibility to find/swap/replace their duty with another parents and inform the Team Manager of the relevant event.

If a parent is running late for a duty it is the parent's responsibility to notify the Team Manager of the relevant event to ensure the continuity of the event.

Understand that the failure to undertake a duty, as mentioned in the previous point, will not be tolerated by the SLAC committee and may lead to a refusal of registration for the following season.

## 5.2.5 Events

Event	Age Group						
	U9	U10	U11	U12	U13	U14	U15
70m	x	x					
100m	x	x	x	x	x	x	x
200m	x	x	x	x	x	x	x
400m	x	x	x	x	x	x	x
800m	x	x	x	x	x	x	x
1500m			x	x	x	x	x
60m Hurdles	x	x	x				
80m Hurdles				x	x	G	
90m Hurdles						B	G
100m Hurdles							B
200m Hurdles					x	x	
300m Hurdles							x
700m Walk	x						
1100m Walk		x	x				
1500m Walk				x	x	x	x
High Jump	x	x	x	x	x	x	x
Long Jump	x	x	x	x	x	x	x
Triple Jump			x	x	x	x	x
Discus	x	x	x	x	x	x	x
Javelin			x	x	x	x	x
Shot Put	x	x	x	x	x	x	x

B = Boys

G = Girls

## **6. LIFE MEMBERSHIP – LITTLE ATHLETES**

The SLAC may, at its sole discretion, award Life Membership to an Athlete. The conditions and qualifications herein serve as a guide to the criteria that will be considered by the Committee.

### **6.1 Award Criteria**

Generally, an athlete will have competed in all possible age groups within the Centre, i.e. from Under 6 to Under 15, OR Under 7 to Under 15, thereby giving ten (10) years of competition at Sandringham.

In certain circumstances it may be possible for an athlete to compete as an Under 6 for two seasons, and, provided that the athlete competed in at least 50% of all events in the first season, that season will be considered when calculating the number of years served.

In extra-ordinary circumstances, the Committee may award Life Membership to an Athlete or former Athlete.

### **6.2 Rights and Responsibilities of a Life Member**

#### **6.2.1 Rights**

Life Memberships is a titular award only, and does not carry any special benefits.

Life Members shall receive evidentiary proof of their award (by means of a Badge, Certificate, etc.) as determined by the Committee.

Life Members shall be entitled to include their Life Membership award on their personal or professional curricula vitae.

Life Memberships shall be recognised in the Official Handbook of the Sandringham Centre.

#### **6.2.2 Responsibilities**

Life Members shall behave in a manner that will not adversely impact upon the credibility or reputation of the Sandringham Centre.

Life Members shall be aware of the leadership role implied by the award, and shall at all times endeavour to act in a manner that will provide inspiration to younger athletes.

#### **6.2.3 Cancellation of Life Memberships**

If any Life Member is found to have acted in a manner that would bring disrepute to the Centre, the Committee reserves the right to cancel the Life Membership.

In the event of cancellation, the athlete's name shall be deleted from all honour boards, handbooks, etc. and the evidentiary proof shall be returned to the Centre.

## **7. HONORARY LIFE MEMBER/DISTINGUISHED SERVICE AWARD**

The Committee shall if deemed appropriate, award honorary life membership to persons having given outstanding service for not less than ten (10) years to Sandringham Little Athletics Centre and for Distinguished Service Award not less than eight (8) years.

The Committee shall seek and obtain the approval of not less than three (3) existing life members, in support of the nominated persons.

Nominations may be made by either the Committee, and shall be made to the President in writing not less than 28 days prior to the Sandringham Centre Championships.

Presentation of the Honorary Life Membership and Distinguished Service Award badge/s shall be made after completion of the final event at the Sandringham Centre Championships.

Honorary Life Members and those receiving Distinguished Service Awards shall not have voting rights at the annual general meeting or special meetings, but should be made aware of such events by way of letter.

## **8. EXCEPTIONAL ACHIEVEMENT AWARD**

### **8.1 Achievement Criteria**

An award for Exceptional Athletic Achievement by a SLAC is only to be given to an athlete who has achieved either individually or as part of a Relay Team the following as per the Rules of either Little Athletics Australia or Little Athletics Victoria:

Australian Best Performance (ABP)

Victoria Best Performance (VBP)

Selection in a State Representative Team

### **8.2 Awards**

- 8.2.1** Australian Best Performance - The Committee see this as the highest performance achievement possible of a Little Athlete. SLAC committee will determine, once the achievement has been ratified by governing body, an appropriate award in line with that awarded to past achievers.
- 8.2.2** Victorian Best Performance – A trophy nominating the athlete, achievement and details of the performance.
- 8.2.3** State Representative Team Selection – A trophy nominating the athlete, year of selection and events for which they are nominated.

## **9. FINANCIAL REGULATIONS**

- 9.1** The Treasurer is the honorary official charged with the responsibility of the on-going reporting function of the financial transactions of the Centre.
- 9.2** The Treasurer will present financials at General Committee meetings which will inform all members of the Current financial position, existing liabilities and Trading performance for the current season.
- 9.3** The Centre has an end of financial period of 31 January each year. This allows for the Audited Financial Statements to be presented at the Annual General Meeting of Ordinary Members of the Centre at the end of March.
- 9.4** The primary objective of the Centre is to run an athletic competition from October to March each season. The Committee will make the necessary decisions to ensure that this objective is met through the prudent use of operating funds and reserves (if applicable).
- 9.5** Current and Due liabilities of the Centre will be presented at the General Committee Meetings for Approval and Payment.
- 9.6** It is acknowledged that Operating Expenses during season will be processed as a matter of course regarding payment of coaches and canteen services.
- 9.7** The Treasurer has delegated authority to the value of \$500 to pay such operating expenses without presenting such material to the General Committee.
- 9.8** The Treasurer and President have joint delegated authority to the value of \$1,000 to pay such operating expenses without presenting such material to the General Committee.
- 9.9** The Centre will operate a transactional bank account with two (2) authorized signatories required for each payment. This will consist of the Treasurer, and one of the following - the President or either of two nominated members of the General Committee.
- 9.10** Where possible the Centre will be financially operated with an objective of Break-even trading performance, following appropriate allocation of funding toward equipment renewal.
- 9.11** The Treasurer will be responsible for Banking of cash receipts surplus from Canteen. This data will be presented to the President for review and information purposes.

## **DEFINITIONS and DESCRIPTIONS**

### **Age Group**

Refers to the athletes age group classification according to LAVic Rule 141 – Age and gender of an athlete as at 30 September in the year of registration.

### **Age Group Co-ordinator**

The Age Group Coordinator is the designated person(s) assigned by the SLAC Committee to oversee a particular Age Group. Parents should seek out this person(s) when needing clarification about any part of a SLAC event. Their role is to accompany athletes to each programmed event, allocated track event heats according to the grading sheets and the SLAC rules governing track events and record performances for all field events.

### **Centre Championships Competitions**

Refers to special competitions held at the season throughout the season, including the Centre Multi Event Competition and 2 weeks of Centre Track and Field Championships.

### **Centre President**

The person elected by the members at the AGM and appointed to the role of Centre President or the person nominated by the Centre President to stand in his/her place in their absence.

### **Chief Official Timekeeping**

Person appointed by the Centre Committee to oversee the operation of the electronic timing equipment for all Centre based Competitions.

### **Competition Co-ordinator**

The Competition Coordinator is a person that has been appointed by the committee to oversee all SLAC competition days. This person is the point of call on rules, record ratification, disputes, any issues regarding athlete safety and should be sought by the Age Group Coordinator when there are questions. This person will make calls on the best way to continue to ensure the safe and efficient operations of the SLAC in conjunction with the President.

### **Events Co-ordinator**

The Events Coordinator is a person that has been appointed by the committee to oversee all SLAC event organisation including Relays, Track and Field, Multi Events and Cross Country events. This person is the point of call on anything to do with events, duties and teams in relation to these areas.

### **Grading Sheet**

Sheets produced for Regular Centre Competition, Centre Championships and Multi Event Day that dictate the order in which runners are selected for track event heats.

### **SLAC Relay Sub Committee**

The Relay Sub Committee will comprise of the Centre President, Events Coordinator, Coaching Coordinator and any other committee member agreed to by the committee. Any consideration that involves a sub committee's child, that committee member must abstain from any decision.

### **On Track**

Game based events held for the U6 Age Group each week to encourage participation and develop skills required in later years.

### **Regular Centre Competition**

Refers to Centre Competitions held throughout the season that accumulate points towards the Centre Champion Awards. These are competitions that follow weekly Programs 1, 2 and 3.

**SLAC**

Sandringham Little Athletics Centre.