



**KZNA Track & Field**  
**Sub-Youth**  
**Competition Rules & Information**  
**2023**

1. **Age Groups:**

Age 7	-	Born 2017 & 2016 <b>ONLY</b>
Age 9	-	Born 2015 & 2014 <b>ONLY</b>
Age 11	-	Born 2013 & 2012 <b>ONLY</b>
Age 13	-	Born 2011 & 2010 <b>ONLY</b>

**NO ATHLETES BORN AFTER 2017 AND BEFORE 2011 WILL BE ALLOWED TO COMPETE.**

The Competition Management have the right to request proof of age during any event conducted under the rules of ASA and KZNA, therefore all Team Managers, Coaches, Parents, Teachers and Care Givers will be required to have a file with Birth Certificates for up to age 13, available for verification if called upon.

- Athletes must be members of a **CLUB** in good standing with the Provincial Federation,
- ALL athletes **MUST** be Licensed with a **PERMANENT** License number and compete for their **Club in their Club Colours**. License Numbers must be worn on the front Chest and the second permanent License number on the centre back when competing (Jump Athletes may compete with only where it may be worn on the front of the torso or back but must have their other license number in their possession). Failure to carry out this simple request will mean that the athlete will not be allowed to participate.

**TEMPORARY LICENSES** will only be available as a last resort and must be applied for directly with the KZNA Office before entry can be submitted. (See separate document for cost and closing time)

- Athletes must also be appropriately attired in their registered **Club Kit** for competition, undesirable or if inappropriately dressed will mean athletes will not be allowed to compete.
- Athletes may **ONLY** compete in up to **3 Individual Events** at Leagues. (Officials will not wait for an athlete if they are busy with other events).
- Entries will **ONLY** be accepted as **PRE-ENTRY** up until, the **Wednesday** before the League, **at 16h00** as the **FINAL** closing date of the League. Entry link (<https://forms.gle/R1HgpFpUgsRdk9Ex7>). Failure to enter by the CLOSING DATE will mean NO competition. No entries will be entertained after the closing date and more especially on the day.



7. Entries will **ONLY** be accepted through the google link that will be posted each week for the specific league.  
Entry fees for Leagues will be the relevant Gate fee on the day at the Gate. There will be a **R30 Gate fee** charged on the day for pre-registered athletes and spectators entering the stadium grounds.
8. ALL Athletes, Track & Field must report to the **REPORTING TABLE**, which will be clearly indicated on the Main Pavilion, NO LESS than 45 minutes before their scheduled event to **“CONFIRM their PRESENCE to COMPETE”**.

TRACK athletes must then report to the starting point of the event no less than 15 minutes before, the scheduled event, where they will also be allocated “Hip Numbers” according to their Draw

9. FIELD EVENTS athletes must, then report approximately 30 minutes before the scheduled start of the Event
10. Note that in Turbo Javelin the run-up is governed by specified distance
  - a. Age 9 Years – 8m maximum run-up allowed and 300g Turbo
  - b. Age 11 Years – 12m maximum run-up allowed and 400g Turbo
  - c. Turbo’s will be supplied by the competition organizers; NO personal Turbo’s will be allowed.
11. Personal throwing equipment, Shot Put, Discus, Hammers and Javelins may be used, but if required by the relevant Referee, they must be handed into the Asizing room, which is to be at the Northern end of the stadium, for asizing. These must be clearly marked with various information that will be supplied by the Technical delegate in charge.  
Personal throwing equipment may not be shared, the owner of the implement agreed first in order to be used by other athletes as well.
12. Any Complaints, queries or info related to the day’s event should be directed to the Competition Manager (CM). The CM will be responsible for dealing with the matter and hopefully resolve the dispute / query. The names of the Competition Manager and Referee’s will be published on the notice board for your reference.
  - a. Firstly, should a problem or query arise, this must immediately be brought to the relevant referee’s attention at the competition, by a Team Manager.
  - b. Should the referee fail to come to a satisfactory decision, the matter is then taken to the Competition Manager, by a Team Manager.
  - c. If you consider your query is still handled in an unsatisfactory manner, you, through the Team Manager have the right to lodge a formal protest in writing directly with the Competition Management, within 30 minutes of the



announcement of the result and with a R 200 deposit. A protest form must be completed and returned immediately to the competition secretary for a hearing to take place.

13. All events will be recorded on the Versus Computer program and all draws will be carried out in random order, where seeding is available, it will be used. Once these Draws have been carried out, no changes or additional or side entries will be allowed
14. ALL athletes participating in Track events will be allocated Hip Numbers at the Start, for the purpose of Electronic Timing, these are to be worn on the right hip and pinned on with all 4 pins to remain visible at all times. After completion of the track event, the hip numbers are to be removed and placed in the return box provided at the finish area. Athletes failing to wear hip numbers correctly or not at all will be recorded as DNF if participated.
15. Should Track Events need to be competed for in Heats, all Heats will be recorded according to the "Time Placing" rule. All other Track Events will be straight finals.
16. The World Athletics False Start Rule 162.6 (amended for Sub-Youth) will be in effect. Meaning that should an athlete False Start in a track event, every athlete in that event will receive a FINAL Warning, after which any athlete that false starts again will immediately be disqualified.
17. Starting blocks optional for sprint and hurdle events – age groups 9, 11, and 13, but during the Championships ALL athletes MUST use the starting blocks provided by the organisers.  
Personal Starting Blocks will be allowed and some available by the stadium.
18. All Track events will be Electronically timed according to the WA Rule 165.13.
19. All Field Events will be FINALS, following normal elimination procedures.
20. The program will run as close to the prescribed time reflected as possible, however it is subject to change, It is important that the athletes must be inside the stadium at least 2 HOURS before the start of their event(s)
21. Results will be PUBLISHED on a WhatsApp Portal. Registration can take place at the gate using a QR Code supplied for the day. How to register on the portal: Open WhatsApp – click on your "Settings" at the top right – a QR scanner will appear on the Top right – Click on the scanner and point at the QR Code and follow-on screen prompts.



Summary Competition Results will be published on the KZNA Website after the Competition.

