



**WASSAC**

Western Area Secondary Schools Athletics Carnival

# CONSTITUTION

2009

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# WESTERN AREA SECONDARY SCHOOLS ATHLETICS CARNIVAL (WASSAC)

## Constitution

February 2009

### AIMS

- To give students the opportunity to compete against others outside their local area.
- To engender a town spirit.
- To improve the quality of Athletics in the Western Area Region of South Australia.
- To emphasise that athletics is an important and integral part of the school programme.
- For schools to realise the importance of the Western Area Carnival as an integral part of our region.
- To give individual athletes the opportunity to use this Carnival as a “stepping stone” for further competitions.
- To foster excellence and fair play.

### SECTION A: THE CARNIVAL STRUCTURE

#### 1. PARTICIPATING SCHOOLS

A combined Athletics Carnival shall be held annually between :

Far West	represented by Ceduna Area, Crossways Lutheran, Elliston Area, Miltaburra Area, Streaky Bay Area and Karcultaby Area Schools
Northern Schools	represented by Coober Pedy Area, Hawker Area, Leigh Creek Area, Roxby Downs Area, Marree Aboriginal, Mintabie Area and Woomera Area Schools
Port Augusta	represented by Port Augusta Secondary School
Port Lincoln	represented by Port Lincoln High School.

#### 2. HOST CITIES

1.

Year	City
2009	Port Augusta
2010	Port Lincoln
2011	Streaky Bay

2. The Host Team shall be responsible for updating the Host City List

#### 3. SEATING ORDER OF TEAMS

1. The seating order of teams will be the host school, next year’s host school, participating small (non-host) schools, the year before last host school and last year’s host school.
2. This requires adjustment each year by the Host Team.
3. The Host Team will always be positioned nearest the finishing line.

#### **4. THE COMMITTEE**

1. The affairs to the Western Area Secondary Schools Athletics Carnival shall be conducted by a committee.
2. The committee shall consist of a Principal (or designated representative) and up to two other members of each participating team.
3. At committee meetings only one member from each participating team may vote.
4. It shall be the responsibility of the committee to ensure that the Athletics Carnival is conducted according to the programme and rules as adopted.
5. (a) The committee shall meet at least twice a year.  
(b) The Host Team shall be responsible for setting a date and chairing a Pre-Western Area Secondary Schools Athletics Carnival Meeting and then a Review Western Area Secondary School Athletics Carnival Meeting.

#### **5. THE HOST TEAM**

1. The Chairperson of each committee meeting shall be a Principal (or designated representative) of the Host Team.
2. The Secretary shall be appointed by a Principal of the Host Team and shall be a member of the staff of the school(s) involved. The Secretary shall keep a file of all minutes, correspondence and past records. This file shall be passed onto each secretary in turn, or to a Principal of the Host Team after the review of the previous Carnival.
3. The organising committee of the Host Team shall determine the date of each Carnival in consultation with the Principal of the other teams.
4. The Host Team will be responsible for :
  - a. The organisation and conduct of the Carnival.
  - b. The printing of programmes.
  - c. The preparation of an official list of results for each competing school.
  - d. The printing and distribution of an up-to-date constitution and rules of conduct.
  - e. The incorporation of a checking system into their recording organisation.
  - f. The allocation of officials.
  - g. The starting time and shall be empowered to adjust the programme forward by a uniform time if delay in starting time occurs.

#### **6. AMMENDMENTS TO CONSTITUTION/RULES/PROGRAMMES AND STANDARDS OF EVENTS**

1. Notices of motion to amend Constitution/Rules/Programmes and standards of events shall be given by a Principal or designate of a school to the secretary of the Host Team at least four (4) weeks prior to a committee meeting.
2. The secretary of the Host Team shall inform each school of this motion at least two (2) weeks prior to the committee meeting.
3. Amendments to the programme of events may only be made at the Review Meeting.
4. In voting on such motions the teams shall have one vote and the chairperson a casting vote
5. The Secretary of the Host School/Committee shall inform each school of this motion at least one (1) week prior to the committee meetings.
6. Amendments to the programme of events may only be made at the Review Meeting. (Unless ALL committee members are in agreement)

## SECTION B: RULES FOR CONDUCT OF SPORTS

### 1. AGE GROUPS

1. That ages of competitors shall be as at the 1st January each year. That Under 19 on the 1<sup>st</sup> January each year will be the upper age level for Open Competition.
2. The Age Groups for both A and b competition are :
 

Boys	Under 14	Under 15	Under 16	Open
Girls	Under 14	Under 15	Under 16	Open
3. Competitors may not compete in any event in an age group lower than their own and may not compete in the same event for more than one (1) age group or division.
4. No competitor may compete in more than five (5) individual events. The relay is not an individual event.
5. Competitors can compete in either Division A or B but only if the competitor is a part of a team/school which competes in both Division A and Division B.
6. The Northern Schools teams are permitted to use students from Reception to Year 7.
7. Primary School students are not permitted to participate in the Port Augusta and the Far West SSSSA athletic teams.

### 2. UNIFORM

1. The attire of each competitor must conform to the registered colours of their team as follows :

Far West	Gold/Blue/Red
Northern Schools	Yellow/Green or Navy Blue/White
Port Augusta	Maroon/Blue/White
Port Lincoln	Red/Blue
Port Pirie	Grey/Maroon

2. Each team is to have an identical coloured top and every effort is to be made by team managers to ensure that their competitors are correctly attired. This is for both track and field events.

### 3. TEAM REPRESENTATION IN EVENTS

1. The Carnival will be conducted in two divisions (Division A and Division B).
2. Division A consists of
 

Far West
Port Augusta Secondary School
Port Lincoln High School

  
 Division B consists of
 

Far West
Northern Schools
Port Augusta Secondary School
Port Lincoln High School
3.
  - a. For a competitor who is able to compete in both divisions, this competitor must compete in Division A if that competitor is the only one available for an event.
  - b. It is also understood that if a team has two participants in an event the more able participant will compete in Division A.

#### 4. POINTS SYSTEM

1. The Scoring System is:
- |            |                                    |          |
|------------|------------------------------------|----------|
| Division A | 1 <sup>st</sup> to 3 <sup>rd</sup> | 7,5,3.   |
| Division B | 1 <sup>st</sup> to 4 <sup>th</sup> | 7,5,3,1. |

#### 2. Tied Positions

In the case of tied positions competitors are each awarded the number of points allocated for the position in which they tied:- eg. Division A tied for 2<sup>nd</sup> position each receives 4 points, and Division B tied for 3<sup>rd</sup> position each receives 2 points

#### 3. Relay Events

- ◆ Relays shall be conducted in one division only. All teams are eligible to compete.
- ◆ Ribbons will be presented to first, second and third placegetters.
- ◆ A pennant will be awarded to the team scoring the highest total points based on a scoring system: 1<sup>st</sup> to 3<sup>rd</sup> 7,5,3 points. Also Division A teams will be allotted points for the Division A Championship Shield in relation to their finishing order on the basis of 7,5,3,1 points.(Schools that are managing the Carnival need to be aware of the two (2) recordings necessary for the relay.)
- ◆ Division B participants in the relays are not racing for championship points but only the overall pennant.

#### 5. SHIELDS, PENNANTS, MEDALS, RIBBONS AND TIED RESULTS

##### 1. Ribbons

Ribbons will be presented to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions in all events.

##### 2. Medals/Trophies

The highest point-scoring athlete in each age group for male and female will be presented with a medal/trophy in recognition of their performance.

##### 3. Pennants

There will be nine (9) pennants awards : one for each age group in both divisions (8) and on the relays.

##### 4. Championship Shields

Perpetual shield will be presented to both Division A and Division B.

##### 5. Handicap Shields

a. Handicap Shield will be presented in both Division A and Division B based on secondary school numbers and the previous year's points in either Division A or Division B.

b. Method of Calculation

##### DIVISION A

Port Lincoln High School  
Port Augusta Secondary School  
Far West Schools Team

##### DIVISION B

Port Lincoln High School  
Port Augusta Secondary School  
Far West Schools Team  
Northern Schools

N : Total enrolment of teams (Division A (3 teams)/Division B (4 teams)).

E : Enrolment of School/Team of Schools in January in year of carnival.

P : Total points in Division A /Total points in Division B

S<sub>1</sub> : Points scored in last year's Carnival

S<sub>2</sub> : Points scored in the previous year's Carnival (2006 as 2007 records missing).

**TP (Target Points) = E/N × P**

H : Scaled Target = Max TP – Schools/Teams TP

M<sub>1</sub> : Scaled Score (last carnival 2008) = Max S<sub>1</sub> – S<sub>1</sub>

M<sub>2</sub> : Scaled Score (previous carnival 2006) = Max S<sub>2</sub> – S<sub>2</sub>

B : Weighted Score = (H + 5 × M<sub>1</sub> + 2 × M<sub>2</sub>) ÷ 8

**Handicap= B – Min B**

##### c. Tied Results

In the case of tied positions in any of the above a tie will be declared.

## 6. COMPETITORS REPORTING TO EVENTS

1. Track and Field
  - a. Competitors should report to the Track Marshall/Field Event Official at least five (5) minutes before the “programmed” starting time.
  - b. Track Events will take precedence over Field Events.
2. Field Events: Special Rule
 

A competitor leaving the High Jump and Pole Vault for a Track Event should return to the High Jump with the option of continuing at the new height, or returning to the height at which they left and “catching up” before the event continues.

## 7. DISQUALIFICATIONS

If a competitor/relay team is disqualified, that competitor/relay team shall not be awarded points.

## 8. NON-COMPLETION OF EVENTS

If a competitor/team fails to complete an event due to injury, accident or an inability to complete the stipulated maximum time limit for the 800 metres and 1500 metres events then the competitor/relay team shall not be awarded points.

## 9. PROTESTS

1. The judges’ decision on placings in running events will be final.
2. Any disputes or protests affecting the actual running of any events will be referred to the team manager or to the Referee whose decision in such cases will be final.

## 10. PERSONNEL ON THE ARENA

1. Only officials and competitors are allowed on the competition arena.
2. Competitors must leave the arena as soon as their event is finished.

## SECTION C: EVENT GUIDE

### 1. MEASUREMENT

1. a. All Field Events shall be measured to the nearest centimetre.
- b. All distances in Field Events are to be marked by distance markers in team colours.
- c. One marker per competitor with only the longest distance needing to be measured.
2. a. All Track Events shall be measured up to the nearest 1/10th second.
- b. For Track Events such as the 100 metres, 200 metres, 400 metres, Hurdles and 4×100 Relays a crouched start is to be encouraged as this is to be included in the 2010 program.

### 2. LANES

1. In Track Events, competitors will run in lanes in the order shown in the programme, beginning from the inside lane.
2. Lanes are to be a minimum width of 1.22 metres.
3. In the 800 metres and the 1500 metres events lanes will not be used. The order shall be followed by the Division A runners, then the Division B runners for each team.
4. Division A and Division B competitors will wear distinguishing armbands or bibs.

### **3. RELAY RACES**

1. Relay races will be held in the circular tracks with each member of a team carrying in turn, a baton approximately 30 centimetres long and 16 millimetres in diameter.
2. Teams are to run in separate lanes.
3.
  - a. The baton change must take place with a drawn 10 metres in front of and 10 metres after each relay station.
  - b. These lines will be marked by a blue line at the beginning and a red line at the end of the change over a distance of 20 metres in each lane.
  - c. A lead up area of 10 metres will precede the baton change area where the next runner may begin accelerating, but not receive the baton.
  - d. The line marking the beginning of this area will be marked by yellow with the end of this area being the change over area.
4. Individual relay teams may use five (5) centimetre coloured disc to indicate relay take off points.

### **4. DISCUS THROW, SHOT PUT AND JAVELIN THROW**

1. Each competitor has three (3) throws.
2. The sector angle for discus and Shot Put is 40 degrees.
3. The sector angle for Javelin is 29 degrees.
4. Safety netting or hockey goals are to be positioned in order to prevent possible injury from a thrown implement, particularly Discus.
5. The equipment standards outlined in these pages are to be strictly adhered to.

### **5. LONG JUMP AND TRIPLE JUMP**

1. Each competitor will have three (3) jumps.
2. The take-off board is to be at least 20 centimetres in width and at least 1.22 metres in length.
3. Take-off boards are to be placed one (1) metre and seven (7) metres from the edge of the pit for long jump and triple jump events respectively.
4. There should be provision made that allows the Triple Jump take-off point to be adjustable to cater for the variation in the capabilities of the athletes. The recommended variations in distances are six (6) metres to eight (8) metres.

### **6. HIGH JUMP**

1. The heights (both starting and rising heights) outlined in these pages are to be strictly adhered to.
2.
  - a. In the event of a tie between the competitors in the placings, the best record on the count-back will determine the place getters.
  - b. The winner on count-back is the athlete who had the least attempts at the previous height. If still tied the next previous height is considered and so on.
3. Each competitor is permitted two (2) baulks at each height with the third baulk constituting a foul jump.
4. Any aborted run up to the bar from a competitor's starting position will constitute a baulk.

## 7. HURDLES

The distances, heights and spacing will be listed in the Standards of Events

## 8. 800 METRES AND 1500 METRES

1. The maximum time limit for participants to complete each event are:

	<b>800 metres</b>	<b>1500 metres</b>
<b>Boys</b>	5 minutes	8 minutes
<b>Girls</b>	6 minutes	9 minutes

2. A hooter, siren or whistle will be used to indicate that the Maximum Time Limit has been reached for each 800 metre and 1500 metre event.

## SECTION D: STANDARDS FOR EVENTS

### Specifications for Track and Field

<b>Age Group</b>	<b>Distance</b>	<b>Height</b>	<b>Flights</b>	<b>Distance to first hurdle</b>	<b>Distance between hurdles</b>	<b>Distance to finish</b>
U14 Boys	90m	76cm	9	13m	8m	13m
U15 Boys	100m	76cm	10	13m	8.5m	10.5m
U16 Boys	100m	84cm	10	13m	8.5m	10.5m
Open Boys	100m	84cm	10	13m	8.5m	10.5m
U14 Girls	90m	76cm	9	13m	8m	13m
U15 Girls	90m	76cm	9	13m	8m	13m
U16 Girls	90m	76cm	9	13m	8m	13m
Open Girls	100m	84cm	10	13m	8.5m	10.5m

### Implement Weights

<b>Age Group</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>
Open Boys	5kg	1.5kg	800g
U16 Boys	4kg	1kg	700g
U15 Boys	4kg	1kg	600g
U14 Boys	3kg	1kg	600g
Open Girls	4kg	1kg	600g
U16 Girls	4kg	1kg	600g
U15 Girls	3kg	1kg	600g
U14 Girls	3kg	1kg	600g

### High Jump Standards

<b>Age Group</b>	<b>Starting Height</b>	Rising by All 4 × 5cm then 3cm for all age groups
U14 Girls	1.10m	
U15 Girls	1.10m	
U16 Girls	1.15m	
Open Girls	1.20m	
U14 Boys	1.15m	
U15 Boys	1.20m	
U16 Boys	1.30m	
Open Boys	1.40m	

**SECTION E: PROGRAMME OF EVENTS**

<b>UNDER 14 BOYS</b>	<b>UNDER 14 GIRLS</b>
100 metres	100 metres
200 metres	200 metres
400 metres	400 metres
800 metres	800 metres
1500 metres	1500 metres
90 metres Hurdles (76cm)	80 metres Hurdles (76cm)
4 ×100 metre Relay	4 × 100 metre Relay
Shot Put (3kg)	Shot Put (3kg)
Javelin 600gm	Javelin 600gm
Discus 1kg	Discus 1kg
High Jump	High Jump
Long Jump	Long Jump
Triple Jump	Triple Jump
<b>UNDER 15 BOYS</b>	<b>UNDER 15 GIRLS</b>
100 metres	100 metres
200 metres	200 metres
400 metres	400 metres
800 metres	800 metres
1500 metres	1500 metres
100 metres Hurdles (76cm)	90 metres Hurdles (76cm)
4 ×100 metre Relay	4 × 100 metre Relay
Shot Put (4kg)	Shot Put (3kg)
Javelin 600gm	Javelin 600gm
Discus 1kg	Discus 1kg
High Jump	High Jump
Long Jump	Long Jump
Triple Jump	Triple Jump
<b>UNDER 16 BOYS</b>	<b>UNDER 16 GIRLS</b>
100 metres	100 metres
200 metres	200 metres
400 metres	400 metres
800 metres	800 metres
1500 metres	1500 metres
100 metres Hurdles (84cm)	90 metres Hurdles (76cm)
4 ×100 metre Relay	4 × 100 metre Relay
Shot Put (4kg)	Shot Put (4kg)
Javelin 700gm	Javelin 600gm
Discus 1kg	Discus 1kg
High Jump	High Jump
Long Jump	Long Jump
Triple Jump	Triple Jump
Pole Vault	Pole Vault
<b>OPEN BOYS</b>	<b>OPEN GIRLS</b>
100 metres	100 metres
200 metres	200 metres
400 metres	400 metres
800 metres	800 metres
1500 metres	1500 metres
100 metres Hurdles (84cm)	100 metres Hurdles (84cm)
4 ×100 metre Relay	4 × 100 metre Relay
Shot Put (5kg)	Shot Put (4kg)
Javelin 800gm	Javelin 600gm
Discus 1.5kg	Discus 1kg
High Jump	High Jump
Long Jump	Long Jump
Triple Jump	Triple Jump
Pole Vault	Pole Vault

## **SECTION F: SELECTION PROCESS FOR SSSSA TEAMS**

### **1. TEAMS**

1. Port Augusta to consist of Port Augusta Secondary School and Northern Schools Team.
2. Far West Team to consist of Port Lincoln High School and Far West Team.

### **2. SELECTION CRITERIA**

1. Selection is based on performance on the day with the best performer; both individual and relay; in each event, no matter whether in Division A or Division B will be selected.
2. Reserves are also to be selected.
3. Relay Team Selection will be based on best performed relay team in a particular event on the day.
4. Better individual runners may be added to relay team through negotiation with other eligible schools.
5. Regional Sport's Coordinator shall be responsible for coordinating affiliation fees and the data base for both SSSSA teams.