



ATHLETICS - TRACK EVENTS

(Individual Events)

Boys & Girls U/8 years 60M & 80M

Boys & Girls U/10 years 100M & 200M

Boys & Girls U/10 years 60m Hurdles

Boys & Girls U/12 years 100M & 600M

Boys & Girls U/13 years 900m Walk

Boys & Girls U/14 years 100M & 800M

Boys & Girls U/14 years 80m Hurdles

Boys & Girls U/16 years 100M & 1500M

Boys & Girls U/16 years 7Km Marathon

1. Rules of the I.A.A.F. to apply except where amended by Community Games Rules.
2. Competitors can compete in one individual event plus a team relay.
3. Starting blocks are not permitted.
4. Spikes are only permitted in the U/14, U/15, and U/16.
5. **HURDLES U/10. 60 metres**
There will be 4 hurdles 45cm high and spaced 10m apart with a 15m run-up and 15m finish.
HURDLES U/14. 80 metres.
There will be 8 hurdles 70cm high and



- spaced 8 metres apart with a 12m run up and 12m finish.
6. All races may be started by the actual report of a pistol or other similar apparatus fired upwards into the air but not before all the competitors are quite still on their marks. A whistle may be used but a whistle must be used in all U/8 and U/10 events.
 7. At all Community Games competitions, the words of the starter will be, in races up and including 400m – “On your marks”, “Set” and when all the competitors are still, the race will be started. In races over 400m the words will be “On your marks” and when the competitors are still, the race will be started.
 8. A competitor must not touch either the start line or the ground in front of it with his hands or his feet when on his marks.
 9. On the command “Set”, all competitors with the exception of U/8 and U/10 will without delay assume their full and final set position. Failure to comply with this command after a reasonable time will constitute a false start.



10. If a competitor leaves his mark with hand or foot after the words "On your marks" or "Set" as the case may be and before the race is started it will be considered a false start.
11. Any competitor making a false start must be warned. If a competitor is responsible for two false starts he will be disqualified except in the U/ 8 and U/10 events.
12. At the National Finals the first 4 in each heat will qualify for the semi-final and the first 4 in each semi-final will qualify for the final.
13. At the National Finals all qualifiers will be given discs.
14. At county finals the area numbers must be displayed on front and back on all competitors' vests.
15. At National Finals, county numbers must be displayed front and back on all competitors' vests.
16. Track and field referees decisions at area, county or National Finals are final provided he has applied the rules and bye laws of the Community Games and no appeal will be accepted on such referees decisions.



17. At all finals only equipment officially provided will be used by competitors.
18. At all finals involving U/8 competitors, the track referee is empowered to order a re-run without disqualifying any competitor, following consultation with the starter and finish line judges.
19. At the National Finals in Athletics, all under 8 and under 10 children who reach the final (last 8 competitors) and who do not win a medal will be given a certificate.

WALKING RACE

Boys U/13 years 900 metres

Girls U/13 years 900 metres

WALKING RACE (JUDGING)

Due to the fact that the distance of the walking race is 900m it is necessary to devise a system of judging whereby: -

- a) No athlete will be allowed to gain an unfair advantage on any other athlete.
 - b) An athlete who is transgressing will not be disqualified by one judge only.
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1. Judging will be by 5 Judges (3 may be used at Area and County level.).
 2. The judges will judge the race from the infield.



3. One of the judges will be appointed chief judge by the Activities Committee.
4. One caution will be issued before an athlete is disqualified, at least three judges will agree that the mode of progression is not in accordance with the Rules (2 judges will agree at area or county level if 3 judges in use.)
5. When the required number of judges 3 of 5 or 2 of 3 have agreed that an athlete should be disqualified the chief judge will then inform the athlete by stating his race number in a clear voice.
6. At the National Finals, where possible, no two judges will be from the same county.
7. If an infringement is committed in the last 200m the chief judge may not have time to inform the offending athlete of his disqualification until after the race is over. He will raise a red flag to indicate a disqualification within the last 200m. The track referee will consult the chief judge before the result is announced.



Note: The definition of Walking

“Walking is a progression by steps so taken that unbroken contact with the ground is maintained. At each step the advancing foot of the walker

must make contact with the ground before the rear foot leaves the ground. During the period of each step in which a foot is on the ground the leg must be straightened (i.e. not bent at the knee) at least for one moment and in particular, the supporting leg must be straight in the vertically up right position.”

MARATHON (7k)

Boys & Girls U/16 and Over 14

1. At county level the first four (4) competitors over the finish line, will represent their county at the National Finals in both the Boys and Girls Marathon.
2. At the National Finals the marathon (boys & girls) will be regarded as an individual event and a team event with 3 of the 4 runners to score per county. The total score per county to determine the result.
3. Prizes of 1st, 2nd, 3rd and 4th places will be awarded for both the individual and team events.