

Starting Blocks

- May be used by U12 to U15's in all relays.
- Blocks are compulsory for all U12 to U15's who are wearing spikes.
- All U12 to U15's must do a crouch start in all relays.

Injured Athletes

Any athlete that is recovering from injury and is still wearing a plaster cast or bandage etc. and wishes to compete in any event can only be permitted if they provide the Region Organising Body with a letter from their treating doctor that specifies it is safe for that athlete to carryout the particular event. In such circumstances it is the athletes guardian who takes full responsibility should something occur and it is understood that the Region Organising Body will not be held liable in any way.

Coaching

Competitors may communicate, to anyone outside of the competition area, so long as it does not disrupt the event, and the competitor does not leave the immediate area.

The possession or use by athletes of video or cassette recorders, radios, CD, DVD, radio transmitters, mobile phone or similar devices in the competition area shall not be permitted.

Physical pacing by persons not currently participating in an event is prohibited.

An athlete is entitled to (refreshments, medical treatment or toilet break) during the conduct of an event, with the approval of the Event Chief Official, and so long as it does not disrupt the event.

An athlete/spectator/coach shall receive one warning from the Event Chief Official, for breaches of the relevant VLAA codes of behaviour. Any repeat infringement at the event will result in removal of the infringer from the event.