



Doonside Little Athletics Centre Inc.

By-Laws Including Rules of Competition

Registration Ages

Will be as per the Association Rules. Tiny Tots to Under 17's.

Tiny Tots will have turned 3 as at the 1st October in the year of registration.

Under 17's will be the Under 17's as at the 30th September in the year of registration.

Registered senior athletes may run with the centre, as per the agreement between L.A. Association and Athletics N.S.W.

Age group Competition

All athletes will compete in and receive competition points for their registered age group. Athletes may compete up an age group to enhance their performance however athletes may only compete in events that are catered for in their own age group and with no change of weights, hurdle heights etc. This practice may only happen after the Christmas break and at the discretion of the Championships Committee.

1. Performances gained while competing in events up an age group will be used for points allocation for the athletes own age group for the respective competition nights.
2. If an athlete is deemed not trying in an event, they may withdraw from that event.

Centre Representatives

Doonside LAC Representation Selection Process

Zone

Athletes are asked to nominate their choice of events for selection by the championships committee for the Zone Carnival. The committee will select the athletes to represent the centre at Zone for Doonside best chance of progression to Regions.

To be considered for selection athletes must have at least 1 recorded result for each event they are nominating for. Consideration will be given under exceptional circumstances.

State Relays

Age managers and athletes are asked to nominate their choice of relay events. The championship committee along with the coaches will then select the team, based on ability and availability, to represent Doonside at State Team Relays and the Relay teams for the Zone Championships. All athletes selected to represent the clubs on these occasions are required to attend some training sessions in the lead up to the event.

Please Note: Failure to turn up on the day without advising relevant people may mean penalties will occur.

On The Day

All competitors must compete in **FULL CENTRE UNIFORM**. Singlets may be worn untucked providing your age patch is still clearly visible. Footwear must be worn as per LANSW ruling. On arrival at the venue all athletes must report to the centre manager for the day to get their names recorded. Each event is only called **twice**. When your event is called proceed to the marshalling area.

After competing a track event, you must stay in your lane until place judging is completed. Failure to do so could result in disqualification from the event.

A clash manager is in use on the day of the carnival. Athletes will be collected by the clash manager and taken to their field events. Once they have finished on the track, all athletes **MUST** return immediately to their field event once they have left the recording area.

Zone, Region and State Representation

The West Metropolitan Zone Championships will be held on the **9th, 10th and 11th December 2016** at **Blacktown International Sports Park, Rooty Hill**. It is open to all athletes from the under 7's to under 17's age group. Any child who wishes to nominate for these Championships should complete the Zone Representatives form available online, in the committee room or from your child's age manager.

Children can nominate for as many events as they wish but they can only compete in up to **four** events. The club can only enter 6 athletes in each event (with the exception of the senior age groups under 13's to under 17's where the club can enter any number of athletes in each event). Preference will be given to children who have the best times or distances for each event.

Centre Championships

An athlete must have competed in their selected events at, at least 50% of all available opportunities (from the date of athletes registration). In the case of a centre transfers, the Championships Committee will contact the previous club for confirmation of participation.

Medical Certificates will be required for illnesses and injuries.

In the Case of senior athletes, a letter from their employer may be considered for exemption.

| | | |
|-------------------------|----------|--------------|
| Under 6's – Under 8's | 4 events | Juniors |
| Under 9's – Under 12's | 5 events | Intermediate |
| Under 13's – Under 17's | 6 events | Senior |

Championships Events will be set as per the program for that year.

Events will be held on a particular day or evening as programmed by the Championships Committee.

Events will be deemed completed at the end of that programmed event.

Competition Nights

Rules of Competition are set by Doonside Little Athletics Centre in conjunction with Little Athletics New South Wales.

Events

The events for competition in each age group are set by the Championships Committee, adopting the Associations recommended events per age group. The program follows a two week rotational pattern and may contain extra events (non competition events) to provide an interesting program for all athletes.

Discipline

Any athlete misbehaving within their age group may be disciplined by their age manager.

For Tiny Tots – Under 12's the action to be taken is two warnings followed by a time out in the committee room. This may result in disqualification from competition for the night. For Under 13's to under 17's it will be 1 warning followed by a time out in the committee room and then possible disqualification from the nights events.

For major or uncontrollable misbehavior the athlete will receive one warning then disciplinary action will follow. Any disputes arising from the disciplining of athletes will be handled firstly by the Championship Committee but may be referred to the full Doonside LAC Committee if needed.

The Point Score System

At Doonside Little Athletics Centre our point score system is based on results for each Friday night of competition only which makes regular attendance important.

| Placing | Points |
|--------------------------------|----------|
| 1 st Place | 7 points |
| 2 nd Place | 6 points |
| 3 rd place | 5 points |
| 4 th place | 4 points |
| 5 th place | 3 points |
| 6 th place | 2 points |
| 7 th place and down | 1 point |

Points are awarded across the age group based on times and not per heat.

These points are not used to determine teams for Relays or for Zone representation.

Uniform

For the 2015/16 season, Doonside introduced a new uniform. There was a grace period for the introduction of the new uniform. That grace period is now over and all athletes **MUST** wear the new uniform for the 2016/17 season. The only exception to this is Tiny Tots who can wear a white t-shirt and comfortable pants.

This uniform must be worn to all Friday Night Competitions, Zone, Region and State Carnivals, State Relays, other clubs Gala Days and Centre Championships. Failure to adhere to this will mean athletes are penalised by disqualification (at Zone, Region and State, State Relays and Gala Days) or by loss of competition points.



Patches

When registering you will be provide with a registration number, a sponsor patch (Jetstar) and an age patch. These need to be affixed to the uniform as follows:

- Age Patch – Front Left side of the uniform (leg)
- Registration Number – Front of Singlet or Crop
- Sponsor Patch – Front Right hand side of singlet or crop

Footwear

Appropriate footwear is compulsory for all athletes in all events.

No athlete is permitted to wear football boots or cleats in any event.

Athletes in Under 11's and Under 12's age groups may wear spike shoes in events run entirely in lanes (up to 400m), long jump, triple jump, high jump and javelin.

Athletes in the under 13's – under 17's may wear spike for all track events except the walks.

All spike shoes must be worn with all holes filled with a complete set of spike and no more than 2 blanks/slugs inserted. Up to 11 spikes may be used on each shoe.

Spike shoes can only be worn during events and must be removed between events.

Spike length is governed by ground policies where the competition is taking place as listed below

- Synthetic Track – Maximum 7mm spike length
- High/Long/Triple/Javelin – Maximum 9mm spike length
- Grass Track (All Events) – Maximum 12mm spike length

Major Trophy Selection Criteria

To qualify for a Major Award Trophy an Athlete must have competed and attended a minimum of 60% attendance from the time of registration.

DLAC Perpetual Trophies

- **The Doonside Sport & Recreation Trophy – Senior Male Champion**
- **The Keys Family Trophy – Senior Female Champion**

Selection Criteria:

Only LANSW achievements during the season at State, Region, Zone, Centre Championships, Centre Performances, Records and Attendance are assessed to get the Senior Male/Female Champion from the U13's – U15's age groups. This is selected by the Championships Committee using the following points system.

- **The McLoughlin Family Trophy – Intermediate Male Champion**
- **The Quirk Family Trophy – Intermediate Female Trophy**

Selection Criteria:

Only LANSW achievements during the season at State, Region, Zone, Centre Championships, Centre Performances, Records and Attendance are assessed to get the Intermediate Male/Female Champion from the U9's – U12's age groups. This is selected by the Championships Committee using the following points system.

- **The Charlie Bali Memorial Trophy – Junior Male Champion**
- **The Marion Morris Trophy – Junior Female Trophy**

Selection Criteria:

Only LANSW achievements during the season at Region, Zone, Centre Championships, Centre Performances, Records and Attendance are assessed to get the Junior Male/Female Champion from the U6's – U8's age groups. This is selected by the Championships Committee using the following points system.

Points System

| Placing | Points | Points | Points | Points |
|--|--------|--------|--------|--------|
| | State | Region | Zone | Centre |
| 1st | 40 | 35 | 24 | 20 |
| 2nd | 35 | 30 | 21 | 17 |
| 3rd | 30 | 25 | 18 | 15 |
| 4th | 25 | 20 | 15 | 10 |
| 5th | 20 | 15 | 12 | 8 |
| 6th | 15 | 12 | 9 | 6 |
| 7th | 10 | 8 | 6 | 4 |
| 8th | 7 | 5 | 3 | 2 |
| 9th plus | 6 | 4 | 1 | 0 |
| In Case of an AWD Athlete 5 points for placing 1-5 (No Qualifying Points Invitation) | | | | |

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|---|
| Relay Athletes are also included in the system. Athletes receive points for each Championship |
| State Qualification Bonus 20 points |

Bonus Points

| Best Ever Records Region/Zone | | Season Point Score | | Centre Records | | Attendance | |
|----------------------------------|---|-----------------------|----|------------------------------|---|------------|-----|
| New | 5 | 1 st | 30 | New | 5 | 100% | 20 |
| Equal | 3 | 2 nd | 25 | Equal | 3 | 80% | 10 |
| Set | 2 | 3 rd | 20 | Set | 1 | 60% | 5 |
| | | 4 th | 15 | | | 50% | 2.5 |
| Break National Record | | 60 Points | | Equal National Record | | 30 Points | |
| Break State Record | | 50 Points | | Equal State Record | | 25 Points | |
| Break Region Record | | 40 Points | | Equal Region Record | | 20 Points | |
| Break Zone Record | | 20 Points | | Equal Zone Record | | 10 Points | |

- **The Channells Family Trophy – The Champion Age Group**

Selection Criteria:

A point score system for each age group on achievements at State, Regional, Zone, Relays, Multi, Centre Performances and Records. The winner will be the age group with the most points.

Points System

| Event | Points |
|---------------------------------------|--|
| Multi Event | 2 points per athlete |
| Centre Championships | 2 points per athlete |
| Zone Championships | 1 point per athlete plus place points |
| Region Championships | 1 point per athlete plus place points |
| State Championships | 1 point per athlete plus place points |
| Relay Championships | 2 points per athlete plus place points |
| Set New Event Record Best Ever | 2 points |
| Equal Centre Record | 1 point |
| Centre Record | 2 points |
| State Record | 8 points |
| Region Record | 6 points |
| Zone Record | 4 points |
| Best Ever Record | 4 points |
| Best Ever Equal | 3 points |
| Best Ever Australian Record | 10 points |

Placing Points

| Placing | Points | Placing | Points |
|---------|--------|---------|--------|
| 1st | 8 | 5th | 4 |
| 2nd | 7 | 6th | 3 |
| 3rd | 6 | 7th | 2 |
| 4th | 5 | 8th | 1 |

- **The David Paabo Best 400m Athlete Trophy**

Selection Criteria:

Only LANSW achievements during the season at State, Region, Zone, Centre Championships, Centre Performances, Records and Attendance are assessed to get the David Paabo Best 400m Athlete Trophy. This is selected by the Championships Committee using the following points system.

- **The Tony Volk Champion Hurdler Trophy**

Selection Criteria:

Only LANSW achievements during the season at State, Region, Zone, Centre Championships, Centre Performances, Records and Attendance are assessed to get The Tony Volk Champion Hurdler Trophy. This is selected by the Championships Committee using the following points system.

Points System

| Placing | Points | Points | Points |
|------------------------------|--------|------------|--------|
| | State | Region | Zone |
| 1 st | 20 | 15 | 10 |
| 2 nd | 19 | 13 | 7 |
| 3 rd | 18 | 11 | 4 |
| 4 th | 17 | 9 | 1 |
| 5 th | 16 | 7 | |
| 6 th | 15 | 5 | |
| 7 th | 14 | 3 | |
| 8 th | 12 | 1 | |
| 9 th plus | 10 | | |
| Break Best ever record Bonus | | 30 points. | |
| Break Centre Record Bonus | | 20 points | |

Placing Points

| Placing | Points |
|-------------------|--------|
| 1 st | 20 |
| 2 nd | 18 |
| 3 rd | 16 |
| 4 th | 14 |
| 5 th | 12 |
| 6 th | 10 |
| 7 th | 8 |
| 8 th | 6 |
| 9 th + | 3 |

- **Under 15's Encouragement Trophy**

Selection Criteria

Our senior age group nominates i writing their selection for this award. They nominate someone they feel has exhibited enthusiasm, good attitude, sportsmanship and tries hard throughout the season. The final decision is made by the championships committee. The requirement of this award is the athlete must not have proceeded past Zone Championships.

- **Best Club Member**

Selection Criteria

Any DLAC member can be nominated for this award. The nominees must be in writing on a signed nomination form, for their exceptional dedication, sportsmanship, extra ordinary work and assistance to DLAC. The final decision is made by silent vote by DLAC Committee.

Awards

The centre offers awards as a form of encouragement to an athlete. Any athlete who wins a Major Award is generally not considered for a Minor Award this is to allow other athletes to receive Minor Awards. (With the exception of the Age Managers Award and 100% Attendance Trophy)

The Point Score System

A comparison week by week of each age group athlete’s ability and effort during the season. This is used to calculate the end of season awards. The Points Score System is not used to select athletes for competition in representative carnivals.

1. Points are only awarded on all events completed by each age group on regular competition nights by DLAC.
2. Points are allocated using the points system below in each event after grading is complete.

| Placing | Points |
|-------------------------|---------------|
| 1st | 7 |
| 2nd | 6 |
| 3rd | 5 |
| 4th | 4 |
| 5th | 3 |
| 6th | 2 |
| 7th + | 1 |

3. Total point each week for athletes are added to previous points, making regular attendance and important part of the points score system.
 - **Point Score Champion**
At the completion of the season the athlete with the highest accumulated total points in each age group will receive the Points Score Champion Trophy
 - **Point Score Runner Up Champion**
At the completion of the season the athlete with the seconded highest accumulated total points in each age group will receive the Points Score Runner up Champion Trophy
 - **Most Improved Athlete**
This is awarded to an athlete who has shown steady improvement throughout the entire season. This award is calculated based on individual results throughout the season.
 - **Merit Award**
This is awarded to athletes who have achieved a high standard throughout the season. The minimum requirement for this award is to have competed at Zone and/or Region Championships, DLAC Centre Championships and have a minimum of 60% attendance.
 - **Encouragement Award**

This is awarded to athletes who have a minimum of 60% attendance throughout the season and tries hard all events.

- **Participation Medal**

This is awarded to athletes present on presentation day and not receiving any other awards and less than 60% attendance throughout the season.

- **100% Attendance**

This is awarded to athletes who have attended and competed in every competition night from the commencement of the season.

- **Age Managers Award**

This is awarded to an athlete in each age group. The Age Manager nominates in writing an athlete from their age group who displays good manners, sportsmanship and tries hard but does not necessarily achieve high results. The final decision is made by DLAC Championships Committee.

- **5 Year Award**

This is awarded to athletes with Five (5) years consecutive DLAC athlete membership.

- **10 Year Award**

This is awarded to athletes with Ten (10) years consecutive DLAC athlete membership.

- **14 Year Award**

- This is awarded to athletes with Fourteen (14) years consecutive DLAC athlete membership.

- **U17's Age Group Medal**

This medal is awarded to all U17's athletes with a minimum 60% attendance as a memento of their time at DLAC.

- **New Record Certificate**

Certificates are presented to athletes who equal, set or break records during the season. (Records are only obtained on Centre Championship Day, Zone, Region, State National Championships and Multi Event.

- **Medals**

Medals are awarded to athletes finishing 1st, 2nd, or 3rd in finals at DLAC Centre Championship Day and Gala Day.

- **State Representatives**

State Representatives will each receive a gift from the Centre for their achievement reaching State Championships. Athletes must compete at State Championships to be eligible for the gift. The gift will be selected by the Doonside Committee.

- **Officials Awards**

This is presented to officials in recognition of their assistance to DLAC

Perpetual Trophy Winners Registration Numbers:

Due to the changes to LANSW and the introduction of "One Sport" numbers for senior athletes (Under 12's – Under 17's) We have had to change the way we hand out our Registration numbers to Intermediate and Senior Champions. Only junior age champions will be eligible to wear number 1 and 2 beginning with the girls wearing 1 for season 2016-17.

Committee Position Descriptions

President

- Preside as Chair of all meetings
- Act as signatory on accounts as required
- Regularly bring attention to governance of the club
- Ensure a succession plan is in place for out going committee
- Serve as a spokesperson for the club when required
- Communicate with governing bodies as required
- Assist in development and retention of sponsorship
- Submit an end of year report
- Be a delegate for voting at Little Athletics NSW AGM and meetings

Vice-President

- Shall act on behalf of the President when the president is unavailable
- Make up 1 member of the Championships Committee
- Act as signatory on accounts as required
- Submit an end of year report

Secretary

- Take detailed minutes of each meeting and ensure they are distributed in a timely manner
- Create agendas for meetings
- Accept and detail all incoming correspondence
- Detail and send all out going correspondence
- Maintain club records and produce them as required
- Act as public officer for the club and ensure all paperwork is completed and submitted to Fair Trading
- Book venues for registration days and meeting rooms
- Provide an up-to-date copy of constitution and by-laws at all meetings for reference
- Ensure communication from committee to club members
- Ensure notification for Annual General Meetings and General Meetings as required by constitution
- Be first point of contact for all club matters
- Submit an end of year report
- Act as signatory on accounts as required

Treasurer

- Provide advice in regards to club financial matters
- Administer financial matters for the club
- Ensure development and review of financial procedures and policies
- Support required auditing process
- Receipt all incoming monies
- Banking of all incoming monies
- Ensure payment of all accounts
- Maintain accurate records of income and expenditure
- Present monthly financial reports at general meetings
- Submit end of year financial report for AGM
- Act as signatory on accounts as required

Registrar

- Obtain and distribute registration forms
- Organise age patches, registration numbers and sponsor patches for registering athletes

- Collect completed registration forms and correct fees as set down by committee
- Forward all registrations and association fee to Little Athletics NSW within 1 months of receipt
- Maintain a register of junior and non-voting member showing registration name, age group, DOB, and proof of age, along with any other details deemed important
- Submit an end of year report

Officer for Officials/Age Manager Co-Ordinator

- Recruit and organize officials for conduct of centre events including Friday Nights, Gala Days and Centre Championships
- Organise for officials to complete training
- Organise officials for events conducted by Little Athletics NSW and other centres as requested
- Assist and advice age managers on their duties
- Ensure age managers are aware of the rules of competition both for the association and the centre
- Conduct meetings of age managers to pass on relevant information on committee decisions and changes to the program, as well as association directives
- Discuss ideas and comments aimed at improving the centre and convey these thoughts at General Meetings
- Submit an end of year report

Championships Officer

- Direct, plan and organize all competition and championships events in consultation with the championships committee
- Prepare competition programs and timetables and submit to the executives for approval
- Complete and submit entry forms for athletes at events as required
- Represent the centre at Zone, Regional and State Championships. Championships officers are the only ones who can make protests on behalf of athletes
- Ensure all athletes are correctly nominated for their events and that nominations and lodged by closing date
- Ensure all athletes report to marshalling area for their events on time and are in correct uniform
- Record all athlete performances appropriately
- Maintain and publish centre records/best performances
- Assist with selection of athletes for centre representation
- Be a member of the championships committee
- Where the position of championships officer is shared between 2 people entering of athlete performances will occur on a rotational basis. Each officer shall enter data for either male or female athletes for a two week period. This ensures a fair and even split of duties.
- Submit an end of year report

Other committee positions

Doonside have many other committee positions including:

- Uniforms Officer – Stocking, inventorying and ordering uniforms, taking payment for uniforms, maintaining a float and ensuring monies are given to treasurer in a timely manner.
- Canteen Manager/Assistant Canteen Manager – ensure adequate stocking of the canteen for Friday Nights, Gala Days and Centre Championships and for school visits where required. Maintain a float, bank canteen takings expediently, ensure receipts for eftpos, takings and purchases are handed to the treasurer
- Equipment Officer – Maintain and inventory equipment, ensure setup for competition nights, gala day and centre championships
- Groundsman – Ensure mowing and marking of track is complete and correct as required
- Public Liaison Officer – Liaise with schools to ensure correct information is distributed, make bookings on behalf of the club for the oval and equipment, ensure schools are correctly invoiced,

pass on all information to those who require it (Treasurer, Secretary, Canteen Manager and Equipment manager) in a timely manner

- General Committee Positions

Championships Committee

The championships committee shall comprise of the 1 or 2 Championships officers, the Vice President, a non-committee member parent (selected each year), and 1 or 2 life members. The purpose of the committee is to meet twice a season to verify all results and to establish the recipients of trophies for presentation day.