



Colgate Games

MEETING RULES

GENERAL

1. Where not specifically set out in these rules, the Athletics New Zealand rules will apply.
2. Only Meeting Officials should be in the centre of the Arena.
3. Every effort will be made to ensure the programme runs to time and in the order laid down. However, the Organising Committee reserves the right to make any alterations it deems necessary.
The Organising Committee also reserves the right to allow the programme to run up to 30 minutes early if the situation arises.

4. COMPETITION NUMBERS

Each child will be given two competition numbers which are to be pinned to the front and back of their singlet for the duration of the Colgate Games. Failure to do so will mean an athlete may not be able to compete. Each athlete will have an identification label put onto their competition bib which will have the athlete's name, club, grade, and the events for which he or she has entered.

5. UNIFORMS

- All athletes must complete in club/team uniform including correct name if applicable.
- Any visible garment worn under the uniform must be black, white or the dominant colour of the uniform.
- Only visible writing allowable is manufacturer's branding.

- Franchise shorts are not permissible during competition e.g. NRL Shorts
- Where religious beliefs require an alternative uniform, this is to be allowed after consultation with the Competition Director prior to the commencement of the Games.
- Athletes competing in the walk events must ensure their knee is clearly visible. Below knee tights should not be worn for these events.

6. TEAM PACKS

Team Packs will be made up for Team Managers to collect after 1.00pm on the Thursday afternoon before the Games begin. They will include Relay Team Confirmation and Change Forms, Scratching Forms, Competitor Bibs, along with small safety pins and Competitor Ribbons, Athlete pre-ordered programmes, discount vouchers and any products provided by sponsors.

7. ENTRIES

Entries to individual events for any athlete, cannot be changed from those in the Printed Programme, other than under the following circumstances:

- Corrections of any errors made by the Organising Committee
- Special circumstances brought to the notice of the Meeting Secretary, by an athletes' Club Team Manager only, and then agreed to, by the Competition Director and the Control Room Manager.

8. RIBBONS, MEDALS & PENNANTS

(i) Grade 7 to Grade 9 Inclusive All Track and Field Events: Allocation of Pennants and Ribbons

- Pennants (Gold /Silver/ Bronze) are presented to 1st, 2nd and 3rd placings for each division.
- Light Blue Finalist Ribbons are presented to 4th to 8th placings (total maximum of 5 ribbons) for each track or field event.
- In the event an international places the same allocation above applies, as there are no 'international pennants.'
- All presented by Officials at the Presentation Tent.

(ii) Grade 10 to 14 Inclusive All Track and Field Events: Allocation of Medals, and Ribbons.

- Medals (Gold/Silver/Bronze) are presented to 1st, 2nd and 3rd placings for each grade.
- Royal Blue Finalist Ribbons are presented to 4th to 8th placings (total maximum of 5 ribbons) for each track or field event. Minimum of 2 and maximum of 5 ribbons per event awarded.
- In the event an international places in the top 8 and an international medal is awarded (top 3 international placings), remove the equivalent ribbon number. (e.g. If gold, silver & bronze pennants are awarded along with one gold international pennant then that reduces the finalist ribbon allocation from five to

four).

- Same applies to 4x100m and medley relay teams.

Medals Awarded Gold/Silver/Bronze (NZ Placings)	International Medals Gold/Silver/Bronze)	Finalist Ribbon (Royal Blue)	Total Medals Presented	Total Ribbons Presented
3	0	5 (4 th to 8 th placings)	3	5
3	1 International Medal (e.g. international places in top 3)	4 (5 th to 8 th placings)	4	4
3	2	3 (6 th to 8 th placings)	5	3
3	3	2 (7 th & 8 th placings)	6	2

(iii) Grade 10 to 14 Inclusive 4x100m and Medley Relays: Allocation of Medals and Ribbons

- The appropriate Medals are awarded to the top 3 Teams by time from the timed final(s). Royal Blue “Finalist” Ribbons are awarded to the remaining top 8 (4th to 8th placings) Teams by Time from the timed final(s).

Method of Awarding of Ribbons

- **All Track Finals, except 4x100m and Medley Relays**
Ribbons are awarded at the presentation tent alongside medals. If the athlete doesn't appear for presentation, then ribbon is placed in the club envelope run from TIC for Team Manager to collect.
- **4x100m and Medley Relays and Field Events**
Ribbons are awarded via the Club Envelope system run from the TIC or other room used.

Presentation of Medals

- Medals are presented by Invited Guests of Meeting Officials from a dais near the Presentation Tent. The request for the athletes to report to the Officials at the Presentation Tent by announcements from the PA system. It is usual to expect a delay of at least 30 minutes after the posting of the Official Result of an event.

Please note: The Medal Presentations for the Late Day 1 Events, Grade 12 to 14

Boys and Girls Hurdles and the Grade 12-14 Medley Relays will **NOT** be presented until after 12.00 noon on Day 2. Similarly, the Medal Presentations for the Late Day 2 Events, Boys Grade 10-14 800m Finals and the Grade 10 to 11 Boys and Girls 4x100m Relay Finals will **NOT** be presented until after 12.00 noon on Day 3.

- (i) Para Athletes – Grades 7 to 9 inclusive. The awarding of Pennants and Ribbons will be set out in Clause 8 (i) above.
- (ii) (a) Para Athletes – Grades 10 to 14 inclusive. The awarding of Medals and Ribbons will be set out in Clause 8 (ii) above.
(b) Notwithstanding (a) above, in Grades 10 to 14 inclusive Events.

Note: Certificates are produced digitally, and a template is sent to all represented clubs at the Colgate Games via their Team Manager/s post games.

9. PROTESTS & APPEALS TO JURY

- Problems and queries in the first instance, should be discussed by Team Managers with the appropriate Referee or the Competition Director. If the explanation given or action taken does not satisfy the Team Manager, then he or she may lodge a formal Appeal.
- Appeals will only be accepted from Team Managers.
- Appeals must be in writing, setting out the details and grounds for the appeal and must be accompanied by a \$20 fee. A written appeal must be conveyed to the TIC within 20 minutes of the official result being posted or announced.
- A standard appeal form will be available from the TIC.
- To ensure consistency across both the North Island and South Island Colgate Games, and in recognition of the developmental nature of this children's competition, the **World Athletics Yellow Card system will not be used**. Instead, officials will provide verbal warnings and supportive guidance to encourage fair participation and learning.

10. SECURITY

The Organising Committee accepts no responsibility for loss or damage to any club or individual property.

11. EVENTS FOR ENTRY

Event	Girls 7	Boys 7	Girls 8	Boys 8	Girls 9	Boys 9	Girls 10	Boys 10	Girls 11	Boys 11	Girls 12	Boys 12	Girls 13	Boys 13	Girls 14	Boys 14
60m	X	X	X	X	X	X										
100m	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
200m	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
400m							X	X	X	X	X	X	X	X	X	X
800m							X	X	X	X	X	X	X	X	X	X
1500m							X	X	X	X	X	X	X	X	X	X
80m Hurdles											X	X	X	X	X	

100m Hurdles																	X
1200m Race Walk							X	X	X	X	X	X					
1600m Race Walk													X	X			
2000m Race Walk																X	X
Long Jump	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
High Jump							X	X	X	X	X	X	X	X	X	X	X
Shot Put	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Discus Throw	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

- (i) When thinking about the events that you'll enter your child aged 10+ into, you should take into consideration the load placed on them over the weekend, especially if they're likely to make finals and are also in relay teams. We strongly advise against athletes being entered into the 400, 800 and 1500m (and a medley). We will review the entry combinations and will be in touch if we have concerns.

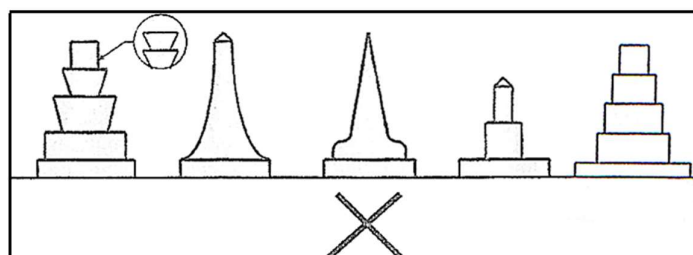
TRACK

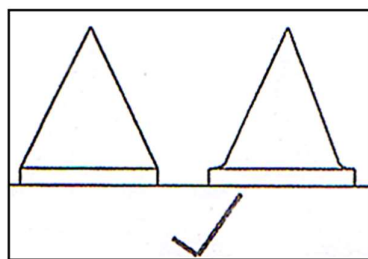
1. No food or drink is permitted inside the competition fence except for water.
2. Rekortan all-weather surface.

Spiked shoes may only be worn during competition by athletes in Grades 10, 11, 12, 13 and 14. Spike length allowed: 6mm on Track, 6mm at Long Jump, 9mm at High Jump

Cone and Pyramid spikes only

Spiked shoes must be removed at the immediate completion of the athletes' event and before leaving the arena.





Blocks will be supplied. Athletes' own blocks are not permitted.

No shoes capable of taking spikes can be worn by athletes in Grades 7, 8 and 9. This means track shoes capable of taking spikes with studs instead of spikes, cannot be worn. Track shoes with the spike sole plate replaced by a rubber sole or track shoes with moulded grips are permitted.

There are no banned shoes at the Colgate Games as it falls outside the perimeter of World Athletics rules.

3. ASSEMBLY

Athletes must not go to the assembly area until called by the Meeting Announcer.

4. HURDLES

Grade	Distance of Race	Height of Hurdle	Distance from Start of First Hurdle	Distance Between Hurdles	Distance from Last Hurdle to Finish Line
Grade 12 Girls	80m	0.762m	12m	7.5m	15.5m
Grade 13 Girls	80m	0.762m	12m	7.5m	15.5m
Grade 14 Girls	80m	0.762m	12m	8m	12m
Grade 12 Boys	80m	0.762m	12m	7.5m	15.5m
Grade 13 Boys	80m	0.762m	12m	7.5m	15.5m

Grade 14 Boys	100m	0.838m	13m	8.5m	10.5m
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5. METHOD OF FINDING FINALISTS (Grade 10-14 inclusive)

100m, 200m, 400m, 80m Hurdles, 100m Hurdles and 4 x 100m Relays will be determined by times. 800m will be determined by placing's and fastest losers in the qualifying heats. 1500m will be timed finals.

100m, 200m, 80m/100m Hurdles, 4 x 100m Relays

Up to 8 confirmed starters	Final
9 to 24 confirmed starters	Heats, Final
25 to 32 confirmed starters	Heats, 2 Semi-finals, Final
33 or more confirmed starters	Heats, 3 Semi-finals, Final

400m

Up to 8 confirmed starters	Final
More than 8 confirmed starters	Heats, Final

(Fastest 8 to the Final)

800m

Up to 12 confirmed starters	Final
13 to 18 confirmed starters	Final using Split Start (This number maybe increased after consultation with Team Managers, Competition Director, Track Referee, to avoid running heats to eliminate a few athletes)
Over 18 confirmed starters	Heats and Final 2 Heats - First "4" in each Heat, plus the 4 fastest losers qualify for the final 3 Heats - First "2" in each Heat, plus the 6 fastest losers' qualify for the final

1500m

Up to 18 starters	Final. If more than 18 starters timed finals will be run.
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6. NOTIFICATION OF QUALIFIERS AND RESERVES

Qualifiers for semi-finals and finals will be notified in the following way:

- Semi-final and final sheets will be posted on noticeboards/ website.
- Qualifiers' names may also be broadcast over the public address system prior to the call to go to the Call Room.
- Two reserve athletes shall be named and ranked for each semi-final and final.

These reserves should report to the Call Room when the qualifiers are called. In the event of a withdrawal or non-appearance of a semi-finalist or finalist, the Call Tent Referee shall place a reserve in rank order in the semi-final or the final and once placed that decision cannot be reversed.

7. LANE DRAWS

All lanes in heats, and finals when no preliminary races are necessary, shall be pre-drawn and printed in the programme. Lane draws for all semi-finals and finals will be drawn by ballot, posted on noticeboards and announced.

If there is an excessive number of withdrawals in any event, heats may be redrawn by the Call Tent Referee. Athletes competing in laned events must remain in their lanes and return to the finish line at the completion of events until dismissed by the appropriate official.

8. QUALIFIERS FOR FURTHER ROUNDS

- (i) Any athlete having qualified for a semi-final or final who fails to compete in that semi-final or final becomes ineligible for further competition on that day. Likewise, any competitor starting in a semi-final or final and making no significant effort, could also face disqualification. These decisions will be the sole responsibility of the Track Referee.
- (ii) Progression of International Athletes to Final of Track Events.
 - (a) Laned Events; A maximum of 3 International Athletes/Teams can proceed to the final of Laned Track Events.
 - (b) 800m - A maximum of 4 International Athletes/Teams can proceed to a final.

9. STARTING PROCEDURE

All competitors in Grade 10 and above must use a crouch start for races from 60m to 400m inclusive. A competitor starting in spiked shoes must use starting blocks. All athletes in Grade 12 to 14 inclusive must use starting blocks. Standing starts will be used by athletes running 800m as the first leg in medley relays.

Athletes, after assuming a full and final set position, shall not commence their start until receiving the report from the gun. If, in the judgement of the Starters or Recallers, an athlete does so any earlier, it shall be deemed a false start. Any athlete responsible for a false start shall be disqualified.

Any matters relating to the start will be at the absolute discretion of the Referee. It will be his or her responsibility to ensure all competitors receive a fair start.

An explanation of starting procedures will be printed in the programme.

10. WALKS

Grade 10 to 14 race walk is a competitive event using shorter distances. For Colgate Games the penalty zone will not be used. Disqualification of an athlete will be in accordance with rule TR54.7.1.

Disqualification, as follows: Except as provided in Rule 54.7.3 of the Technical Rules, when three Red Cards from three different Judges have been sent to the

Chief Judge on the same athlete, the athlete is disqualified, and they shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by being shown a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.

- *World Athletics Competition and Technical Rules, 2024 Edition (Page 243)*

RELAYS

1. Athletes may be entered in only one relay of each type (4 x 100m and Medley). All athletes in a relay team must:
 - (a) Be a member of the Club that enters the Team.
 - (b) Wear that Club's uniform.
 - (c) Grade 7, 8 and 9 athletes can run up within these age grades if they are not already in a relay team, without prior approval from the Competitions Director. For example, a 7-year-old may run in a Grade 9 relay.
 - (d) Grade 10, 11, 12, 13 and 14 athletes can run up within these age grades without requiring approval from the Competitions Director. For example, an 11-year can run in a Grade 13 Relay.
 - (e) Grade 9 athletes are:
 - (1) Permitted to compete in Grades 10-11 4x100m and Medley Relays without approval by the competition director.
 - (2) Permitted to run in Grades 12, 13 and 14 4x100m and Medley Relays at the discretion of the competition director.
 - (3) Are not permitted to run the 400 or 800 leg in a Medley Relay.
 - (4) Are not permitted to wear spikes or shoes capable of taking spikes if running in older age grade Relays.
 - (5) If a Grade 9 athlete is running the first leg, they must comply with the starting rules for the 10+ Grades.
 - (f) For an athlete to run up an age, athletes within the existing age group must be exhausted first. Only then can Clubs use their next best eligible option from a lower age group who is not already in a relay team.

2. 4 x 100m RELAYS

- (a) Team members' names must be entered onto the Relay Team Confirmation Sheets in running order by the Team Manager. These sheets are provided by the Meeting Secretary in the Team Pack. Please complete these correctly and hand in to the TIC by the specified times. Print clearly the information required and ensure the given (first) names, surnames and competition number of the athletes are provided and correct.
- (b) All team members must be of the same sex except in Grades 7, 8 and 9 where clubs may enter composite teams of boys and girls. The following conditions apply:
 - i. 1 boy, 3 girls - Girls Team
 - ii. 2 boys, 2 girls - Boys or Girls Team (Clubs choice, but may compete in only one event)

- iii. 3 boys, 1 girl - Boys Team
- (c) For Grade 10, clubs may enter a composite team in Boys 10, only if there are insufficient numbers of one sex.
- (d) Failure to compete with the named athletes in the running order given on the Relay Team Confirmation Sheet may lead to disqualification. Amendments to athletes' names and running order may be made at the TIC up to 1 hour before the race start time.
- (e) Teams entered in all 4 x 100m Relays will be listed in the programme. Once all the Team Confirmation Sheets are received by the TIC, the Competition Director will supervise heat draws. The draws will be posted as soon as possible after they have been completed.

3. MEDLEY RELAYS

- (a) Team members' names must be entered onto the Relay Team Confirmation Sheets by the Team Manager. These sheets are provided by the Meeting Secretary in the Team Pack. Please complete these correctly and hand in to the TIC by the specified times. Print clearly the information required and ensure the given (first) name, surname and competition number of the athletes are provided and correct.
- (b) Medley relays are open to Grades 10, 11, 12, 13 and 14.
- (c) Teams must comprise two girls and three boys or vice versa, with at least one girl running the 400m leg or the 800m leg.
- (d) There is no stipulation as to the order in which a team runs their relay - each team must run the prescribed legs. e.g., 2 x 100m, 1 x 200m, 1 x 400m, 1 x 800m
- (e) Failure to compete with the named athletes in the running order and leg order given on the Relay Team Confirmation Sheets may lead to disqualification. Amendments to athlete's names, running order and leg order may be made at the TIC up to 1 hour before the race start time.
- (f) Medley Relays will start from the 400m stagger marks, and all teams break lanes at the completion of the second curve (where the athletes enter the home straight on the first lap - approximately 300m from the start). From this point, athletes are entitled to run in Lane 1, except when changing the baton.
- (g) Athletes changing the baton during the first 300m of the first lap shall be marshalled into the 4 x 100m Relay change zones. Changes made after the first 300m have been run, are made in Lane 2 using a 20m change zone marked by cones and tape (extended out to lanes 4-5) 10m either side of the scratch line. If there are simultaneous changes then Lanes 3, 4 & 5 are to be used.

FIELD

1. ORDER OF COMPETITION

Competitors will be balloted into an order of competition, and this will be printed in the programme.

2. NUMBER OF ATTEMPTS

Three Throws, Puts and Jumps will apply to the Discus, Shot and Long Jump respectively and if valid, each must be measured.

Three attempts at each height will be allowed at the High Jump but three consecutive failures means elimination. The Referee has the right to determine the size of lifts depending on the numbers entered in the event and the weather conditions.

3. LONG JUMP

Metre boards will be used up to and including Grade 11. Grades 12, 13 and 14 will use the standard take off board. The standard take off board is 2m from the edge of the pit.

4. GRADES 7, 8, 9

All field events will be run in divisions of up to 8 athletes. The top 3 placegetters in each division will be awarded pennants, while those placing 4th to 8th will receive finalist ribbons. Pennants and ribbons will be presented immediately after the event.

5. HIGH JUMP-STARTING HEIGHTS

Grade	Girls	Boys
10	1.05m	1.10m
11	1.10m	1.15m
12	1.15m	1.20m
13	1.20m	1.25m
14	1.25m	1.30m

6. DISCUS WEIGHTS

Grade	Girls	Boys
7, 8, 9	500gms	500gms
10, 11	750gms	750gms
12	750gms	1.000kg
13	1.000kg	1.000kg
14	1.000kg	1.250kg

7. SHOT WEIGHTS

Grade	Girls	Boys
7	1.000kg	1.000kg
8, 9	1.500kg	1.500kg
10	2.000kg	2.000kg
11	2.000kg	3.000kg
12	3.000kg	3.000kg
13	3.000kg	4.000kg
14	3.000kg	4.000kg

8. Only implements supplied by the Meeting Organising Committee will be allowed in the competition.

COLGATE GAMES STARTING PROCEDURES GUIDELINES

Grade 7 – 9

1. 60m to 200m, 4 x 100m Relays

- a) **Athletes in grade 7 – 9 may use a crouch start or a standing start**
- b) **Assembly Line** Athletes are placed on the assembly line by Starters Assistants (two metres minimum behind the start line)
- c) **On your marks**

All competitors move forward to the starting line

- (i) An athlete shall approach the start line and assume a start position completely within his or her lane and behind the start line.

In a standing start there should be one foot forward and one foot back.

a crouch start, both hands and at least one knee must be in contact with the ground.

- d) **Set**

This is called when all competitors are still in the 'ON YOUR MARKS' position.

- (i) The normal SET POSITION is adopted
- (ii) At the 'Set' command, an athlete should immediately move to their final starting position.

In a standing start, an athlete should flex at the hips and knees.

In a crouch start, both hands must maintain contact with the ground.

- e) **Gun**

This will be fired when ALL the field is STILL.

- f) **Breaks**

Athletes, after assuming a full and final set position, shall not commence their start until receiving the report from the gun. If, in the judgement of the Starters or Recalls, an athlete does so any earlier, it may be deemed a false start.

Any athlete responsible for a false start may be disqualified.

Note: For grade 7–9 athletes, starter should consider carefully whether it was a break or an unsteady start, noting the age and experience of the athlete. allowed in the competition.

Grade 10 – 14

2. 100m to 400m, 80m and 100m Hurdles, 4 x 100m Relays & Medley Relays (100m, 200m and 400m first leg runners)

a) All competitors must use a CROUCH START.

b) Assembly Line

Athletes are placed on the assembly line by Starters Assistants (two metres minimum behind the start line).

c) On Your Marks

All competitors move forward to the start line

(i) The CROUCH POSITION is taken up.

(ii) An athlete shall approach the start line and assume a position completely within his or her lane and behind the start line.

In a crouch start, both hands and at least one knee must be in contact with the ground.

If using blocks, both feet must be in contact with the foot places of the blocks.

If not using blocks, both feet must be in contact with the ground.

d) Set

This is called when all competitors are still in the 'ON YOUR MARKS' position.

(i) The normal SET POSITION is adopted.

(ii) At the 'Set' command, an athlete should immediately rise to their final starting position.

In a crouch start, both hands must maintain contact with the ground.

If using blocks, both feet must be in contact with the foot places of the blocks.

If not using blocks, both feet must be in contact with the ground.

e) Gun

This will be fired when ALL the field is STILL.

f) Breaks

Athletes, after assuming a full and final set position, shall not commence their start until receiving the report from the gun. If, in the judgement of the Starters or Recallers, an athlete does so any earlier, it may be deemed a false start. Any athlete responsible for a false start shall be disqualified.

3. 800m to 1500m Races, Medley Races (800m first leg runner), 1200m to 2000m Track Walks

a) Assembly Line

Athletes are placed on the assembly line by Starters Assistants (two metres behind the start line)

b) On your Marks

All competitors move forward to the start line. A STANDING START is mandatory, the feet must be placed in the position from which they will 'PUSH OFF' when the gun goes.

c) Gun

This will be fired when ALL the field is STILL.

d) Breaks

Athletes, after assuming a full and final set position, shall not commence their start until receiving the report from the gun. If, in the judgement of the Starters or Recallers, an athlete does so any earlier, it may be deemed a false start. Any athlete responsible for a false start shall be disqualified.