

GENERAL RULES OF COMPETITION

NOTE. All other rules will be as per the VLAA competition regulations. If the VLAA regulations and the local Seaford Centre rules are conflicting the local rules shall apply.

Protests regarding the running of competition at the Seaford Centre will only be heard via the Club Team Manager, by the Referee. Under no circumstance are parents to approach Officials regarding the conducting of an event.

The Referee has the option of dismissing the protest after consultation with the Arena Manager or may consult a meeting of the Executive to seek a final ruling.

Protests will not always be heard and a judgement finalised on the day of competition.

Athletes will be given every opportunity to have practice trials at field events where time permits.

It is normally the case; athletes will be given one practice trial or one attempt at an event.

GENERAL INFORMATION

First Aid – Each parent is responsible for his or her own child. A First Aid kit is provided by the Centre and is located in the centre of the arena with ice packs at the canteen. Parents/Guardians will be responsible for any costs associated with injury that are not covered by the insurance company in the event of an accident claim.

Insurance - All Athletes are covered by insurance cover provided by the VLAA. All parents who officiate at events and assist in the running of the program are also covered by accident insurance, provided they complete their details on the appropriate list of ordinary members held by each club. The completion of this members list is required under VLAA regulations. Coaches are also covered whilst conducting club or Centre Training.

Permanent Officials - Permanent officials are always welcome in the running of the program. Please approach the Officer for Officials or the Arena Manager if you wish to become a permanent helper each week.

Lost Property- Items will remain in the lost property box in the pavilion for several weeks prior to being given to charity. Parents are reminded to label all clothing and equipment especially track suit tops and bottoms, spikes and spike bags

Starting Times- The Saturday morning program commences at **8.30am sharp**. All rostered officials should report to the Officer for Officials at the table on the arena by 8.20am and be in position preparing their event **prior to 8.30am**. The canteen is open from 8.30am.

Open Days- The Seaford Centre Open Day is to be held in February. Many other centres conduct Open Days and these meets are great way to see how other Centres operate. There is normally an Open day on every Sunday somewhere in Victoria after the season gets underway. Some athletes travel long distances to compete and the competition at these events can be of a very high standard. Open Day entry forms are available from the clubrooms or contact the Centre Secretary.

Out of Bounds- The shrub and treed area nearby to the main carpark and the carpark area itself is considered out of bounds during all competition days. Athletes and children found to be in this area will be asked to return to their club immediately. Parents are reminded to lock all vehicles at all times, including whilst at training, and position all valuables out of view when parking at the reserve. Parents are requested not to park opposite driveways on northern side of Coolibah Avenue.

Grounds and Litter- The Centre has an agreement with the local Council to maintain the grounds in a clean and tidy condition at the completion of the days events. All clubs have a rubbish bin for use and every person is requested to please place all rubbish in these bins when needed. Parents are asked to set an example at all times. The grounds surrounding the club areas must be tidied prior to departure.

Centre Notice Board- The Centre notice board is located inside the Clubrooms to the left of the door. Please check the board each week for any late breaking news. News can be posted on the board with the permission of the Centre Secretary.

Newsletter- The Centre produces a newsletter on a regular basis and is normally distributed through each club. Extra copies will be available in the clubrooms. Any news worthy information or articles can be passed onto the Centre Secretary or via your club Secretary.

Points and Grading- Each week during the interclub season all athlete's performances are recorded on the Centre's Computer System. Points are awarded for placing in all events for the Interclub Trophies, improvement points are also recorded. Each week Grading Sheets are produced for all Sprint and Hurdle events. All athletes must marshall as per these sheets. This allows all athletes to run against others of similar ability and enjoy even competition

Smoking – Smoking is prohibited within the Centre venue. In the interests of children's health, adults are asked to smoke outside the Centre venue – out of sight of the athletes.