

## ROSE SHIELD

### RULES

These are in conjunction with the Mid -South Canterbury Sub - Centre Set of Rules.

**Two** Competitors only from each Club will get points in an event in the 7 - 14 year age group.

**Junior** competitors **MUST** be a registered (*either social or competitive*) financial club member with the IMG Registration System, and either wearing their Colgate Age Patch (*for social*) or their Canterbury Children's Registration Number (*competitive*), to gain points for their club.

**Senior** competitors **MUST** be a registered (*either social or competitive*) financial club member with the IMG Registration System, and if Senior Canterbury Track & Field registered (*competitive*) wear their senior registration number.

Clubs must advise their **social** senior members to the Sub Centre Secretary a few days before competition for advise to be forward to the Rose Shield Committee.

Competitors **MUST** wear their Club uniform in order to compete.

Entries from Clubs only.

**POST ENTRIES** Competitors report to Official at event just prior to start time.

Event starting times will be announced.

Any Competitors not at an event when name is called miss their turn in that round.

### FIELD EVENT COMPETITORS

7 to 14 years - one trial throw, then three ( 3 ) marked throws.                      16 to Senior - one trial throw, then six ( 6 ) measured throws.

### LONG & TRIPLE JUMP COMPETITORS

7 to 14 years - one trial jump, then three ( 3 ) measured jumps.                      16 to Senior - one trial Jump, then six ( 6 ) measured Jumps.

*Sub Centre Meeting 10 November 2015*

**If athlete numbers in one age group are in excess of 15 entries for a field event then each athlete is limited to 2 throws or 2 jumps in that event.**

In Field & Jump Events, competitors take no more than **1 minute** to start a Throw or Jump after being called by an Official

High Jump Bar to be raised at 5 cm intervals, until three Competitors remain, then raised according to the Competitors request.

Competitors must stay in the correct/registered Grade throughout the day, except in the Relays, where they may run in a higher Grade. An Athlete is only allowed to run in 1 Relay Team.

Points distributed as follows:    **First**   5 ,    **Second**   3 ,    **Third**   1.

**CANCELLATION OR POSTPONEMENT** will be phoned to Port FM and Club Secretaries will be contacted.