

SACSSA INVITATIONAL ATHLETICS
VENUE: GERMISTON STADIUM
6 SEPTEMBER 2025
COMPETITION RULES
[UPDATED 10/06/25]

All correspondence must be by e-mail to joan@sacssa.co.za

1. Athletes should enter and participate according to the age classifications as listed below. An athlete may only compete in a different age group if a specific event is not offered in his/her own age group.

Age Group	Year of Birth
Boys/Girls 7	2018
Boys/Girls 8	2017
Boys/Girls 9	2016
Boys/Girls 10	2015
Boys/Girls 11	2014
Boys/Girls 12	2013
Boys/Girls 13	2012
Boys/Girls 14	2011
Boys/Girls 15	2010
Boys/Girls 17	2008/9
Boys/Girls 19	2006/7

2. Athletes shall be entered **per school** and entries shall be sent to the SACSSA National Office to joan@sacssa.co.za
3. An athlete may enter for a maximum of **4 events**
4. No Registration Numbers are required.
5. **Entry Forms**, must be submitted per school. The use of electronic registration via the **Versus Edit Team File** System is recommended. A help file for Versus Edit Team is available from joan@sacssa.co.za

There is a special **Excel Entry Form**, that may be used. The Form must **not** be changed in any way.

6. The closing date for all entries, is **Monday 25 August.**
7. Once all entries have been received, the Provisional Programme, **may be adjusted, if necessary.**
8. A Team Report of each team entering will be returned to the Contact Person for verification. It is each School's responsibility to ensure that all their athletes are correctly entered, that the age groups are correct and that the correct events for each athlete are indicated.

9. A **CHECK AND CORRECTION FORM**, will be sent out with the Team Report and must be completed and returned to johan@sacssa.co.za with all corrections indicated. Should the entries be correct, an e-mail must be sent, indicating that you are satisfied that the entries are 100% correct.
10. All changes and withdrawals must be done on the **CHECK AND CORRECTION FORM** and returned to johan@sacssa.co.za , **no later than Friday 29 August at 17h00**
11. Participation fees of athletes that withdraw **after 29 August**, are neither refundable, nor available for replacement athletes.
12. The Entry Fee, for athletes who are **SACSSA Full Members**, is **R120.00** per athlete.
13. The Entry Fee, for athletes who are **SACSSA Associate Members**, is **R170.00**.
14. The Entry Fee must be paid as one amount per school into your own **SACSSA Regional Account**, **no later than Tuesday 2 September**.
15. The name of a **Contact Person** with all contact details must be submitted on the **Excel Entry Form**, or on the e-mail cover page, if the Versus Edit Team File is used.
16. It is the responsibility of the athlete to check which **field events** will clash and to ensure that they do not enter for both in such a case. No special arrangement can be made to accommodate such an athlete.
17. It is the responsibility of the School Team Manager or Supervisor to inform the Call Room Officials should an athlete not report to the Call Room, due to the athlete being busy with another event at the time.
18. An athlete who has a direct clash between a track event and a field event, must report to the Starter, 5 minutes before the start of the track event to compete in the track event, even if she/he is busy with a field event. After the track event, the athlete may return to the field event to complete her/his remaining attempts on condition that the field event has not been completed.
19. Should an athlete who is taking part in the High Jump have to compete in a track event, the athlete may return to the High Jump, but will have to continue on the height where the other athletes are at that stage on condition that the high jump has not been completed.
20. Field Athletes may use their own implements [except for **Starting Blocks**, **Turbo Javelins** and **Cricket Balls**], on condition that the implements may also be used by other participants in that event. All privately owned implements must be checked by one of the Field Referees.
21. In all the Field Events [except High Jump] all athletes will have **2 attempts**, after which the **top 6 athletes will have two more attempts**.

22. If 10 or more athletes have entered for a specific High Jump Event, athletes will get a **maximum of 5 attempts**. It is the athlete's choice how they want to manage these attempts, which means that they can have more than 3 failures at a specific height.
23. If less than 10 athletes have entered for a specific High Jump Event, then the attempts will follow the normal High Jump procedures.
24. Only under **extreme conditions** a correction will be made after the Start Sheets and Lane Draws have been finalized. This correction will only be made upon the payment of a **R100-00 fee per event, in cash.**
25. All athletes are **pre-entered**. No athletes will be entered on the day of the competition.
26. Once all entries have been received, the Provisional Programme, **may be adjusted** in accordance with the number of entries received, per event. The organizers will also retain the right to move some field events into different time slots, should this be necessary due to the number of entries in specific events [normally only field events].
27. A Gate Fee of **R20.00 per adult spectator** will be charged.
28. A limited number of hard copy Programmes will be available at the Entrance, at a cost of **R10.00 per programme**.
29. Starting Blocks will be provided by the stadium. Starting blocks are compulsory for Age Groups 10 and older. Starting blocks are also compulsory if any athlete is wearing spikes. No personal Starting Blocks are allowed.
30. The **One Start Rule** will be applied for **ages 14, 15, 17 & 19**. **Any athlete** causing a false start, can be disqualified, at the discretion of the Starter.
31. Age groups **7, 8, 9, 10, 11, 12 & 13** will **all receive one warning** after a false start. **Any athlete** causing a false start after the first warning, can be disqualified, at the discretion of the Starter.
32. All Field Events are Finals.
33. All Track Events are Timed Finals
34. All athletes shall report to the stadium, at least **90 minutes** before the time indicated on the **Final Programme**. The organizers will take no responsibility for any athlete missing his/her event.
35. **All athletes** must report to the Call Room Control Area **at least 45 minutes before the starting time of the specific event** indicated on the official program / timetable.
36. Parents/Coaches will not be allowed, in the following areas:
 - Within the Competition Area
 - In the Computer Room
 - In the Call Room Control Area

- In the Board Room (Coaches and Managers will be allowed in the Board Room on official business only)
- 37. Track Events will be done according to time-placing, except where indicated otherwise.
- 38. Hand Timing and Finishing Judges, will be used in placing the athletes.
- 39. It is **very important** that athletes can clear the Starting Height before they enter for the High Jump events. Starting heights for the different age groups, are as follows:

High Jump – Starting Heights	
Age Group	Starting Height
Girls 10	0,95m
Boys 10	1,05m
Girls 11	1,05m
Boys 11	1,10m
Girls 12	1,10m
Boys 12	1,20m
Girls 13	1,10m
Boys 13	1,30m
Girls 14	1,15m
Boys 14	1,40m
Girls 15	1,15m
Boys 15	1,45m
Girls 17	1,15m
Boys 17	1,50m
Girls 19	1,15m
Boys 19	1,50m

- 40. **PROTEST / APPEAL:** All protests concerning the result of an event must be made **within 30 minutes** of the official announcement (either by the announcer or after being displayed on the notice board) of the result of an event. Any protest should be lodged verbally to the Chief Official/Referee by the athlete before leaving the Competition Area. If no consensus is reached a written appeal should be submitted to the Help Desk Officials, accompanied by a deposit of R150.00 before the appeal will be heard. The deposit will be forfeited if the appeal is not upheld.
- 41. Medals will be awarded to the first three places in each event. Medals must be collected from the Medals Area/Room [the Medals Area/Room will be identified].
- 42. According to the SACSSA Code of Conduct, the event is a totally **No Smoking and No Alcohol Event**

Turbo Jav Throw

The importers and distributors of the official Turbo Jav is Trevor Smith Sports. They can be contacted as follows:

Head Office [Newcastle]
 034-312 7178
info@trevorsmithsports.co.za

Benoni Branch
 011-425 4980
benoni@trevorsmithsports.co.za

The rules for Turbo Jav Throw [G & B 8, 9, 10, 11] are the following:

1. Only the Turbo Javs supplied by the organizers shall be used during the competition.
2. Girls and Boys 8 & 9 shall use a 300g Turbo Jav and the maximum run-up is 8m
3. Girls and Boys 10 & 11 shall use a 400g Turbo Jav and the maximum run-up is 12m

Cricket Ball Throw

The rules for Cricket Ball Throw are the following:

1. Only the Cricket Ball [**135g**] supplied by the organizers, shall be used:
2. A normal overarm throwing action shall be used. **Not bowling.**
3. The maximum run-up distance is 5m
4. The event is seen as the fore-runner for Turbo Jav Throw [G & B 8, 9, 10 & 11] and eventually for Javelin Throw [G & B 12 and up]