

2023

CGA Track and field Book of Rules

Qualifying standards and rules



CENTRAL GAUTENG
ATHLETICS

CGA Track and Field Commission
Chairperson : Maggie Dicks(083 276 5813)

Track and field rules

Temporary licence numbers will ONLY be allowed at CGA Track & Field LEAGUE meetings.
NO temporary Licence will be allowed/available at CGA CLOSE PROVINCIAL CHAMPIONSHIPS.
Mislaidd License numbers must be replaced with new licensed number available from your club.
ONLY PRE-Entries on link provided.
(Respect closing date)

COMPETITION RULES

The above rules also apply at Championships events.

1. In the heats, the fastest 8 athletes will qualify for the final.

The fastest 12 athletes qualify for all events 800m and further

2. If there are insufficient entrants in the heats, the race becomes a final and WILL BE RUN AT THE SCHEDULED TIME OF THE FINAL.

3. Where events are considered to be finals and more entries are received that can be accommodated in a final, more than one race can be run and results will then be determined on the fastest times.

4. Athletes must report at the CALL CENTRE 60 minutes before the published time schedule
NO LATE ENTRIES WILL BE ACCEPTED

5. Personal implements must be submitted for Assizing at least 2 hours before the scheduled time of the event.

6. Withdrawal from an event after submission of names by the Team manager, will result in the disqualification of the athlete from any further participation in the competition

The meeting management and Chief Referee reserved the right to accept valid reason to override this rule.

7. Starting blocks supplied by the organisers must be used

Starting blocks is compulsory from 10 years and older for all Track event up to 400m

8. Only Athletes domiciled in Central

Gauteng may compete in the Central Gauteng Provincial Championships and CGA Talent Identification competition, unless otherwise determined by the Chairperson of CGA Track & Field Commission.

9. All athletes wishing to participate in the Talent Identification Competition must be 14/15 on 31 December of the year that the competition takes place.

These competitions traditionally occurred in August to October.

Preferably athletes in CGA regions, who never earned Province or National colours in any sport code.

10. PROOF AGE (certified copy of Green Bar-coded ID book, SA ID card birth certificate if under 16 years) must be submitted at the latest, at the Provincial Championships.

NO MEDAL will be received without valid Identification.

Athlete will not be considered for selection of Provincial team.

11: As per World athletics technical rule 20.9 athletes competing in races beyond 1000m and including can only do one race per day

ENTRY FEE: CGA League meetings

ATHLETES- R30: 00.per Athlete Only 3 events allowed

SPECTATORS: - R50 per person

All events hosted by CGA Track & Field Commission

COACHES free - proof of affiliation identification card clearly visible at all times

TECHNICAL OFFICIALS: - Free with affiliation identification card always clearly visible.

PROVINCIAL CHAMPIONSHIPS

ATHLETES: - R30 Only Three (3) Events

SPECTATORS: - R50

SELECTION CRITERIA OF CGA TRACK AND FIELD

The following criteria must be met for the selection to the CGA team to participate in any interprovincial meeting:

1. Certified copies of birth /Green Bar-Coded ID Books must be submitted to the CGA Track and Field Commission with the original to be viewed simultaneously not later than the closing date for the CGA Track and Field Championship pre-entries. CGA cannot be held responsible for lost documents.
 2. Athletes must be in possession of a permanent race number before selection of the team takes place. This number also acts as an insurance policy should the athlete be injured during training or racing according to the prerequisites of the underwriter concerned.
 3. Qualifying standards determined by CGA track and field commission must be attained. It remains the prerogative of the selection committee to waive any qualifying standard should it be deemed necessary to do so.
 4. Certified proof of any performance certificates attained by an athlete in meetings other than ASA/CGA organised events must be submitted to the CGA Track and Field Commission not later than the closing date for the CGA Track and Field Championship pre-entries.
 5. Athletes that have attained club championships qualifying standard before the champs and run the provincial championship which is the final official trial. Failure to comply with this rule could lead to omission from the CGA team.
 6. Should an athlete be ranked in the latest ASA top ten best performance list, s/he will be included in the team.
7. Selection criteria Correct as is 3 our 5 leagues meetings ASA Qualifying standards

The domicile rule for selection to any CGA team will be applied strictly. The Domicilium Rule

29.4.2 An athlete shall only represent the ASA province where s/he is domiciled.

29.4.3 With the exception of a National athlete, an athlete shall only be a member of a club if the athlete and the club are both domiciled in the same ASA province.

29.4.4 A National Athlete* may belong to a club of his/her choice anywhere in South Africa, BUT s/he will ONLY

represent an ASA province where he/she is domiciled.

29.4.5 No athlete may relocate from one province to another without being in possession of a written clearance certificate from his/her former province entitling him/her to compete in the new province. Failure to obtain such a clearance certificate shall render the athlete ineligible to compete in the new province.

***National Athlete**

A national athlete is an athlete whose name appears on ASA's Register of National Athletes. Essentially, athletes on the Register of National Athletes will be those who have represented South Africa at a senior international championship or who placed in the top ten at Comrades

General information

CGA Selected Team members to represent CGA province at ASA National Championships 2023

A Compulsory Team Meeting will be held for ALL selected ATHLETES AND MANAGEMENT usually at CGA office in Germiston Stadium before team leaves to the ASA National Championships, to be given final team arrangements.

Athletes are requested to bring their 2023 Permanent Licenses and certified copies of the birth certificate or ID card with a ID SIZE photo paste in left top corner to the copy, to the above mentioned meeting, if it was not handed in at Medal presentation at the Provincial Championships

IMPORTANT

Please note that signing of Code of Conduct Consent forms and contract agreement is **COMPULSORY** and to be signed by all Team Members and Management, Minors forms to be signed by parents or guardian.

If consent/contract forms are not signed an athlete will not be allowed to be part of CGA team.

CGA Track and Field Commission

For Results: **<https://tinyurl.com/CGATrackResultsHistory>**

Events per age group in 2023

under6 (4 & 5)	under8 (6 & 7)	under 10(8 & 9)	under 12(10 & 11)	under 14 (12 an 13)	under 16M (14 & 15)	under 16W (14 & 15)	under 18M (16 & 17)	under 18W (16 & 17)	under 20M (18 & 19)	under 20W (18 & 19)	Seniors M/W(Open)
2019 and 2018	2016 and 2015	2015 and 2014	2013 and 2012	2011 and 2010	2009 and 2008	2009 and 2008	2007 and 2006	2007 and 2006	2005 and 2004	2005 and 2004	2003
60m	60m	80m	100m	100m	100m	100m	100m	100m	100m	100m	100m
80m	80m	100m	150m	200m	200m	200m	200m	200m	200m	200m	200m
		1200m	1200m	400m	400m	400m	400m	400m	400m	400m	400m
		Long Jump	Turbo Javelin	800m	1500m	1500m	800m	800m	800m	800m	800m
		High Jump	Long Jump	1500m	3000m	3000m	1500m	1500m	1500m	1500m	1500m
		Shotput	High Jump	1500m walk	1500m SteepleChase	1500m SteepleChase	3000m	3000m	3000m	3000m	3000m
			Shotput	Shotput	100m Hurdles	90m Hurdles	2000m SteepleChase	2000m SteepleChase	5000m	5000m	5000m
				Discus	300m Hurdles	100m Hurdles	110m Hurdles	100m Hurdles	3000m SteepleChase	3000m SteepleChase	10000m
				Javelin	5000m walk	300m Hurdles	400m Hurdles	400m Hurdles	100m Hurddles	100m Hurddles	3000m SteepleChase
				LongJump	LongJump	3000m walk	LongJump	LongJump	110m Hurdles	110m Hurdles	110m Hurdles
				HighJump	HighJump	HighJump	HighJump	HighJump	400m Hurdles	400m Hurdles	400m Hurdles
				TripleJump	TripleJump	TripleJump	TripleJump	TripleJump	LongJump	Long Jump	Long Jump
					Discus	Discus	Discus	Discus	HighJump	High Jump	HighJump
					Hammer	Hammer	Hammer	Hammer	TripleJump	TripleJump	TripleJump
					Shotput	Shotput	Shotput	Shotput	Discus	Discus	Discus
					Javelin	Javelin	Javelin	Javelin	Hammer	Hammer	Hammer
					Polevault	LongJump	10000m walk	5000m walk	Shotput	Shotput	Shotput
						Polevault	Polevault	Polevault	Javelin	Javelin	Javelin
									10000m walk	20m walk	20km walk
									Pole-vault	Pole-vault	Pole-vault

Minimum Qualifying Standards for 2023 CGA Sub-Youth, Youth and Junior championships

CGA Boys U 16 Qualifying STD	CGA Boys U 18 Qualifying STD	CGA Boys U 20 Qualifying STD		CGA Women U20 Qualifying STD	CGA Women U18 Qualifying STD	CGA Girls U 16 Qualifying STD
2009 AND 2008	2007 AND 2006	2005 AND 2004		2005 AND 2004	2007 AND 2006	2008 AND 2009
Hand/Electronic Inland /Coastal	Hand/Electronic Inland /Coastal	Hand/Electronic Inland /Coastal		Hand/Electronic Inland /Coastal	Hand/Electronic Inland /Coastal	Hand/Electronic Inland /Coastal
11.3/11.48	10,8 /10,98	10,6 / 10.79	100m	12,2 / 12,41	12,2 / 12,45	12,2 / 12,65
22.70/23.09	21,8 / 22,14	21,5 / 21,86	200m	25,1 / 25,46	25,1 /25,44	25,6 /25,97
51.50/51.96	58,9 / 49,38	48,1 / 48,52	400m	57,7 / 58,22	57,4 / 57,88	59.2 / 59.64
2.02,35 / 2.04,35	1.57,92 / 1.55,92	1.54.94 / 1.52,94	800m	2.19,72 / 2.17,72	2.16,63 / 2.14,63	2.18.56 / 2.20.56
4.18,27 / 4.14.27	4.05,99 / 4.01,99	4.01,31 / 3.57,31	1500m	4.48,69 / 4.52,69	4.44,12 / 4.48,12	4.49,12 / 4.53,12
9.33,31 / 9.25.31	8.57,02 / 8.49,02	9.32,10 / 9.00,00	3000m	10.49.20 / 10.57.99	10.28.50 / 10.36.50	10.39,99 / 10.47,50
		15.14,52 / 15.02,52	5000m	19.28,73 / 19.16,73		
		32.59,19 / 31.48,10	10000m	35.18,13 / 34.51,14		
4.42,95 / 4.38,95			1500m SC			6:15.00/6:08.00
	6.15,32 / 6.10,02		2000m SC		8.39,67/8.34,37	8
		9.39,73 / 9.31,73	3000m SC	12.00,00		
			90mH			
13,60 / 13,81			100mH	15,0 / 15,28	15,0 / 15,22	15,0 / 15,22
	14,20 / 14,43	14,5 / 14,80	110m H			
40,4 / 40,90			300mH			
	53,9 / 54.58	54,0 / 54,73	400mH	64,8 / 65,54	64,5 / 62,21	64,5 / 62,21
28.12,74 / 27.57,74			5000m Walk		29.59,01 / 29.44,01	29.59,01 / 29.44,01
	55.07,48 / 53.57,48	57.41,65 / 56.31,65	10000m Walk	1:08.47.97 / 1:07.37,97		
		1:41.09,69 / 01:38.39,69	20km Walk			
6.25m	6.71m	6.90m	Long Jump	5.40m	5.36m	5.14m
12.03m	13.44m	13.92m	Triple Jump	11.50m	10.84m	10.84m
1.84m	1.96m	1.98m	High Jump	1.66m	1.66m	1.66m
3.04m	3.59m	3.68m	Pole Vault	2.60m	2.61m	2.61m
15.82m	16.20m	15.50m	Shot Put	11.37m	11.82m	11.82m
50.68m	48.12m	46.44m	Discus Throw	38.79m	37.13m	37.13m
42.74m	50.19m	46.18m	Hammer Throw	29.80m	33.85m	33.85m
54.61m	62.02m 62.02m	56.69m	Javelin Throw	38.36m	39.94m	39.94m

Minimum Qualifying Standards for 2023 ASA Sub-Youth, Youth and Junior championships

Sub-youth (Boys U16) Born 2007/08 Inland/Coast	Youth (boys U18) Born 2005/6 Inland/Coast	Junior (boys U20) Born 2003/04 Inland/Coast	Event	Junior (girls U20) Born 2003/04 Inland/Coast	Youth (girls U18) Born 2005/6 Inland/Coast	Sub-youth (girls U16) Born 2007/08 Inland/Coast
11.50/11.60	11.10/11.20	10.90/11.00	100m	12.40/12.50	12.60/12.70	12.70/12.80
23.60/23.70	22.50/22.60	22.00/22.10	200m	25.60/25.70	25.90/26.00	26.50/26.60
53.80	50.10	49.30	400m	59.00	59.20	1:01.00
2:04.00	1:57.50	1:55.00	800m	2:17.00	2:19.00	2:21.00
4:30.00/4:25.00	4:08.00/4:04.00	4:04.00/4:00.00	1500m	4:55.00/4:50.00	4:56.00/4:51.00	4:58.00/4:53.00
9:20.00/9:10.00	8:58.00/8:48.00	8:50.00/8:40.00	3000m	10:45.00/10:33.00	10:52.00/10:40.00	11:00.00/10:48.00
		15:35.00/15:20.00	5000m	20:45.00/20:25.00		
		33:00.00/32:15.00	10000m			
5:00.00/4:55.00			1500m SC			6:15.00/6:08.00
	6:35.00/6:28.00		2000m SC		8:10.00/8:00.00	
		10:30.00/10:20.00	3000m SC	13:00.00/12:45.00		
			90mH			13.90/14.00
13.90/14.00			100mH	15.20/15.30	15.00/15.10	
	14.90/15.00	14.90/15.00	110m H			
41.50			300mH			46.50
	55.40	55.30	400mH	1:05.00	1:05.50	
29:45.0/29:00.0			5000m Walk		30:45.0/30:00.0	31:45.0/31:00.0
		54:30.0/54:00.0	10000m Walk	67:00.0/65:30.0		
			20km Walk			
6.10	6.60	7.00	Long Jump	5.20	5.10	5.00
13.20	13.40	14.00	Triple Jump	10.80	10.60	10.20
1.80	1.90	1.94	High Jump	1.60	1.55	1.50
3.50	3.80	3.90	Pole Vault	2.80	2.60	2.50
15.00	16.40	14.70	Shot Put	11.60	13.50	12.30
48.00	49.00	45.00	Discus Throw	40.00	39.00	38.00
40.00	50.00	52.00	Hammer Throw	44.00	44.00	38.00
49.00	57.00	57.00	Javelin Throw	41.00	41.00	40.00

Minimum Qualifying Standards for the ASA Senior Championships 2023:

	QUALIFYING STANDARD SNR MEN AND WOMEN			
	<u>Inland/Coast</u>			
MEN Inland	MEN Inland/Coast	EVENT	WOMEN Inland/Coast	
10,2 / 10.44	10.50/10.60	100m	12.20/12.30	12.20/12.30
20,7 / 21,04	21.30/21.40	200m	24.90/25.00	24.90/25.00
46,2 / 46,71	48.00	400m	57.00	57
1.50,22	1:52.50	800m	2:15.00	02:15.0
3.47,70 / 3.43,70	3:55.50/3:52.00	1500m	4:45.00/4:40.00	4:45.00/4:40.00
14.22,79 / 14.10,79	14:35.00/14:22.00	5000m	18:00.00/17:44.00	18:00.00/17:44.00
30.11,61 / 29.44,61	31:00.00/30:25.00	10 000m	39:30.00/38:30.00	39:30.00/38:30.00
9.09,89 / 9.01,89	9:40.00/9:30.00	3000m St/C	12:42.00/12:30.00	12:42.00/12:30.00
		100mH	14.50/14.60	14.50/14.60
14,1 / 14,31	14.80/14.90	110mH		
50,6 / 51,30	52.80	400mH	1:01.00	01:01.0
2.09m	2.00m	High Jump	1.65m	1.65m
4.60m	4.40m	Pole vault	3.20m	3.20m
7.49m	7.10m	Long Jump	5.40m	5.40m
14.93m	14.50m	Triple Jump	11.40m	11.40m
16.19m	16.50m	Shot Put	12.30m	12.30m
51.02m	47.50m	Discus Throw	44.00m	44.00m
51.25m	54.00m	Hammer Throw	50.00m	50.00m
69.75m	62.00m	Javelin Throw	42.00m	42.00m
4500 Points	5 000 Points	Decathlon		
		Heptathlon	4 000 Points	4 000 Points
1:44.58,89 / 1:42.28,89	1h:50.00/1h48:00.00	20km Walk	2h05:00.00/2h03:00.00	2h05:00.00/2h03:00.00

SECTION 2: PERFORMANCE CRITERIA

Qualification Standards

2.1 For an athlete to be considered for selection for the **CAA African Championships provisional team** they must have achieved the following relevant performance standard/s:

Men	Event	Women
CAA		CAA
10.44	100 m	11.94
21.24	200 m	24.24
46.64	400 m	54.74
1.47.30	800 m	2. 06. 00
3.39 00	1.500 m	4.21. 00
13.30.00	5.000 m	16.18. 00
28.38.00	10.000 m	35.20.00
14. 24	110m / 100m hurdles	14.24
50.94	400m hurdles	59.64
8.36.00	3.000m steeple chase	10.30.00
1h28.0	20 km walk	1h50.0
39.50	4 x 100 m	45.50
3.04.50	4 x 400 m	3.39.00
2.12 m	High Jump	1.75 m
5.00 m	Pole vault	3.40 m
7.80 m	Long Jump	6.15 m
16.00 m	Triple Jump	13.00 m
16.80 m	Shot Put	14.90 m
53.50 m	Discus	49.00 m
59.00 m	Hammer	50.50 m
69.00m	Javelin.	49.00 m
6960 pts	Decathlon/Heptathlon	5000 pts

World Athletics Championship Qualifying



Entry Standards

Men	Event	Women
10.00	100m	11.08
20.16	200m	22.60
45.00	400m	51.00
1:44.70	800m	1:59.80
3:34.20 (3:51.00/3:51)	1500m (mile standard)	4:03.50 (4:22.00/4:22)
13:07.00 /13:07	5000m / 5km road	14:57.00 /14:57
27:10.00 /27:10	10,000m / 10 km road	30:40.00 /30:40
2:09:40	Marathon	2:28:00
8:15.00	3000m SC	9:23.00
13.28	110m H / 100m H	12.78
48.70	400m H	54.90
2.32	High Jump	1.97
5.81	Pole Vault	4.71
8.25	Long Jump	6.85
17.20	Triple Jump	14.52
21.40	Shot Put	18.80
67.00	Discus Throw	64.20
78.00	Hammer Throw	73.60
85.20	Javelin Throw	63.80
NA	Heptathlon	6,480
8,460	Decathlon	NA
1:20:10	20km Race Walk	1:29:20
2:29:40	35km Race Walk	2:51:30
Top 12 at WRE + 4 from Top Lists	4x100m	Top 12 at WRE + 4 from Top Lists
Top 12 at WRE + 4 from Top Lists	4x400m	Top 12 at WRE + 4 from Top Lists
Top 12 at WRE + 4 from Top Lists	4x400m Mixed	Top 12 at WRE + 4 from Top Lists

Conditions for the validity of performances

- All performances must be achieved during competitions organised or authorised by World Athletics, its Area Associations or its National Federations and conducted in conformity with World Athletics Rules and for which (starting from 1 January 2023) an application has been submitted in advance (see below).
- For Road Races and Race Walks, World Athletics publishes on its website a list of courses and competitions that comply with the below.
 - Road Races (Marathons, Half Marathons, 10km, 5km and road Mile)
 - Performances for qualifying purposes may only be achieved on a course measured by a World Athletics/AIMS Grade "A" or "B" International Road Race Course Measurer with the measurement certificate established no more than 5 years before the date of the race.
 - For Entry Standards the overall decrease in elevation between the start and the finish will not exceed 1:1000, i.e., 1m per km.

SUB YOUTH AGE GROUP QUALIFYING STANDARDS 2023

ITEM	GIRLS 7	GIRLS 9	GIRLS 11	GIRLS 13	GIRLS 15	BOYS 7	BOYS 9	BOYS 11	BOYS 13	BOYS 15	ITEM
60M	11,08	9,45				10,00	9,15				60M
80M	14,10	12,40	11,50			13.15	11,87	11,20			80M
100M			14,50	13,45	13.35			13,90	12,50	11.70	100M
200M				29,00	28.85				26,25	24,15	200M
400M					1:07,22					0:54,50	400M
600M		2:10,50					2:05,50				600M
800M				2:32,00	2:30,50				2:23,50	2:11,52	800M
1200M			4:25,70					4:12,70			1200M
1500M				05:35,10	05:25,00				04:51,33	04:35,19	1500M
3000M					12:32,16					10:30,00	3000M
1500MW				11:00,00					10:30,00		1500MW
5000MW					32:00,00					30:00,00	5000MW
70MH			13.00					11,96			70MH
75MH				13,00							75MH
80MH									13.50		80MH
90MH					14,86						90MH
100MH										14,20	100MH
200MH				32,85					29,47		200MH
300MH					52,43					43,24	300MH
T-JAV		14.15	18.60				18.54	22.85			T-JAV
JAV				27.00	29.80				34.75	44.40	JAV
HJ			1.24	1.40	1.40			1.32	1.52	1.65	HJ
LJ			4.08	4.40	4.70			4.20	4.90	5.42	LJ
TJ					8.46					11.00	TJ
SP			9.10	10.10	11.10			10.90	10.50	14.62	SP
HAM					30.00					30.50	HAM
DIS				31.14	29.80				31.50	46.65	DIS

2023 Fixtures and programs

Sub youth, Youth, Junior and Senior

7 January 2023 (Race walk league)

14 January 2023 (League one)

21 January 2023 (League two)

4 February 2023 (League three)

18 February 2023 (League four)

25 February 2023 (League five)

10-11 March 2023 (CGA Combined Championships)

ASA Events

15-18 March 2023: High Schools National Champs: Free state

23 -25 March 2023: ASA Sub Youth, Youth and Junior Championships: Pietermaritzburg

30-1 April 2023: Senior Track and Field Championships: Potchestroom

12 April 2023: ASA Grand prix 1 / continental Tour: Pilditch

19 April 2023: ASA Grand prix 2/ Continental Tour: Germiston

26 April 2023: ASA Grand prix 3/ Continental Tour: Potchestroom

CAA Events

19-23 April 2023: CAA U18/U20 championships: Zambia

USSA

4-6 May 2023: USSA Champs: Gqeberha

World Athletics (WA)

World Athletics Championships: 19 -27 August 2023: Budapest

CGA League Programs

<https://tinyurl.com/14jan23program>

<https://tinyurl.com/21jan2023program>

<https://tinyurl.com/4feb2023program>

<https://tinyurl.com/18feb2023program>

<https://tinyurl.com/25feb2023program>

<https://tinyurl.com/cgachamps2023>

Entry links

<https://tinyurl.com/cgameetone14jan23>

<https://tinyurl.com/cgameettow28jan23>

<https://tinyurl.com/cgameetthree4feb23>

<https://tinyurl.com/cgameetfour18feb23>

<https://tinyurl.com/cgameetfive25feb23>

<https://tinyurl.com/CGA2023TandFChamps>

TALENT IDENTIFICATION PROGRAMS:

OR TAMBO SONCINI SOCIAL COHESION GAMES

Age category: Under 16(14- and 15-year-old in 2023) including Intellectual impaired and Disabled athletes

DATES: To be confirmed

SUB-YOUTH/Primary School AGE CATEGORY SEASON

Age category: Under8(6- and 7-year-old in 2023)

Under 10(8- and 9-year-old in 2023)

Under 12(10- and 11-year-old in 2023)

Under 14(12- and 13-year-old in 2023)

ate: to be confirmed

2 November 2023(SA Sub Youth Inter Provincial Championships)

Venue: Athletics Mpumalanga (Secunda or Sasolburg)