



CONSTITUTION

RULES OF RACING AND REGULATIONS

**PLUS
ATTACHMENT**

Guidelines for TAL Starters

**Endorsed 26th May 2013, effective from 31st May 2013; updated 27th June 2021;
updated 30th June 2024; updated 5th October 2025.**



TASMANIAN ATHLETIC LEAGUE INCORPORATED

CONSTITUTION & RULES

This Constitution and Rules shall come into operation from the Thirty-First Day of May 2013 and any other Constitution and Rules then in existence inconsistent with this Constitution and Rules shall be annulled as from that day, but such annulment shall not affect the previous operation of any part of the Constitution and Rules so annulled or anything done or suffered hereunder or affect any penalty or disqualification incurred in respect of any offence committed against any rule so annulled.

DEFINITIONS:

"Tasmanian Athletic League" or **"T.A.L."** or **"T.A.L.Inc."** or **"the League"** means the Tasmanian Athletic League Incorporated pursuant to the laws of the State of Tasmania.

"Council" means the Council of the T.A.L.Inc. as duly elected by the T.A.L.

"Clubs" means a club, or body of persons being unincorporated or incorporated, organised for the purpose of conducting athletic sports meetings and are duly affiliated with the T.A.L.

"Athlete", "Competitor" or "Runner" means any person who is registered with the T.A.L. for the purpose of competing in running events.

"Trainer/Coach" means any person who is registered with the T.A.L. for the purpose of training or coaching athletes participating in T.A.L. approved events.

"Registration" means acceptance by the T.A.L. subject to its conditions of a person's participation in T.A.L. meetings.

"Dope" means any substance referred to under Rule 224.

"Maiden" means any runner who has not won any final of any event.

"Collusion" means any scheme, arrangement or agreement by athletes, trainer/coaches, persons or other parties which has the purpose of causing interference in a race, causing a race result to be predetermined, causing an athlete not to compete to the best of his ability, or any other instance which results in a race not being run on the merits of the athletes concerned.

"Wildcard" means an entry requested by the Club conducting the Carnival for the reason of elite performance or promotional purposes.

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CONSTITUTION

1. NAME

- 1.1. This League hereby constituted shall be called the TASMANIAN ATHLETIC LEAGUE INCORPORATED, hereinafter referred to as the TAL.

2. MEMBERSHIP

- 2.1. The TAL shall consist of the following types of members:

- Life Members;
- Council Members;
- Affiliated athletic clubs and carnival organising committees, groups and individuals;
- Registered athletes and trainers (i.e. coaches).

- 2.2. All members of the TAL shall enjoy all rights, responsibilities, privileges, obligations and entitlements of the League.

3. COLOUR

- 3.1. The colour of the TAL shall be predominately green.

4. OBJECTS

- 4.1. The objects of the TAL shall be to promote the sport of Athletics throughout Tasmania and Australia; in particular, this refers to professional, handicapped foot-racing.
- 4.2. In order to do so, the TAL shall have all the powers necessary to promote and conduct, Sports Meetings and other Sporting and Social activities in Tasmania and generally to manage, control and supervise the same and for any such objects to affiliate with other sporting bodies controlling athletics whether in Tasmania or elsewhere.

5. POWERS

- 5.1. The TAL shall have the following powers in addition to those expressed or implied elsewhere in this Constitution:
- 5.2. The TAL through its Council shall be the final arbiter in all matters of dispute including misconduct.
- 5.3. Every TAL member together with every club and organisation upon joining becomes entitled to all privileges and obligations of the League as spelt out in this Constitution.
- 5.4. Management and control of the TAL shall be vested in a **Committee**, hereinafter referred to as the **Council**.
- (a) Subject to the power and control of the League, its affairs shall be managed by a Council consisting of the President (who may be a resident of any part of Tasmania), four (4) residents of the North West, three (3) residents of the North, two (2) residents of the South, and four (4) members (at least one of each gender) appointed to represent the Athletes and Trainer/Coaches registered with the League in accordance with clause 2 and subject to "Vacancies" Clause 8.6.
- (b) The **Executive Committee** of the Council shall consist of the President, Vice President, Treasurer, Secretary and one other Council Member nominated by the Council.

6. ANNUAL GENERAL MEETING

6.1. The Financial year of the TAL shall commence on the 1st day of May and the AGM shall be held no later than 30 June each year and shall be the supreme forum of the TAL.

- It shall have the power to amend, delete or add to any rule in the existing Constitution, provided that the club, organisation or member(s) seeking such changes shall have a Notice of Motion in the hands of the TAL Secretary at least one calendar month prior to the date of the AGM.
- No Club shall be entitled to be represented at any Annual or other Meeting of the League unless all fees, fines and penalties against it to the League have been paid or satisfied, and unless such Club has conducted a sports meeting during the last financial year of the League preceding that in which such meeting is being held.

6.2. The Secretary shall send the Agenda of the AGM to everyone eligible to attend at least twenty one (21) days prior to the date of the meeting.

6.3. Voting Rights at the AGM

Those entitled to attend and vote at Annual Meetings shall be;

- The President.
- Patrons and Life Members.
- Other members of the League Council.
- Three (3) Delegates from each affiliated Club whose annual prize money exceeds Ten Thousand Dollars (\$10,000).
- Two Delegates from each affiliated Club whose annual prize money exceeds Two Thousand Dollars (\$2,000)
- One Delegate from each Club whose annual prize money does not exceed Two Thousand Dollars (\$2,000).

6.4. Eligibility to Stand for Positions

- (a) The Annual Meeting may receive without notice verbal nomination of any retiring Patron, President, or member of the Council (other than the representatives of the Athletes and Trainer/Coaches, such nomination to be in writing and received by the Secretary at least twenty-one (21) days prior to the Annual Meeting) for the office of Patron, President, or member of the Council.
- (b) Anyone can stand for any Council position except the Secretary or Treasurer.
- (c) To be eligible for appointment as Handicapper, Steward, Secretary or Treasurer, applicants must not currently be registered with the TAL (other than Masters Registration) or any other state athletic league as a runner or trainer.

6.5. Voting

No person shall have more than one vote; the presiding chairman shall have a casting vote.

6.6. Officers to be Elected

The AGM shall elect:

- Patron or Patrons (not exceeding 2, nor obligatory).
- President, and up to nine (9) Council members who must not currently be registered with the TAL (other than Masters Registration) or any other state athletic league as a runner or trainer.
- ***NB Up to four Athletes' and Trainers'/Coaches Representatives (with at least one (1) male delegate and at least one (1) female delegate) to be elected by a collective gathering of registered runners and trainers by the 31st March each year. Nomination forms should be forwarded to the League office, to arrive no later than the 31st January. If an election is necessary, ballot papers will be issued by the Secretary to all registered Athletes and Trainers/Coaches and the result of the election will be notified by the 31st March and ratified at the AGM.***
- *The Secretary and Treasurer shall be appointed for a two year term by the Council or a panel on its behalf.*

6.7. AGM Quorum

A quorum at the Annual General Meeting or any Special General Meeting shall consist of twelve (12) members, with at least 4 Clubs represented.

6.8. Order of Business

- (a) The Annual Meeting shall be presided over by the President of the League or, in their absence, by the Vice-President or, in their absence, by a Chairman to be elected.
- (b) The business of the meeting shall consist of notice convening the meeting, reading and dealing with the minutes, correspondence, reports and balance sheet of the Council for the year, amending, adding to or repealing the Constitution and Rules (provided that the required notice has been given thereof), applications for admission of new Clubs, election of office bearers, and considering any other business which may be brought before it for the welfare of the League.
- (c) Notice of all business to be brought before the Annual Meeting shall be in the hands of the Secretary at least twenty-one (21) days prior to the date of the meeting and within fourteen (14) days prior to the Annual Meeting shall be circulated among the Clubs in such a manner as the President may direct, but the non-receipt of any such notification by any Club shall not invalidate any election or other procedure of an Annual Meeting.

7. SPECIAL GENERAL MEETING:

- 7.1. Special General Meetings of the League may be called by the President as occasion may arise, and shall be called by the President or Secretary on receipt of a requisition in writing, stating the business to be dealt with, signed by at least four (4) affiliated Clubs.
- 7.2. Fourteen (14) days' notice of the time and place of any Special Meeting of the League shall be given in writing to each Club, stating the nature of the business to be dealt with, and such meeting shall be restricted to such business.
- 7.3. Representation at Special General Meetings shall be as stated in Rules relating to Annual Meetings.
- 7.4. The Quorum at the Special General Meeting shall be twelve (12) with at least four (4) Clubs represented.

8. COUNCIL

8.1. First Meeting

The first meeting of the newly elected Council shall be held by 31 July each year and shall meet at least 3 times a year on such dates as arranged by Council.

8.2. Council Meetings

The Council shall meet at such times as the Secretary may deem necessary in addition to meetings already arranged by the Council. Special Meetings shall be called by the Secretary upon receipt of a requisition signed by any three (3) members of the Council.

8.3. Quorum

Any seven (7) members of the Council shall constitute a quorum.

8.4. Resignations

In the event of any Council member resigning or no longer being able to attend Council meetings, the Council shall have the power to appoint another Council member to fill the vacancy.

8.5. Non-Attendance

A Council member who fails to attend two (2) consecutive meetings of the Council without a reasonable apology shall be deemed to have forfeited his/her right to sit on the Council and may be replaced.

8.6. Vacancies

In the event of an insufficient number of candidates for the Council being nominated at the AGM or any vacancy occurring during the year, shall be filled by the Council, except for the Athletes and Trainer/Coaches representatives who shall be nominated by the Athletes and Trainer/Coaches, subject to any residential qualifications required. Should Council positions remain vacant at the date of the first Council meeting following the AGM, Council may appoint one or more TAL registered runners or trainers to fill those positions until the following AGM. Any casual vacancy not filled by the date of the first sports meeting conducted in that season by an affiliated Club may be filled without regard to residential qualifications. Any Council member so appointed shall serve only until the following Annual General Meeting, when nominations shall again be subject to residential qualifications and registration conditions as set out in Clause 6.

8.7. Period of Tenure

Members of the Council elected at the AGM or subsequently appointed (other than any registered runners or trainers) hold office until the next AGM whereupon they are eligible to be re-elected.

8.8. Powers of the Council

The Council shall have the power necessary to effectively carry out the objects of the TAL.

More specifically....

- (a) At the first Council meeting to be held prior to the end of July each year appointments deemed necessary to the effective conduct of League affairs will be made – for example: Public Officer, Vice President, Secretary, Treasurer, Handicapper(s), Stewards' Panel, Protest and Appeals Committee and Starters.
- (b) Also at the first Council meeting the Council shall –
 - Ratify Registration Fee scales.
 - Make decisions on honoraria and key carnival officials' fees.
- (c) Ensure that all athletic meetings are held according to the rules and regulations of the TAL.
- (d) Make or amend rules and regulations that govern and control all athletic meetings held by clubs and organising committees affiliated with the TAL. In doing this the following points are important:
 - no new rule or amendment shall be made without the consent of a two-thirds majority of the Council;
 - the new rule or amendment must then be submitted for ratification at the next AGM;
 - until that time the rule is to be adhered to at all TAL carnivals and activities.
- (e) Arrange for local officials to assist key TAL officials at carnivals.
- (f) Deal with rule breaches.
- (g) Order an examination of any person(s) as to his/her performances, conduct or identity.
- (h) Endorse or remove disqualifications or suspensions.
- (i) Hear and judge appeals from decisions of League officials, local officers, clubs or organising committees.
- (j) Enter into such contracts and arrangements on behalf of the League as it deems prudent and advisable and shall at all times dispose of funds under its control as it deems to be in the best interests in carrying out the objects of the League.
- (k) Delegate all or some of its powers to an executive or sub-committee appointed from its own body.
- (l) Reciprocate with any recognised athletic, cycling, running, swimming, sporting or any other organisation in making all disqualifications and other disciplinary procedures binding.
- (m) Act as the final body of appeal against decisions of the Protest and Appeals Committee.
- (n) May make regulations governing the mode of election of the representatives to be elected by the Athletes and Trainer/Coaches and from time to time revoke, amend or add to the same.

9. PATRON:

There shall be a Patron of the League, who shall be elected at the Annual General Meeting in each year and entitled to attend and vote at all Annual General and Special General Meetings of the League.

10. PRESIDENT

The President shall preside at all meetings whilst he/she is in attendance. They shall have a deliberate and casting vote, and their decisions on all matters of form and procedure shall be final and binding unless a simple majority of members present shall disagree with his rulings.

11. VICE-PRESIDENT

The Vice-President shall possess the full powers of the President whilst in charge of the conduct of meetings. Any other member of the Council may be elected by the members present as Acting Chairman in the absence of the President and the Vice-Presidents.

12. SECRETARY

12.1. Appointment and Termination

NB: To be eligible for appointment as Secretary, applicants must not currently be registered with the TAL or any other state athletic league as a runner or trainer.

The Secretary shall be appointed by the Council, or a panel on its behalf, for a period of two (2) years. The Secretary's appointment may be terminated or extended by the Council or any Special General Meeting. It can be terminated by a 14-day Notice of Motion to the Council and a two thirds majority of those present and payment of any outstanding Honorarium.

12.2. Duties of Secretary

The duties of the Secretary shall be:

- (a) to record full and accurate minutes of all proceedings of the Council;
- (b) to send notices of Council meetings, the AGM and all other meetings to all appropriate people;
- (c) subject to approval of the Council, to make all disbursements of League funds;
- (d) to keep accurate records of funds received and expended and to closely liaise with the TAL Treasurer about all monetary transactions;
- (e) all monies received should be deposited or paid to the Treasurer within fourteen (14) days of receipt of such monies;
- (f) to keep accurate Annual Registration details of runners, trainers, clubs and carnival organising committees and in conjunction with this, accurate and frequently updated mailing and email lists;
- (g) to receive, open and where relevant, on the advice of the Council, reply to correspondence addressed to the TAL;
- (h) to act as custodian of TAL records;
- (i) to ensure that all TAL equipment and colour vests are properly stored, cared for and maintained;
- (j) to carry out other duties deemed appropriate and necessary by the Council.

13. TREASURER

13.1. Appointment and Termination

NB: To be eligible for appointment as Treasurer, applicants must not have been registered with the TAL or any other state athletic league as a runner or trainer for the past twelve months.

The Treasurer shall be appointed by the Council, or a panel on its behalf, for a period of two (2) years. The Treasurer's appointment may be terminated or extended by the Council or any Special General Meeting. It can be terminated by a 14-day Notice of Motion to the Council and a two thirds majority of those present.

The Secretary and Treasurer should be appointed on alternate years to ensure continuity of experience.

13.2. Duties

Duties of the TAL Treasurer include:

- (a) receiving from the Secretary and other sources funds on behalf of the TAL which will be promptly deposited into League accounts;
- (b) paying the debts and expenses of the TAL when appropriately authorised by the Council to do so;
- (c) keeping an accurate ongoing record of the League's financial situation;
- (d) preparing an Annual Budget for the TAL by September each year;
- (e) making regular documented financial reports to Council meetings and being able to compare the League's budgetary situation at these times with budget forecasts and the budgetary situation at a similar period in the previous year.

13.3. Cheques

All cheques or electronic payments must be authorised by two of the four possible signatories. The four possible signatories shall be the Treasurer, the Secretary, the President and the Vice President.

13.4. Auditors

There shall be auditors appointed by the Council annually. The Treasurer shall liaise with the auditors, present all relevant documents to them in time for them to be thoroughly audited and presented to the AGM as part of the Annual Report of the TAL.

14. PUBLIC OFFICER

The Secretary, President, Vice President or Treasurer shall be the Public Officer of the TAL for the purposes of the Associations Incorporations Act of the Tasmanian Department of Fair Trading.

15. VACATION OF OFFICE

15.1. Any office-bearer, member of the Council or member of any committee or temporary committee elected or appointed by the League shall cease to hold office if:

- (a) he/she submits his resignation in writing;
- (b) he/she is removed from office;
- (c) in the case of a member of the Council who is entitled to vote, he/she is absent from two or more consecutive meetings without permission or apology;
- (d) he/she ceases to be a person registered with the League in accordance with this Constitution;
- (e) he/she becomes an insolvent under administration within the meaning of the Companies (Tasmania) Code;
- (f) he/she becomes of unsound mind or a person whose person or estate is liable to be dealt with in any way under the law relating to mental health;
- (g) his/her term of office or appointment expires and he/she is not re-elected or re-appointed.

16. CLUBS, ORGANISING COMMITTEES, PROMOTERS

16.1. Carnival Organisers

Groups and individuals who propose to organise carnivals come in a variety of forms. All of these groups and individuals who propose to conduct athletic carnivals with the TAL will have their details filed with League records and will receive encouragement and assistance from the League.

16.2. Affiliation

- (a) Each of these groups must pay an Affiliation Fee to the TAL, the amount to be decided by the Council at its first meeting each year.
- (b) Any Club may apply in writing (accompanied by a copy of its rules, the names and addresses of its Executive Officers, and the appropriate affiliation fee) to the Annual Meeting or to the Council, to be admitted as a member of the League.
- (c) Membership may be granted upon such conditions (if any) as the Annual Meeting or Council may see fit, but no Club shall be granted any date for the holding of any Athletic events if such date is likely to unduly affect any other established Club.
- (d) Each Club shall pay annual affiliation fee as determined annually by the Council to the League provided, however, that where a Club does not conduct a sports meeting in any financial year the affiliation shall be Twenty Dollars (\$20).
- (e) In addition a programme fee of six per cent (6%) on the total pedestrian prize money paid at every meeting will be charged and, except as to any fine or fees rightfully imposed under League rules, shall incur no further liability whatsoever.
- (f) Any properly constituted Runners Club which has a membership of Ten (10) or more registered runners may become affiliated with the Tasmanian Athletic League Incorporated and will be entitled to representation by One (1) Delegate at the Annual Meeting of the League.
- (g) That all Runners Clubs affiliated with the Tasmanian Athletic League must pay an affiliation fee of Twenty Dollars (\$20) annually.
- (h) Any person may be nominated by a Club as a Delegate, but no Delegate shall represent more than one Club at the same time.

17. LIFE MEMBERSHIP

17.1. Procedure

Application for Life Membership of the TAL, including a written resume of the candidates' history of service, must first be submitted to the Council for their consideration. Only applications discussed by the Council and recommended by them shall be considered for endorsement by the AGM.

17.2. Requirements

To have a recommendation endorsed requires an outstanding contribution to the sport over a long and significant period of time.

Following recommendation from the Council, a two thirds majority of those attending the AGM is required for the Life Membership to be awarded.

17.3. Rights

Life members shall have the right to sit and vote at all AGM or Special Meetings of the TAL.

Each Life Member shall be issued with an Official Pass or an appropriate certificate, which is to be recognised by all affiliated Clubs and Promoters affiliated with the Tasmanian Athletic League Incorporated, which entitles them to free admission to any Carnival or event under League's patronage.

18. NOTICES OF MOTION TO ALTER THE CONSTITUTION

The Constitution can only be altered by a normal Notice of Motion to the AGM or Special General Meeting.

19. ALTERING THE RULES OF RACING

To alter the Rules of Racing a fourteen (14) day Notice of Motion to the Council is required followed by passage by a two thirds majority of those present at the Council followed by ratification at the next AGM.

20. NOT-FOR-PROFIT / DISSOLUTION CLAUSES

Not-for-profit clause - The assets and income of the organisation shall be applied solely in furtherance of its above-mentioned objects and no portion shall be distributed directly or indirectly to the members of the organisation except as bona fide compensation for services rendered or expenses incurred on behalf of the organisation.

Dissolution clause - In the event of the organisation being dissolved, the amount that remains after such dissolution and the satisfaction of all debts and liabilities shall be transferred to another organisation with similar purposes which is not carried on for the profit or gain of its individual members.

21. ADDITIONAL MATTERS

If any other issues occur which are not covered by this Constitution, decisions on these issues shall be determined by the Council of the TAL.

RULES OF RACING AND REGULATIONS

22. CLUBS, ORGANISING COMMITTEES, PROMOTERS

The TAL Secretary will have all details of these groups who propose to conduct carnivals, filed with TAL records.

To conduct a TAL athletic carnival, each of these groups must affiliate with the TAL which includes the payment of an affiliation fee determined each year by the Council.

23. INFORMATION FOR CARNIVAL ORGANISERS

23.1. Assistance Provided by the TAL

- Advertising the meeting to runners and trainers through the TAL mailing list and regular newsletters.
- Entry forms sent out with newsletters.
- Receive all entries and entry fees.
- Process and provide all entrants with a handicap mark.
- Place all entrants into heats.

23.2. On the day of the Carnival TAL will provide

- Stewards
- Starters
- An Announcer
- Recorders
- Colours for runners to wear while competing
- The photo finish and judging system, if required
- Semi- finals and finals lists promptly drawn.

24. RULES AND PROCEDURES AFFECTING ORGANISERS

24.1. Carnival Officials

The TAL will appoint its own Starter and Steward(s) to help conduct the carnival and if necessary arbitrate on any matter of indecision or disputation and to appoint its own handicapper to control runners' handicaps.

24.2. Carnival Conduct and Entries

- (a) No events shall be started before the officially stated time, except with the consent of every competitor in that event.
- (b) Only the officials of the meeting, competitors taking part in the event, or representatives of the T.A.L. or Press shall be allowed within the arena.
- (c) The Stewards may disqualify a competitor or may report him/her to the League if his/her conversation or conduct on the sports arena is unbecoming.
- (d) No registered Trainer/Coach, unless authorised by the TAL Council, shall approach or converse with the Stipendiary Steward or Stewards during the progress of a sports meeting with regards to a dispute unless summoned by the Stewards.
- (e) All carnival entries initially go to the TAL for recording and handicapping by the first available mail after the 'Close of Entries' date.
- (f) All entries must be made on the official TAL Entry Form, or authorised online system, accompanied by the correct Entry Fees.
- (g) The division of prize money by all sports promoters shall be stated in the program issued and duly advertised and cannot be amended after that publication, except by permission of the T.A.L. Council.

25. RULES AFFECTING RUNNERS AND TRAINERS

- 25.1. All competitors compete at their own risk, and their attention is particularly drawn to conditions laid down on the Official TAL Entry Form.
- 25.2. All applications to the Appeals Committee to remove disqualifications or fines shall be accompanied by an amount of \$100.00, said amount to be refunded if appeal is upheld. All appeals shall be heard, where possible prior to the competitor's next event, or at the completion of the carnival at which the disqualification or fine has been incurred, or prior to the next carnival, or within seven (7) days, whichever is the earlier.
- 25.3. All protests against the WINNER of any race shall be in writing, setting out grounds for such a complaint and accompanied by \$50.00. or such fee as determined by the Council annually.
- 25.4. Any intending protest of the actual running of a race must be verbally reported to the Chief Steward prior to the result becoming official and dealt with immediately.
- 25.5. Protest on any misdemeanour prior to the running of a race must be in writing, setting out ground for such a protest.
- 25.6. Severe action will be taken in a case of frivolous protest.
- 25.7. Any runner who has at any time been registered with the TAL by competing at an unregistered meeting without permission from the League, disqualifies himself, and is then not eligible to enter for any meeting run under TAL rules, until the disqualification has been lifted.
- 25.8. Any runner, after nominating or accepting for any event under TAL rules, on being disqualified by any club or league or organisation for any offence, shall forfeit all fees paid for entering, or prizes won by him/her, subject always to the decision of his/her appeal.
- 25.9. Registration fees are due prior to the commencement of the carnival season and are deemed to expire as at the last day of April following.
- 25.10. Assumed names are not permitted; any runner entering under a false name shall be disqualified.
- 25.11. Each runner must have access to a copy of the Constitution and Rules of Racing, as ignorance of rules will not be accepted as an excuse for any infringement.
- 25.12. It shall be compulsory for all runners and trainers, resident in Tasmania, to register with the TAL if they wish to compete in any Athletic League event in Australia.
- 25.13. When nominating for races at any carnival run under TAL Rules, runners must:
 - be financial for the current season
 - nominate on the official entry form
 - fill in the entry form or complete on-line entry correctly
 - send the nomination to the Secretary of the TAL
 - send the correct entry fees along with the nomination
 - send updates of all performances to the Secretary of the TAL from the current season, regardless of placing.

No nomination will be considered for handicapping unless the above conditions are in place.
- 25.14. Runners shall not be permitted to nominate for any carnival run under TAL rules until fines and any other form of indebtedness has been paid by him/her.
- 25.15. No unfinancial runner or trainer shall be permitted to nominate for or vote in the ballot or select the Runners' and Trainers' Representative on the Council.
- 25.16. Runners shall keep all records of their performances and shall regularly submit them to the TAL Secretary who will in turn forward them on to the Handicapper(s).
- 25.17. Runners must compete in the heats in which they are drawn in the program and the Stewards have the right to transfer athletes from one heat to another.

- 25.18. Any Runner may run in a Maiden event who has previously started in an event conducted by either the T.A.L., V.A.L., N.S.W.A.L., S.A.A.L., Q.A.A.L., or W.A.A.L. and who has not at any time of starting won first prize money in a race.
- 25.19. In all races up to and including 200 metre events it is compulsory for runners to use starting blocks which must be of standard design approved by the Stewards or in their absence the Starter. The starting block should be placed in such a position to ensure that it is not extending beyond the front edge of the marked line.
- 25.20. Runners not competing in the current event are not permitted to make practice starts to the report of the pistol.
- 25.21. The use of Stand-up start machine is prohibited.
- 25.22. Runners and registered Trainer / Coaches producing current registration certificates shall be admitted without charge to the sports ground on the day of the meeting provided that athletes must have entered at least one event at that particular sports meeting.
- 25.23. Runners lodging applications for registration shall be 14 years or older on the day of competition.

26. SANCTIONING OF CARNIVAL

Any club or organising committee wishing to hold competitions and meetings under TAL Rules shall, first make application to the League, and if required by the Council must submit the program of the meeting to the League prior to advertising same. After approval has been granted, clubs must advertise their meetings as being held under TAL Rules.

27. VIOLATION OF RULES

If any club advertises their sports meeting under TAL Rules and then violates these rules, the club shall be dealt with as the Council may think fit.

28. UNREGISTERED MEETINGS

If any TAL registered runner competes at any sports meeting not registered as required by the League, or conducted by an organisation not affiliated with the TAL, or without permission of the TAL, the person competing at such an unregistered meeting shall be deemed to be disqualified from competing at any carnival or sports meeting to which TAL rules apply, provided always that the Council may at any time remove such disqualification, which would take effect absolutely and immediately.

29. REGISTER OF RUNNERS

- 29.1. Every runner shall register with the League and shall at all times thereafter be accountable to the Rules and Regulations of the TAL and shall be liable for any offence committed during his/her term of registration where guilt has been proved even though his/her registration has expired. Registration shall be effected by the runner sending to the Secretary full given names, surname, and correct address, together with the annual registration fee and any other particulars as may be required by the League. All registrations date from the 1st April each year.
- 29.2. When applying for registration, a runner shall forward full particulars concerning him/her as required on the Registration Form, or by accessing the registration form on the web-site.
- 29.3. Runners have the right to register with inter-state and overseas athletic leagues or organisations, but must be registered in Tasmania.
- 29.4. Registered athletes are not permitted to act as a Trainer/Coach unless registered as such.

30. REGISTER OF TRAINERS

- 30.1. Every trainer shall register with the League, and shall, at all times thereafter, be accountable to the Rules and Regulations of the TAL and shall be liable for any offence where guilt has been proved. Registration by a trainer shall be effected by sending to the Secretary his/her full given names, surname, and correct address, together with an annual registration fee. All registrations date from 1st April in each year. In cases where a trainer is also a runner, the annual registration shall be consistent with that of a runner.
- 30.2. A trainer shall advise his/her charge to run on his/her merits at all times.
- 30.3. A trainer shall give a list of names of his/her runners to the TAL as they register.
- 30.4. Registered athletes are not permitted to act as Trainer/Coach unless registered as such.
- 30.5. Trainers are also required to register with Athletics Australia and obtain a Coach Licence and appropriate insurance

31. UNREGISTERED TRAINERS

No person other than a registered trainer shall be permitted to attend to any runner on the day of a carnival or sports meeting except with the knowledge and approval of TAL Stewards. Violation of this rule may lead to the disqualification of both persons concerned.

32. DEFINITION OF PERFORMANCE

- 32.1. Competition for any prize, stake, trophy, remuneration, emolument, or gain shall be considered a performance within the meaning of these rules and shall be included on the entry form when nominating for races under TAL Rules. In certain circumstances the Council reserves the right to declare small races "non penalty" events.
- 32.2. Performances in any running event regardless of surface are considered legitimate performances.

33. ENTRIES ETC.

- 33.1. Clubs conducting carnivals and sports meetings have the right to refuse acceptance of any entry which does not conform to the rules of the TAL without giving a reason. TAL at any time during the carnival shall have the right to disqualify any runner on proof of the submission of a false entry, subject to the runners' right of appeal.
- 33.2. Entries for all events sanctioned by the League shall close at least fourteen (14) days before the date of the meeting and no late entry shall be accepted, without the consent of the Executive. Should a late entry be accepted, a late entry fee of not less than double the entry fee may apply.

34. COMPETING BEFORE PAYING FEES

Any runner starting in a race before paying his/her fees for registration, nomination and acceptances, or any other liability, shall be liable for disqualification. **Clubs shall have the right to refuse payment of prize money to any runner who has violated this rule.** Any runner who has filled a place immediately behind such a person in any final shall be entitled to the prize. A runner who has not fulfilled this Condition of the TAL Rules of Racing shall not have any right to any prize money already won, and the Council may take steps to recover such prize money if it has been paid.

35. DEFAULTERS

Any runner being a defaulter in any way to the TAL or any Club shall not be allowed to start in any event run under TAL Rules, until all monies owing have been fully paid. The name of any runner so disqualified shall be struck off the Register and every club, interstate league and affiliated organisations all advised of these actions.

36. SPORTS OFFICIALS

36.1. Clubs and organising committees shall appoint officials which consist of:

- A committee, if appropriate, in whose hands shall be placed all matters which do not relate to the actual conduct of the meeting itself, but which shall have a final decision in all cases not provided for in the Rules of Racing of the TAL subject always to the rule in respect of Appeals.
- Judges as required.
- Timekeepers to be used as 'back-up' to the electronic system.
- Colour Stewards to issue racing colours, and to generally supervise the dress of competitors.
- Two Marksmen to assist the official League Starter.
- Recorders, who shall keep a complete record of all events run, with all details of Heat winners, Scratchings and the time for each.
- Any other officials or committee as the club may deem fit to appoint.

36.2. The Council of the TAL shall appoint:

A Chief Steward properly versed in all aspects for the conduct and control of TAL Sports Meetings. A Chief Steward shall have the power to decide in the event of a difference of opinion between Judges appointed by the Club, in which case the Chief Steward's decision shall be final and binding. A Chief Steward shall have power to replace any official whom he/she considers incompetent.

NB: To be eligible for appointment as Chief Steward, prospective appointees must not currently be registered with the TAL (other than Masters Registration) or any other state athletic league as a runner or trainer.

37. CHIEF STEWARD

37.1. **Duties**

The Chief Steward controls the whole ground and officials. In the absence of the Handicapper on the day of the race he/she shall take over his/her duties and report to him/her. He/she shall have the power to break the tape and declare no race. He/she shall have the power to delegate any of his/her responsibilities.

To make a written 'Stewards Report' on each carnival with regard to its efficient conduct, performance of athletes, suggestions for possible handicap adjustments of athletes and full descriptions of disciplinary actions taken, this Report to be sent to the Secretary for filing on record and publicising

The Chief Steward shall disqualify a runner who has broken down at any carnival for a period of 14 days. The day of disqualification will count as day one of the period.

38. STEWARDS

38.1. **Appointment**

NB: To be eligible for appointment as a Steward, applicants must not currently be registered as a runner or trainer (other than Masters Registration).

The TAL Council shall appoint a Steward or other Stewards as required.

38.2. **Duties**

- (a) To attend all carnivals and ensure that the TAL Rules of Racing are enforced.
- (b) In performing this duty all Stewards will work closely with the Chief Steward, Handicapper and Secretary of the League.
- (c) To take such action as required in determining rule breaches, to caution or reprimand any person suspected of rule breaches and if necessary to lay charges and fix penalties and to give evidence to the TAL Council and Appeals meetings when required.
- (d) In conjunction with the Handicapper and Chief Steward, to make decisions on acceptable and unacceptable performances of athletes.
- (e) To help make new athletes feel welcome.

39. ATHLETES AND TRAINER/COACHES REPRESENTATIVES

39.1. Duties

- (a) Attend Council Meetings
- (b) At least one of the elected Representatives must be in attendance at Carnivals
- (c) Represent the interests of other Athletes and Trainer/Coaches at the Carnivals and at Council Meetings
- (d) Athletes and Trainer/Coaches should be encouraged to channel their disputes, protests, appeals and any issues through their Representative
- (e) Make new Athletes feel welcome

40. HANDICAPPER, HANDICAPPING PANEL

40.1. Appointment and Tasks ... Handicapper

NB: To be eligible for appointment as Handicapper, or member of the Handicapping Panel, applicants must NOT currently be registered with the TAL (other than Masters Registration) or any other state athletic league as a runner or trainer nor should they have any direct relationship with any stable or runners' training group.

- (a) The TAL Council shall appoint an official Handicapper or Handicappers.
- (b) The Handicapper and or Handicapping Panel shall not alter marks after declaration of marks except for obvious error or undeclared form.
- (c) Prior to official declaration of marks, if the Handicapping Panel wishes to re-assess marks or correct anomalies, these reassessments and corrections should be fully explained and discussed with the Handicapper prior to the final handicap assessment being decided.
- (d) Then, if agreement concerning a final assessment of marks cannot be reached, a majority of two out of the three people comprising the Handicapper and the Handicapping Panel will decide the issue.
- (e) Marks are then officially declared.
- (f) In the event of a Wildcard entry the Handicapper may move the whole field.
- (g) In the event of an obvious error by the Handicapper in the allocation of a handicap, such error shall be rectified by the Handicapper prior to the commencement of the meeting or in his absence by the Steward in charge of the meeting.
- (h) The Handicapper shall have the power to withhold any entry that does not comply with the rules of the T.A.L.
- (i) Clubs shall be charged for handicapping per each entry at a fee to be determined by the Council and such fees used to offset the Handicappers' allowances.
- (j) It shall be the duty of the Handicapper or Deputy to attend each sports meeting and to keep a complete record of all events run with all details of heat winners, semi-finalists and finalists with scratchings and the official time for each event. Where circumstances render it impossible to attend a meeting, the Handicapper or Deputy may request the T.A.L. Steward officiating at the meeting to furnish a full report as above stated.
- (k) In the event of the Handicapper not being present at a meeting or where circumstances do not permit the Handicapper to carry out the requirements of this rule, the Steward in charge of the meeting shall allot a handicap for the event to the athlete concerned.
- (l) Athletes and Trainer / Coaches must request permission from the Steward/s before speaking to the Handicapper/s during the course of meeting.
- (m) The Secretary shall have the handicaps for each event listed on the website and runners have the opportunity to query same by writing or e-mailing the Secretary who will forward all queries to the Handicapper.

40.2. Handicap Review

The TAL Council will act as a Handicap Review Committee.

Request for Handicap Review. A registered runner or a registered trainer may request a Handicap Review which must be accompanied by a non-refundable Handicap Review Fee of \$50.00. The request must be in writing with an explanation using evidence to support the review and be submitted to the Secretary. The Handicap Review Committee will then promptly consider the review request and through either the TAL President or Secretary, communicate the decision to the requesting person as soon as possible.

40.3. Penalties After Declaration of Handicaps

After the declaration of handicaps, any competitor being placed in any race or improving upon their personal best performance in any competition regardless of surface may be subject to a penalty at the discretion of the handicapper within the 'Guidelines'.

It is the responsibility of the runner to notify the Secretary, and through him/her, the handicapper, of all performances. Failure to do so may cause the runner to be disqualified and/or fined.

41. JUDGES

The Judges may use any mechanical or photo electronic apparatus available to them to assist in determining placings and decisions.

They shall have the power to alter their first decision if, within fifteen minutes (15) after giving it, they find they have made an error. However, their second decision shall be final and no protest or discussion will be entered into.

The decision of the Chief Judge shall be final in all cases.

42. STARTER

NB: Refer to ATTACHMENT 1

42.1. The Starter shall have complete authority in all matters affecting competitors whilst in his hands. Competitors are deemed to be in the Starter's hands from the moment they are called to the start until they are dispatched to his/her satisfaction. It shall be the duty of the Starter and the individual competitor to run from his correct handicap mark. He/she shall start each race with a report of a pistol, and allow each competitor only one break. The competitor breaking shall be penalised according to the scale laid down in the Rules of Racing of the TAL for Handicap races. Disqualification shall follow the second break whether it be a Handicap or a Scratch Race.

42.2. The Chief Steward has the power to declare 'no race' and if necessary order a re-run.

42.3. The Chief Steward has the power to replace a Starter if he/she proves, in the Chief Steward's opinion, to be incompetent.

42.4. **Breaking Penalties**

(a) Penalties for breaking will be:

- In distance up to and including 70 metres 0.50 of a metre
- From 71 metres up to and including 100 metres a .75metre penalty
- From 101 metres up to and including 200 metres a 1 metre penalty
- From 201 metres up to and including 400 metres a 2 metre penalty
- From 401 metres up to and including 800 metres a 3 metre penalty
- All distances over 800 metres a 5 metre penalty.

(b) In the case of a runner breaking in a heat or a semi-final and qualifying for the semi-final or final, he/she shall revert to his/her original mark.

(c) In all cases disqualification follows the second break.

(d) In scratch races, the Starter shall disqualify the competitor at his/her second attempt. There shall be no metreage penalty.

43. TRACKS

All circular tracks shall be measured thirty (30) centimetres from the inner side of the inside track or lane.

All sprint races up to and including 400 metres may be run on a track so lined. The width between the lines or strings shall not be less than one (1) metre.

In straight sprint races the start shall be marked off in .25 metres from the back mark to the limit mark by means of lines drawn right across the track. The starts for the 200 metres round a turn shall be separately marked off for each track.

All tracks shall be checked and re-measured on the day of the sports prior to the start of the meeting if the Club is requested by the Chief Steward to do so.

44. SCRATCHINGS

No athlete shall withdraw from any race unless he/she gives notice to the effect to the Secretary or other persons appointed for the purpose at least twenty (20) minutes before the time appointed for starting the first heat of such a race or by calling the phone number provided in the entry booklet on any day prior to or up to the designated time on the day of the meeting.

No competitor shall be allowed to scratch from any event **after having qualified for the semi-final or final** without permission of the Stewards. Permission will only be granted for injury, illness or other genuine, unforeseen circumstances. Any runner violating this rule shall be fined or disqualified as the Stewards deem fit. All fines so incurred must be sent to the TAL Secretary prior to that runner's next competition.

Any athlete who sustains an injury or illness during an event which prevents them from running to the best of their ability or is unable to take their place in a semi-final or final for similar reasons shall incur an automatic suspension of fourteen (14) days. The use of a medical practitioner may be used at the discretion of the Steward or Stewards in charge to substantiate the claim of injury or illness. In determining the fourteen (14) days, the day on which the injury occurred is counted as day one. Return to competition may be permitted by the Steward in charge on production of a suitable medical practitioner's certificate and/or satisfactory trial. This suspension may be referred to the Executive of the T.A.L. Inc. (at the discretion of the Steward or Stewards in charge or by right of appeal by the Athlete) for amendment or waiver. The Executive may request any medical or other evidence deemed necessary.

If an Athlete breaks down or is unable to take their place in a semi-final or final another Athlete may be added to the event, at the discretion of the Chief Steward.

45. COSTUME

Competitors must wear complete clothing as approved by the Stewards or other officials so appointed to supervise this matter. Each competitor shall wear the correct colour as appears against his/her name in the program. Competitors also must have the upper part of the body covered by a singlet or jersey whilst on the track in view of the public. Competitors must wear a singlet under the competition colour.

All runners in TAL events must wear 'spikes' or running shoes in all races. Athletes choosing not to do so do it at their own risk.

46. COLOURS

Colours in order from backmarker to frontmarker are ...

Red, White, Blue, Yellow, Green, Pink, Black, Grey, Orange, Purple, Red/White, Blue/White, Yellow/White, Green/White, Pink/White, Black/White, Grey/White, Orange/White, Purple/White.

Clubs are permitted to use sponsored jackets in colours as per Rule 44, subject to Tasmanian Athletic League Inc. official approval.

47. STATIONS

In handicap events stations with the respective colours will be allocated according to the handicap position starting from the backmarker to the limit man/woman.

In scratch races competitors must draw for stations. The Starter shall decide any dispute as to stations.

48. AGREEMENTS

Agreements between runners and trainers shall be recognised, only if such agreements are registered with the TAL Secretary and on official Agreement Forms provided by the League.

49. INCONSISTENT RUNNING

- 49.1. A competitor may be disqualified or fined by the Stewards for serious reversal of form and/or inconsistent running.
- 49.2. A competitor shall notify the Stewards prior to the running of a race, of any unfitness, physical disability, or illness which could cause him/her to run below his/her best form, and such information must be passed on to the Handicapper.
- 49.3. A competitor notifying the Chief Steward of an injury or disability prior to the running of a race will be advised by the Chief Steward that he/she runs at his/her own risk.

50. PASSING COMPETITORS AND JOSTLING ETC.

- 50.1. A competitor overtaking another must always pass him/her on the outside, unless the runner being overtaken has retired from the race, or is manifestly competing wide, and further must be two clear metres ahead before taking ground in front of his/her opponent. The inside runner must allow room for his/her opponent to pass.
- 50.2. Any competitor jostling or running across, or wilfully obstructing so as to impede another's progress shall, at the Stewards discretion, be disqualified and/or fined. It shall be the duty of the Stewards to report to the Judges any competitor whose tactics they consider unfair.
- 50.3. The Chief Steward may allow any competitor so interfered with, to start in a subsequent race, or order the race to be rerun with or without the offending party or parties.
- 50.4. Any athlete who in the opinion of the Steward/s deliberately looks around at any time during the running of an event may be fined or disqualified.

51. FINISHING

In racing each competitor must either breast the tape or, when electronic finish equipment is used, break the finish beam with the chest or torso.

In the event of a competitor falling under the finishing tape (not breaking it) he/she shall not be given first placing but may be placed by the Judge in second or other minor placing.

52. BETTING

Betting on professional running in Tasmania is illegal and as such no betting shall be permitted until such time as the Tasmanian Government alters the legislation.

53. MISBEHAVIOUR

The Council may fine or disqualify a runner or honorary employee at any meeting, or may report him/her to the League if his/her conduct on or off the track is unbecoming, or if he/she disobeys any reasonable order or instruction given to him/her by an official.

54. DISCIPLINARY ACTION AND APPEALS

54.1. Disciplinary Action by the Council

- (a) Where the Council of the Tasmanian Athletic League is of the opinion that a member (as per Clause 2) may have:
- refused or neglected to comply with the provisions of the TAL Constitution and Rules of Racing; or
 - acted in a manner prejudicial to the best interests of the TAL, the TAL Council Executive Committee can direct the Secretary to give notice in writing to the member setting out the allegation and inviting the member to address the Council Executive concerning the allegation in person or by written submissions or both.
- (b) Where, after having considered any information or submissions provided by the member, the Council Executive finds that the member has refused or neglected to comply with the provisions of the TAL Constitution and Rules of Racing, or has acted in a manner prejudicial to the best interest of the TAL, one or more of the following penalties may be imposed:
- reprimand;
 - fine;
 - suspension from membership of the TAL for a specified period;
 - expulsion from the TAL.
- (c) The TAL may notify Athletics Australia Limited of any disciplinary action taken against a member.
- (d) After a disqualification or suspension has been imposed on any person or persons by this League, or by any officials of a sports meeting, or any other governing body to which this body is affiliate, no such person shall be eligible to compete in any event to which these rules apply until such time as the person or persons can produce a clearance from the body by whom such disqualification or suspension was imposed or from the T.A.L. Council.

54.2. Right of Appeal

- (a) A member may appeal any decision of the Council Executive, League official, local officers, clubs or organising committees imposing a reprimand, fine, suspension, expulsion or other disciplinary action on that member. Any competitor who has been disqualified at any meeting shall not be allowed to compete further at such or any other meeting, even though he/she has given notice of his intention to appeal the decision disqualifying him/her.
- (b) Any person aggrieved by such decision may appeal to the T.A.L. Council if he/she shall within one (1) hour after giving of such decision lodge with the said Stewards a written notice of appeal stating shortly the grounds thereof and within seven (7) clear days after such decision shall send to the Secretary of the T.A.L., a deposit of One Hundred Dollars (\$100) together with full particulars of the grounds of his appeal. The Council or Stewards of the meeting receiving such notice shall forward any notes of evidence to the Secretary of the T.A.L. within seven (7) clear days after such meeting.
- (c) The Council itself may hear the appeal or refer the appeal to an Appeal Panel (consisting of three or more members of the Council) and the Council or the Appeal Panel (if the appeal is referred to it in terms of the Rule) will then hear the appeal either upon the notes of evidence taken or upon the case stated by the aggrieved persons and the stewards or the Council or the Appeal Panel may re-hear the case upon affidavits or statutory declarations or on verbal evidence or in any way they or the Appeal Panel may think fit, either in the presence of the parties and Stewards or in the absence of them or either of them. Provided that all such parties to the appeal shall be notified of the date of the hearing of such appeal, which must be heard within ten (10) days of receipt of appeal and deposit.
- (d) Upon receipt of a notice of appeal the Secretary shall notify the Appeals Panel and convene a Meeting, to be held within 21 days of the Secretary receiving notice of the appeal.

- (e) At the Appeals Panel Meeting the Chief Steward, or person responsible for the decision appealed against and the member appealing shall both be given the opportunity to state their respective cases orally or in writing or both.
- (f) The Council or the Appeal Panel may make such order as it deems fit with reference to the deposit.
- (g) Those appearing may be represented by a Runners and Trainers Representative but no legal representations shall be permitted at hearings before the Appeals Panel or hearings instituted by order of the Panel or Council.
- (h) The resolution of this Appeals Panel is final.

55. DISPUTES AND PROTESTS

- 55.1. Any disputes or protest shall be dealt with by the TAL quickly and fairly and seek an outcome that is in the best interests of the sport.
- 55.2. Pending determination of any dispute or protest all the money and prizes won shall be withheld until the dispute or protest has been determined.
- 55.3. The Council and/ or the Executive shall have the power at any time to order an examination of the bona fides of any competitors and may take such action with regard to the competitor as they deem fit.

56. DEAD HEATS

- 56.1. In the case of a dead heat for first place, the prize shall be divided.
- 56.2. In all cases of a dead heat for second or third place, the prize total shall be divided.

57. CORRUPT PRACTICES

57.1. True Form

Every competitor shall compete on his true merits, and any competitor who, in the opinion of the Stewards, fails to do so, shall be subject to such penalty as may be deemed fit.

57.2. Collusion

Collusion in which competitors make an agreement prior to the race about how it should be run, are strictly prohibited, and in any event where a collusion is proved, which in the opinion of the Stewards prevented the parties concerned, from running on their true merits, such parties shall be disqualified for such time as the Steward deems fit.

57.3. Submission of False Information

Any competitor entering under a false name or address, or in any way trying to mislead the Handicappers shall, on proof thereof, be disqualified. Any competitor shall, if requested, make proof as to the correctness of the list of his/her performances sent with his/her nomination, or as to his/her identity. Any competitor refusing to do so shall be disqualified and all fees paid by him/her forfeited.

57.4. Bribes

If any person corruptly gives, offers, or promises, directly or indirectly any money, present, or wager in any form, to any person having official duties in relation to any meeting, or if any such persons accept or agree, directly or indirectly, a bribe in any form, every person so offending shall be disqualified and TAL disciplinary action taken against him/her.

57.5. **Unsubstantiated Allegations**

No official or registered member of the TAL shall make any accusation or detrimental statement concerning any athlete, trainer or official unless he/she is prepared to bring forward full details of the evidence and substantiate them before a meeting of the Council.

57.6. **Verbal Abuse**

The Council may impose a fine of up to \$500 and/or disqualification on any registered person proved to have used obscene, threatening, abusive or insulting language to or concerning any official of the TAL or any official at any sports meeting.

58. POSTPONEMENTS

In the event of unfavourable weather, or other emergency, or unforeseen happening the Council with local organisers shall have power to postpone the races from hour to hour, and from time to time, as they may think fit and will not be responsible for any expenses or loss incurred by competitors in consequence of such postponement.

59. ABANDONMENT

The local Club Committee or organisers shall have the right to abandon any carnival or part thereof because of extremely bad weather conditions, and shall not be responsible for any expense or loss incurred by any competitor in consequence of such abandonment with the exception of nomination fees which shall be at the discretion of the Council of the TAL.

60. DRUGS

Doping contravenes the ethics of both sport and medical science and is strictly prohibited by the Tasmanian Athletic League.

NB. Doping consists of:

- **the administration of substances belonging to prohibited classes of pharmacological agents;**
- **the use of various prohibited methods.**

60.1. **Prohibited Classes of Substances**

(a) Stimulants

e.g. amineptine, amophenazole, amphetamines, bromantan, caffeine, carphedon, cocaine, ephedrine, fencamfamine, mesocarb, pentylentetrazol, pipradol, salbutamol, salmeterol, terbutaline ... and related substances.

(b) Narcotics

e.g. dextromoramide, diamorphine (heroin), methadone, morphine, pentazocine, pethidine ... and related substances.

(c) Anabolic Agents

e.g. androstenedione, clostebol, dehydroepiandrosterone (DHEA), fuoxymesterone, metandienone, metenolone, nandrolone, oxandrolone, stanozolol, testosterone, clenbuterol, fenoterol ... and related substances.

(d) Diuretics

e.g. acetazolamide, bumetanide, chlorthalidone, ethacrynic acid, furosemide, hydrochlorothiazide, mannitol, mersalyl, spironolactone, triamterene ... and related substances.

(e) Peptide and Glycoprotein Hormones and Analogues

e.g. chorionic gonadotrophin, corticotrophin (ACTH), growth hormone (hGH), including the respective releasing factors of these substances; erythropoietin (EPO).

60.2. Prohibited Methods

- (a) Blood doping.
- (b) Pharmaceutical, chemical and physical manipulation ... i.e. methods which attempt to alter the integrity and validity of urine samples used in doping controls.

60.3. Additions

These lists of prohibited substances will be periodically expanded as ASDA discovers and adds additional performance-enhancing drugs to the banned substances list.

60.4. Testing – Australian Sports Drug Agency (ASDA)

Any TAL athlete may be selected for drug testing at any time.

ASDA is responsible for drug testing in sport in Australia.

An athlete has the right to nominate a representative of his/her choice to accompany him/her to the drug test.

NB: ALL ATHLETES AND TRAINERS SHOULD OBTAIN A 'DRUGS IN SPORT HANDBOOK' FROM:

ASDA
PO Box 345
CURTIN ACT 2605

Phone: (02) 6206 0223

Fax: (02) 6206 0201

And/or ... IF IN DOUBT ABOUT ANY DRUG-RELATED MATTER, PHONE THE 'DRUGS IN SPORT HOTLINE' ON 1800 020 506 (9.00 am to 5.00 pm).

60.5. Penalties

An athlete testing positive to a prohibited substance shall be banned from competing in all track and field events held under the auspices of the Australian Athletic Federation which includes...

The Australian Athletic Confederation (the pros), Athletics Australia, Australian Masters Athletics Association, School Sports Australia and the Australian Track and Field Coaches Association ... for a minimum period of two years from the date of the drug test.

61. ANY OTHER MATTER:

Any matter not dealt with in a specified manner in these Rules and Constitution shall be determined by the League Council, whose decision shall be final.

ATTACHMENT NUMBER 1

TASMANIAN ATHLETIC LEAGUE

GUIDELINES FOR TAL STARTERS

NB: IN ALL PROFESSIONAL ATHLETIC LEAGUE EVENTS RUNNERS START WITH THEIR FRONT FOOT ON OR BEHIND THE STARTING LINE. OTHER BODY PARTS SUCH AS HANDS MAY BE PLACED AHEAD OF THE STARTING LINE.

1. All runners must stand steady behind the blocks when directed.
2. On the Starters command "On your marks" all runners to move into the first position as one...
No runner must be allowed to unduly delay or control the speed of the starting procedure by brushing hands, adjusting shorts or looking down the track etc. If this occurs the field shall be asked to stand up and the offender warned. If it occurs a second time the offender shall have a break called on him/her and the appropriate penalty imposed.
3. All runners rise to the set position as one and should be held steady by the Starter **for at least one second** before the gun is fired. This is to apply in all races from 70m to 200m. Generally, as soon as runners are in the set position and still, the gun should be fired. However, they all must have sufficient time to get set.
4. No runner moves from the set position until the Starter has fired the gun. There must be a distinct delay in the first movement of any runner. No runner is to be allowed to start "down the barrel" as this is an anticipation of the Starter's command.
5. If any runner is unsteady the Starter may stand the runners up and again give them appropriate instructions, or the procedures described in para 2 applied if unsteadiness in the Starter's opinion is caused purposely.
6. If the Check Starter and the Starter signal different athletes as breaking then all athletes identified as breaking will incur a penalty.
7. The Starter can override the Check Starter in his-her role of signifying a false start, which they can do even if the Starter misses the false start. In such cases, normal break penalties will apply.
8. The Commands used by the Starter may be:
 - (a) "To your blocks"
 - (b) "On your mark"
 - (c) "Set". And then the gun

In all races of 1600metres and over the order and method of starting may be the whistle, and then the gun.

9. If any undue outside noise is heard by the Starter he or she may ask the runners to stand up and wait for the noise to pass or indicate that he or she wants less noise... e.g. Children yelling "bang" or a train or jet plane passing close enough to make commands hard to hear.
10. If the gun does not fire correctly and the runners react to the sound the Starter shall declare no false start and signal to the Steward and the Commentator by waving both hands across his/her body a number of times.
11. If the gun does not fire correctly and no runner moves the Starter shall stand the runners up and start again.

12. The Starter shall position himself or herself for all events from 70m to 200m to ensure that the Starter's range of vision is kept as narrow as possible and provides the opportunity to view all athletes with one glance. If the track location or any other circumstance does not allow this, the Starter and Check Starters should move to the next most suitable starting position which allows a full view of all competitors.
13. In circular handicapped events from 300m upwards the Starter needs to position himself/herself on the track in a position so that all athletes can hear all instructions and the gun. When the Starter's voice will not carry, two blasts on a whistle should be used to signify "on your marks" and "set". Starter's assistants need to be appointed to ensure that all runners start from their marks in the correct way.
14. Penalties for breaking.

See...**TAL RULES OF RACING,**

Rule 41.4:

- (a) ... Penalties for breaking will be:
 - In distances up to and including 70 metres, 0.50 of a metre.
 - From 71 metres up to and including 100 metres a .75metre penalty.
 - From 101 metres up to and including 200 metres a 1 metre penalty.
 - From 201 metres up to and including 400 metres, a 2.00 metre penalty.
 - From 401 metres up to and including 800 metres, a 3.00 metre penalty.
 - In all distances over 800 metres, a 5 metre penalty.
- (b) In the case of a runner breaking in a heat or semi-final and qualifying for the semi-final or final, he/she shall revert to his/her original mark.
- (c) In all cases disqualification follows the second attempt to break over.
- (d) In scratch races, the Starter shall disqualify the competitor at his/her second attempt. There shall be no metreage penalty."