

**HANDBOOK**  
OF THE  
**AMATEUR ATHLETIC UNION**  
**OF AUSTRALIA.**

FOUNDED 1897.

Member of  
International Amateur Athletic Federation  
and Australian Olympic Federation.



**1930.**

# The Amateur Athletic Union of Australia.

In which are incorporated the:—

Founded

N.S. Wales Amateur Athletic Association .. 1887

Victorian Amateur Athletic Association .. 1891

Queensland Amateur Athletic Association 1895

Tasmanian Amateur Athletic Association.. 1902

South Australian Amateur Athletic Assn. 1905

Western Australian Amateur Athletic Assn. 1905

But disbanded in 1907 and re-formed in 1928

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Headquarters of Union—

**NEW SOUTH WALES SPORTS CLUB,**

10, 12, 14 Hunter Street, Sydney, New South Wales,  
Australia.

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**OFFICIALS OF THE UNION SINCE INCEPTION.**

President:

1897-1930—R. Coombes.

Hon. Secretary:

1897-1930—E. S. Marks.

Hon. Treasurer:

1897-1908—E. S. Marks.

1908-1924—S. R. Rowley.\*

1924-1930—W. B. Alexander.

(\* Deceased)

The Hon. Secretaries of the affiliated Associations, with their addresses, are as follow:—

N.S. WALES—R. F. Norman, c/o N.S. Wales Sports Club, Ltd., 10, 12 and 14 Hunter Street, Sydney.

VICTORIA—H. R. Weir, c/o Amateur Sports Club, Little Collins Street, Melbourne, Victoria.

QUEENSLAND—W. C. Eccles, Somerset Street, Hedron, Brisbane, Queensland.

TASMANIA—M. L. I. Round, 30 Arthur Street, North Hobart, Tasmania.

SOUTH AUSTRALIA—G. V. Shaw, Epworth Buildings, Pirie Street, Adelaide, South Australia.

WEST AUSTRALIA—J. D. MacDonald, 17 Kalgoorlie Street, Mount Hawthorn, West Australia.

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### INTERNATIONAL AMATEUR ATHLETIC FEDERATION.

J. Sigfrid Edstrom, President, Vesteras, Sweden.

Hilding Kjellman, Hon. Secretary-Treasurer, Anneholmsgatan, 3 Gothenburg, Sweden.

### FEDERATION SPORTIVE FEMININE INTERNATIONALE.

Madam Milliati, President.

Madam Chapius-Welapierre, Hon. Secretary-Treasurer, 3 Rue de Varenne, Paris, France.

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# CONSTITUTION

of

## The Amateur Athletic Union

### of Australia.

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1. This organisation shall be called the Amateur Athletic Union of Australia, and shall consist of the New South Wales A.A.A., Victorian A.A.A., Queensland A.A.A., Tasmanian A.A.A., South Australian A.A.A., and Western Australian A.A.A. One Association only shall be admitted from each State of Australia.

#### Objects.

2. The objects of the Union are:—

- (a) The encouragement of systematic physical exercise and education in Australasia. *including*
- (b) The improvement and promotion of athletic exercise amongst amateurs.
- (c) The incorporation of all eligible Amateur Athletic Associations in the Union (with active membership and representation) so as to advance the cause of Amateur Athletics throughout Australia and to promote and foster the interests of the several Associations.
- (d) The establishment and maintenance by allied membership, or otherwise, of alliances with other associations (governing kindred sport) devoted to physical culture or to some speciality in Amateur Athletics.

[Note.—This rule shall not be taken to prevent any member entering into any alliance or arrangement not inconsistent with the rules of this Union with amateur bodies governing other forms of sport within the same jurisdiction.]

- (e) The establishment and maintenance throughout Australia of a uniform test of amateur standing

and uniform laws for the government of all athletic exercises within its jurisdiction.

- (f) The institution, regulation and awarding of all amateur athletic championships of Australia.
- (g) To deal with appeals of either complainant or defendant from (1) the judgment of any affiliated association as to the amateur standing of any athlete, or (2) on any agreed case submitted to it on appeal by or with the sanction of any affiliated association.

### Control.

3. The acceptance of membership of this Union shall operate as an agreement binding every such affiliated association to abide by all its provisions, laws and rules, and to accept and enforce all its decisions. Any breach of this agreement by any affiliated association shall render such association liable to such penalty as the Union shall determine, and to expulsion by a two-thirds vote of all the associations represented at the next biennial or special meeting of the Union.

### Representation and Meetings.

4. A meeting of the Union shall be held at least once in every two years, if possible at the time and place of the biennial Australian Championships. At every such meeting each affiliated association shall be entitled to be represented by two delegates having each one vote. In the absence of the President the delegates shall elect from among their number a Chairman, who shall have a casting vote as well as an ordinary vote. All resolutions shall be decided by a majority of votes. Proxies will only be allowed if the person holding the proxy is a resident of the State he represents.

### Officers.

5. The officers of the Union shall be a President, an Hon. Secretary, and an Hon. Treasurer, each of whom shall hold office until the next biennial meeting, or until his successor is elected. The President need not be elected from among the delegates, but in such case he shall have a casting vote only. The Hon. Secretary and the Hon. Treasurer shall be elected by the delegates, not necessarily from among their own number. Neither the Hon.

Secretary nor the Hon. Treasurer shall have a vote at the biennial meeting of the Full Board unless he is a delegate.

#### Mail Votes.

6. (a) In the interval between two biennial meetings of the Union any action that might be lawfully taken by a meeting may be so taken by a mail vote, provided that where this constitution requires a majority vote the vote so taken must, to be effective, be a majority of all associations affiliated to the Union, and where this constitution requires a two-thirds vote the vote so taken must, to be effective, be a two-thirds vote of all associations affiliated to the Union, and provided further that in every instance such mail vote shall be taken by the Hon. Secretary, and the ballots of each association must be preserved on his files.

(b) Where a vote by mail is required or decided to be taken as above, the Hon. Secretary shall mail to the Hon. Secretary of each affiliated association a clear statement of the question to be voted upon with the request that each affiliated association sends its vote thereupon to the Hon. Secretary of the Union, and the said request shall state upon what day the voting with the Hon. Secretary of the Union shall be closed (which shall not be less than thirty days after the mailing of said question). In cases where the President may deem it necessary, a vote may be taken by telegraph instead of by mail; in such case the vote to close within seventy-two hours. The Hon. Secretary may at any time when sufficient votes have been received to either carry or reject a mail or telegraph vote, announce the result of the same, and the result so announced shall be decisive.

(c) The President may on his own motion, and upon the written request of any association affiliated to the Union must, submit to a vote by mail any specific question or matter which might be dealt with at a meeting of the Union. Such request shall be delivered to the Hon. Secretary of the Union, and by him delivered to the President.

(d) The Hon. Secretary of each affiliated association shall at once submit the question or matter to his own association, and shall indicate in writing its vote thereon, and forward the same, signed by himself and the Chairman of the meeting at which such vote was given, to the Hon. Secretary of the Union. Each affiliated association shall be entitled to one vote.

(e) Within five days after the closing of said vote with the said Hon. Secretary, he shall mail to each affiliated association a copy of the question and the result of the vote thereon, to wit, the names of those voting for and in opposition thereto, with a statement of whether said question has been carried or defeated.

(f) No mail vote shall be taken unless in the opinion of the Executive the matter is one of urgency and cannot be held over until next meeting of the Full Board of Control.

#### Subscriptions.

7. Each affiliated association shall pay an annual subscription of four guineas, of which two guineas per year shall be made available for the expenses of the officers of the Union in attending Board of Control meetings, and shall also pay such further sum (if any) not exceeding in any one financial year the sum of five pounds, as shall be deemed requisite by the Union. No affiliated association shall be represented at any meeting nor vote by mail or otherwise while any amount due by such association shall remain unpaid. In the event of default continuing for a period of six months from the due date of such indebtedness, such defaulting association or associations shall be dealt with as the paid-up associations shall think fit.

#### Amateur Definition, &c.

8. An amateur is one who has never competed for a money prize, staked bet, or declared wager, or who has not knowingly and without protest competed with or against a professional for a prize of any description or for public exhibition, or who has never taught, pursued or assisted in the practice of any athletic exercise as a means of livelihood or for pecuniary gain.

#### SECTION 1.

An amateur forfeits his status and becomes a professional by—

(a) Any infringement of the above definition.

(b) Competing with or pace-making for a professional or person under sentence of suspension, in public or for a prize.

(c) Pawning, selling, realising, bartering, or otherwise turning into cash any prize won by him, or accepting any remuneration directly or indirectly from any person for any competition in which he is an entrant or competitor.



(d) Wagering, or being in any way interested in a staked bet or wager made in connection with any amateur athletic competition.

(e) Entering for any athletic event for which a money prize is offered, or for which a money prize or trophy are offered as alternatives, or any event open to professionals, or issuing or allowing to be issued on his behalf any challenge to compete against any professional or for money.

(f) Accepting any travelling or hotel expenses from any club or sports promoters, except in the case of a championship meeting, or with the special sanction of the Amateur Athletic Association to which he belongs, provided such association is a member of the Union.

(g) Entering for, or competing in, any athletic event under a name other than his own, or one assumed permanently by him for the purposes of competition and registered by him with the association to which he belongs.

(h) Receiving any compensation for using the goods or apparatus of any firm, manufacturer or agent or allowing his name to be used as a means of advertising or recommending the goods of any firm or manufacturer.

(i) Accepting directly or indirectly any payment for any loss of time or wages in attending or training for any athletic competition.

(j) Accepting or receiving any money or pecuniary gain in going to, or returning from, an athletic meeting other than his actual outlay for railway, steamship, sleeping car fare, and for meals and lodging. Under no circumstances shall the amount paid for expense money exceed the cost of one first-class railway or steamship accommodation, one first-class sleeping accommodation, and one pound or the equivalent per day for meals and lodging.

## SECTION 2—EXCEPTIONS.

The following exceptions shall be made to this rule:—

(a) All persons who have been reinstated by the Association in the State in which they reside, and which Association is a member of the Union, and have not infringed their amateur status subsequent to such reinstatement, shall be considered amateurs.

(b) Amateurs shall not lose their status by competing with or against professionals in any game (for list of

“games” see jurisdiction clause), for which no money prize is offered.

(c) Competitions at arms between volunteers or regulars, fire brigade competitions, and police drill and competitions (in other than track and field events) pure and simple, the pastimes of shooting and sailing, and all other pastimes not coming within the definition of athletic exercises (for list of “athletic exercises” see jurisdiction clause), shall not be considered as coming within the scope of these rules.

(d) Competitions open only to Volunteers or Regulars or Naval or Military Trainees at naval or military athletic meetings (such events being for trophies only) shall be exempt from any rule disqualifying persons for competing against professionals.

(e) Receiving remuneration for any office connected with athletic sport, if sanctioned by the governing Amateur Athletic Association, shall not constitute a person a professional.

(f) School boys who have infringed their amateur status may compete at their own school sports without affecting the amateur status of their schoolfellows.

(g) Teaching athletic exercises at a school does not constitute a person a professional, provided his engagement includes scholastic duties at the same institution.

## JURISDICTION.

In deciding upon the amateur standing of any athlete this Union recognises as athletic exercises the following:—

Athletic Exercises:—Baseball, basket ball, boating, bowling, boxing, cycling, cricket, cross-country running, fencing, football, golf, gymnastics, handball and fives, hockey, hurdle racing, jumping of any kind, lacrosse, lawn and court tennis, motor cycling, pole vaulting, putting the shot, quoits (field), racquets, running (all distances), skating, swimming and all natatorial exercises, throwing the hammer, throwing the cricket ball, throwing weights, throwing the discus, throwing the javelin, tug-of-war, walking (all distances), wrestling, wood-sawing and wood-chopping.

And as Games:—Baseball, basket ball, cricket, football, handball and fives, golf, lacrosse, tennis (L. and C.), quoits, racquets, hockey and bowls.

## REINSTATEMENTS.

9. All reinstatements shall be dealt with by the Association within whose jurisdiction the latest breach occurred, subject to the following provisions:—The governing body of each Association, hereinafter referred to as the Council, shall have power to entertain applications for reinstatement from those who have forfeited their amateur status, and in so doing shall be guided by the following provisions:—

(a) Each case shall be decided by the Council on its merits.

(b) No person who has at any time been a member of any amateur athletic club (school clubs not included) and has competed in any amateur event, and has knowingly and wilfully forfeited his amateur status after such event shall be eligible for reinstatement. Any application apart from the above which has by a three-fourth vote of the delegates present at a duly constituted meeting been declared "Special" by any association by reason of any unusual or exceptional circumstance affecting the same may be referred to the Union, who shall have power to either reinstate, postpone or reject his application on such terms (if any) as they think fit.

(c) The Council shall have power to reinstate any person who has nominally (i.e., "not knowingly, wilfully, or negligently") infringed his amateur status, provided, however, that no applicant shall be reinstated under this sub-clause, except by a unanimous vote of the Council at the meeting following the one at which the application is dealt with, and that it be proved to the Council's satisfaction that the applicant has never competed at or in a recognised professional competition, nor infringed his amateur status on more than one occasion.

(d) Applicants, when applying, must fill in the form prescribed by the Association, and make a statutory declaration to the truthfulness of the statements contained therein.

(e) No application for reinstatement shall be considered unless accompanied by a fee of five shillings, which shall be retained by the Association. Should the applicant be recommended to apply again at some future date, he may do so without any additional fee, provided he shall not have competed in the meantime.

(f) In the event of an application for reinstatement being deferred for a fixed time, the reinstatement of the

applicant shall be guaranteed on the expiry of the probationary term, provided no infringement of the A.A.U. Rules occurs in the meanwhile and that no information comes to the knowledge of the Council that may cause it to reconsider its previous decision. Applicants must, however, fill up and forward to the Secretary a fresh application form at the expiration of their probationary period. No reinstatement shall take effect until finally passed by the Council.

(g) Upon the granting of an application, the Secretary shall issue to the applicant the Association's certificate; but should the information supplied to the Association by the applicant, in accordance with Section C (supra), be afterwards found incorrect in any particular, the right is reserved by the Council to reconsider the application or withdraw the certificate.

(h) When any person has been either temporarily or permanently disqualified by any athletic association, notice shall be given by that association to all kindred associations stating such disqualification.

(i) When any applicant has infringed his status in more than one State his application must be consented to by the Athletic Association (if any) of every State before it can be entertained.

### Representative Teams.

10. The regulation and control of all matters whatsoever in connection therewith, and the selection, management, and control of all representative teams of Australian athletes, shall be under the sole jurisdiction of this Union, with power to delegate all or any of its duties or powers to any Association or persons.

### Track and Field Championships of Australia.

11. The following shall be the events for all championships of Australia:—

100 yards, 220 yards, 440 yards, 880 yards, 1 mile, 3 miles, 1 mile walk, 3 miles walk, 120 yards hurdles (3ft. 6in.), 440 yards hurdles (3 feet), running high jump, running broad jump, running hop, step and jump, pole vault, putting the 16 pound shot, throwing the discus, throwing the javelin, and a mile medley race (one to run 880 yards, one 440 yards and two 220 yards each).

Events for Women:—100 yards flat running, running high jump, 90 yards hurdles (76.2 centimetres, 2ft. 6in.). These events will not count for point score in Shield Premiership Competition.

Prizes: Medallions of design approved by the Union: First prizes, silver; second prizes, bronze.

Finance.—The local Association of the State wherein such meeting is held shall, subject to the sanction of the Union (vide Clause 10), have complete control over the same in financial matters, bearing any loss and receiving any profit, provided that when the net profits exceed £100, 10 per cent. of such net profits shall be paid to the Union.

Representation.—The State whose representatives gain the most firsts shall be champions until the next meeting. Should any two or more States obtain an equal number of firsts, then the championship shall be awarded to the one which has also obtained most seconds. If this does not decide, then the Union shall decide the matter finally on what it deems to be the relative merit of the different performances.

A Challenge Shield, to be known as the "Richard Coombes Championship Shield," shall be awarded to the winning State. The Association which wins the "Richard Coombes Championship Shield" shall hold the same until defeated.

No State shall be at liberty to start more than three representatives in any event. Individual competitors may compete subject to the approval of the Union, but their placings (if any) cannot count for points. *Caeny.*

In the case of international visiting athletes participating and winning the title, the title shall be awarded to the first resident Australian to finish. A special medal to be awarded to the visiting athlete if successful.

The competitors representing an Australian State must be bona fide residents in the State they represent for six months immediately prior to the date of the meeting, except in the case of competitors who have left their State for a specific purpose known to and approved by the Association where they have resided. The restrictions contained in this clause shall not affect the eligibility of an undergraduate connected with any University to either represent the Association to which such University is

affiliated, so long as he remains an undergraduate, or to represent the State wherein he otherwise resides.

No entrance fee shall be charged to visiting competitors from the States other than that in which the meeting is held, and the local Association shall not contribute towards the expenses of visitors.

All entries close definitely with the Hon. Secretary of the State Association conducting the meeting at least ten (10) clear days prior to the date of the meeting.

The Association of the State in which each meeting is held must give the Executive Officers of the Union at least three months' clear notice of the date and place where it proposes to hold the meeting. Meetings shall be held between the months of October and April. Postponements on account of bad weather shall be left in the hands of the local Association.

Apart from athletics no other events except amateur cycling shall be held at any meeting.

That a £5 penalty be imposed on any Association failing to notify the holding Association that it is unable to be represented at an Australian meeting, such penalty to be paid to the Association holding the meeting.

Note.—Meetings shall be held as follow:—1930, Victoria; 1932, N.S. Wales; 1934, South Australia; 1936, Tasmania; 1938, Queensland; 1940, Western Australia.

## 12. Cross-Country Championship of Australia.

1. An Australian Cross-Country Championship shall be held once every two years over 10,000 metres (10,936 yards, 0 feet, 11.88 inches) course, which must be approved by a representative of each Association competing prior to the race; and in the event of a difference of opinion, the majority shall decide. At least half of such course shall be open country.

2. The race shall be held during August.

3. The prizes shall be:—1st, Silver Medallion; 2nd, Bronze Medallion; and Bronze to the winning team. The medallions shall be struck off the Championship Medallion Die and be of the same size.

4. The race shall be held as follows:—1931, Queensland; 1933, Victoria; 1935 New South Wales.

5. It is optional for any affiliated Association to compete, but the race shall not be held unless three Associa-

tions give an undertaking to compete one month prior to the date of closing of entries.

6. The local Association of the State wherein such race is held shall, subject to the Rules of the Union, have complete control over the same in financial matters, bearing any loss and receiving any profits.

7. All arrangements for the race (Course, Officials, etc.) shall be made by the State in which the championship is contested.

8. Teams representing the individual States may not exceed six (6) in number, the first four (4) to count for places. Individual representatives may start, but their placings cannot count for points.

9. Any State may assist any other Association in financing its team if they so desire, provided the sanction of the Union be given.

### 13. Powers of Affiliated Associations.

10. Subject as aforesaid and to any provision, rules, or racing laws hereafter adopted by this Union, every member shall retain full powers of administration and control within its jurisdiction. Every member shall as soon as practicable forward to the Hon. Secretary of this Union a copy of its rules, regulations and racing laws, and all additions, alterations or amendments thereto hereafter made by it, and all such rules, regulations, racing laws, additions, alterations and amendments shall be valid in so far as they do not conflict with the rules, regulations and racing laws for the time being of this Union.

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# COMPETITION LAWS

of

## The Amateur Athletic Union of Australia.

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### REGULATIONS FOR COMPETITIONS.

*These Rules must be observed at any Athletic Meeting or Competition held under the Laws of the A.A.U. of A. Incorporated in same are the Track and Field Rules and Regulations of the International Amateur Athletic Federation, to which this Union is affiliated.*

#### Entries.

1. Entries shall be made and all events contested in the real name of the competitor, and entries shall be forwarded to the Secretary of the meeting or some other official specially appointed to receive them at least seven days before the advertised date of the meeting. The Union, in the case of Australian championship meetings, or the Council of the Association, or the committee of bodies promoting amateur competitions under the laws of the Union, or any affiliated association, shall have the power to refuse to receive, and, having received, of cancelling, any entry before the start without being bound to assign a reason, and no entry shall be received unless accompanied by the entrance fee.

An intending competitor in any youths' race must state his age and previous performances; and, if required, must furnish certificate of his birth.

(The entry form of the A.A.U. of A. shall be used  
in all cases.)

Note.—Copy of form at end of book.

#### The Officials.

2. All amateur meetings shall be under the direction of officials determined by each Association or promoting body for itself, embracing:—



A Sports Committee.  
 A Manager.  
 One Referee.  
 Four or more Inspectors.  
 Four Judges at finish.  
 One Chief Field Judge.  
 Three or more Field Judges.  
 Three or more Timetakers.  
 One Judge of Walking.  
 One Clerk of the Course.  
 One or more Scorers.  
 One Scorer for lap events.  
 One Scorer for field events.  
 One Result Board Steward.  
 One Press Steward.  
 One Official Surveyor.  
 One Marshal.  
 One Field Doctor.  
 One Costume Steward.  
 One Dressing-room Steward.  
 One Starter.

If deemed necessary, assistants may be provided for the Timetakers, the Judge of Walking, the Clerk of the Course, the Scorer, the Press Steward, the Dressing-room Steward, and the Marshal, and an Official Announcer may also be appointed. No track team or club team Manager shall act as an Official at any championship meeting.

#### Sports Committee.

3. The Sports Committee shall have jurisdiction of all matters not assigned by these laws to the referee or other sports officials. They shall have power to disqualify a competitor if at any time his conduct or conversation is unbecoming, or if it is shown that his entry was informal or incomplete.

#### The Referee.

4. The Referee shall see that the rules are observed and decide all questions relating to the actual conduct of the meeting, the final settlement of which are not otherwise covered by these rules.

He, together with the Manager, shall have power to change the order of events as laid down in the official programme, and to add to or alter the announced arrangements of heats in any events.

In the case of a difference between the Judges he shall decide and in case of improper conduct of a competitor he has the right of exclusion. Any protest or objection which has reference to the conduct of a competitor in the actual competition shall be decided by the Referee on the ground and his decision shall be final.

When, in any but the final of a race, a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and shall also have the power to allow the hindered competitor to start in the next round of heats, just as if he had been placed in his trial.

When, in a final, a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and he shall also have the power to order a new race between such of the competitors as he thinks entitled to such a privilege.

#### The Manager.

5. The Manager shall have the control of the meeting and be responsible for the proper carrying out of the programme.

He shall attentively follow the events going on and decide when a new event shall begin.

Before the beginning of a new competition he shall in due time inform the officials concerned and have the competitors who are entered in the event called out on the field.

After the finish of each event he shall, through his assistants, receive the results from the scorers. All announcements to the public, press, etc., shall be given by the Manager through the Official Announcer, Press Steward, loud speaker, etc.

He shall have the right to take action against any competitor whose clothing should not conform to regulations and shall have power to prevent any person from starting in any competition or event if, in his opinion, such person's costume be not in accordance with Rule 75.

The Manager shall control his assistants and assign to them such duties as he may deem proper.

### The Inspectors. †

6. It shall be the duty of an Inspector to stand at such point as the Referee may designate, to watch the competition closely, and in case of a foul or violation of the rules by a competitor or other person, to report to the Referee what he saw of the incident. (2)

Such Inspectors are merely assistants of the Referee, to whom they shall report, but have no power to make any decisions.

### Judges at Finish. †

7. The Judges at Finish shall decide the order in which the competitors finish in the competition. In case of a disagreement, the majority of the judges concerned with the disputed place or places shall decide. Their decision as to the order in which the competitors finish shall be final and without appeal. It is recommended that one Judge selects the first man to finish, one the first and second, one the second and third, and so on.

Judges should be placed at least two metres from and in line with the finishing point, and it is recommended that an elevated stand be used for the purpose of the Judges in order to allow them to have a good view of the finishing line. (For apparatus, refer to Schedule to Rules.)

### Field Judges. †

8. The Chief Field Judge shall see that all implements and equipments are in accordance with these rules and that the field events are conducted expeditiously.

The Field Judges shall measure, judge and record each trial of each competitor in all games, whose record is of distance or height. Their decision as to the performance of each man shall be final and without appeal.

### Scorers for Field Events. †

9. The Scorers for Field Events, of whom one shall act in throwing events, the other in jumping events, shall be provided with the names and the numbers of all entered in their respective events.

They shall receive the competitors at the start of each event in which they act, and shall call over the names of the competitors.

They shall record the order in which each competitor finished his event, together with the height or distance furnished them by the Field Judges, and shall as soon as possible hand the results to the Manager.

### Scorer for Track Events.

10. The Scorer for Track Events shall be provided with the names and the number of all entered in track events. He shall receive the competitors at the starting line and there call over the names of the competitors. He shall record the order in which competitors finish their event, together with the time furnished him by the Timetakers and shall as soon as possible place the results at the disposal of the Manager.

### Lap Scorers.

11. The Lap Scorers shall keep a tally of the laps made by each competitor in races covering more than one lap, and shall announce by means of a bell or otherwise when the leading man enters the last lap.

### Timetakers.

12. Each of the three Timetakers shall time every event. In case two of their watches agree, and the third disagrees, the time marked by the two shall be the official time. If all watches disagree, the time marked by the watch recording the middle time shall be the official time. Time shall be taken from the flash of the pistol.

If for any reason only two watches record the time of an event, and they fail to agree, the longer time of the two shall be accepted as the official time.

Electric timing may be allowed, but only in addition to individual timing, and no record can be accepted with electric timing only.

The Assistant Timetakers (if any) shall perform like duties, but the times recorded by their watches shall only be accepted if necessary, in which case they shall be called upon in such order as shall have been previously decided upon.

Note.—The Congress of Amsterdam, 1928, has decided that the 1/10th of a second timing shall be allowed for races up to and including 250 metres. For races above that, the timing in 1/5th of a second shall remain. The

decision shall not be retrospective regarding the records already recognised.

Timing with verified watches showing 1/100th of a second shall be allowed, provided the 1/100th of a second watches are used auxiliary to 1/10th of a second watches and that the timing recorded is the tenth slower than the indication of the watch.

#### Judge of Walking.

13. The Judge of Walking shall have sole power to determine the fairness or unfairness of walking, and his rulings thereon shall be final and without appeal. He shall caution any competitor whenever walking unfairly, the second caution to disqualify, except that he shall immediately disqualify any competitor when walking unfairly during the last 440 yards of a race. He shall control his assistants and assign to them such of his duties as he may deem proper.

#### Clerk of the Course. 1

14. The Clerk of the Course shall be provided with the names and the numbers of all entered, and he shall notify them to appear at the starting line before the start in each event in which they are entered.

In all track events he shall draw for the competitors' respective stations and assign the starting place to each competitor. He shall control his assistants and assign them such duties as he may deem proper.

#### Result Board Steward.

15. The Result Board Steward shall receive from the Press Stewards the result of each event, and announce the same by voice or by means of a result board.

#### Press Stewards.

16. Press Stewards shall obtain from the Clerk of the Course and Scorer the names of all starters in each event, the names of all point winners, and the times or distances of each winning or record performance, and keep the press thoroughly informed of all doings of the meeting.

#### Official Surveyor.

17. The Official Surveyor shall survey the track and all courses for the distances which are to be contested and

furnish a statement of same to the authorities conducting the meeting or the Referee before the games.

#### Marshal.

18. The Marshal shall have full police charge of the enclosure and shall prevent any but officials and actual competitors from entering or remaining therein. He shall control his assistants and assign to them their duties.

#### Costume Steward.

19. The Costume Steward shall report to the Manager any person whose costume, in his opinion, is not in accordance with the Union Rules and shall have general supervision over all costumes.

#### Dressing Room Steward.

20. The Dressing Room Steward shall have charge over all matters appertaining to the dressing room. Any person exhibiting unbecoming conduct shall be reported by him to the Referee. He shall control his assistants and assign to them their duties.

#### The Starter.

21. All questions concerning the start shall be decided by the Starter.

The Starter shall have entire control of the competitors at marks, and shall be the sole judge of fact as to whether or not any man has gone over his mark.

All races shall be started by the report of a pistol.

At all international meetings, the words of the Starter, in his own mother tongue, shall be:

"On your marks,"

"Ready."

Then the report of the pistol after a pause of about two seconds.

When any part of the body of the competitor shall touch the ground in front of his mark before the starting signal is given, it shall be considered a false start.

Note.—Under this rule competitors adopting the "all four" set are not allowed to place their hands on the ground in front of the mark.

The Starter must warn the offender or offenders and shall, except in the Pentathlon and Decathlon, disqualify at the second false start.

Rocking starts are forbidden, i.e. the whole body of the competitor must be quite steady and motionless at the report of the pistol.

If, in the opinion of the Starter, the start has not been a fair one, he must recall the competitors by a second pistol shot.

Should the Starter have to warn the competitors on any point, he shall order the competitors to "Stand up."

The Starter must be prepared for a second shot to provide for an unfair start.

### Penalties for False Starting.

22. Penalties for false starting in handicaps shall be inflicted by the Starter as follows:—In races up to and including 220 yards, the competitor shall be put back one yard for the first attempt; in races over 220 yards and including 440 yards, two yards for the first attempt; in races over 440 yards and including 880 yards, three yards for the first attempt; in races over 880 yards, five yards for the first attempt. In all cases the second false start shall prevent his competing in that event. In relay races the penalty shall be according to the distance the "offender" is to race.

The Starter shall also disqualify for that event any competitor who attempts to advance himself from his mark, as prescribed in the official programme, after he has given the warning to "get on his mark."

### The Course.

23. In all races of a distance up to and including 400 metres (437yds. 1ft. 4in.) each competitor shall have a separate course of at least 1.25 metres (4 feet), properly measured. The entire course to be marked with two-inch chalk lines and stringed and staked in the straight (if any), about every fifteen metres (about 50 feet).

Each competitor shall keep in his respective position from start to finish in all races run in lanes. In all races he shall not cross in front of a competitor until he is two metres (6ft. 6.7in.) in advance of his nearest competitor. X.

Note.—In Australia this rule operates in races up to 440 yards.



### Starting Order.

24. The authorities conducting the meeting shall draw for the order of the competition in each event and the names of the competitors shall be printed in the programme in this order, in heats and groups.

In all field events the competitors shall make their trials in the order of their names as printed in the programme.

In all track competitions competitors shall draw for their respective stations. The competitor with number one shall take the inside station, with number two next, and so on.

### Heats.

25. In races up to and including 440 yards, the first and second in each heat should qualify for the next round, and in longer races at least the first and second should qualify for the next round. At least six competitors shall start in the final.

### Field Events.

26. The officials shall have the power to change the place of the competition in any field event if in their opinion the conditions warrant the same.

In the event of a competitor being entered in both a field and a track event or more than one field event which take place at one and the same time, the field event officials shall allow him to take his trials not necessarily in his order on the programme.

### Weight Events.

(See also Rule 45).

27. In all throwing events from a circle it shall be a foul throw if the competitor, after he has stepped into the circle and started to make the throw, touches with any part of his body or clothing the ground outside the circle or if he steps on the circle.

The competitor must not leave the circle until the implement has touched the ground, and he shall then from a standing position leave the circle from the rear half.

### Attendants.

28. No attendant or athlete who is not actually taking part in the race shall accompany any competitor on the



mark or in the race, nor shall any competitor be allowed, without the permission of the Referee or Judges, to receive assistance or refreshment from anyone during the progress of a race, and in no case can assistance or refreshment be given to any competitor in a race of less than 10 miles.

### The Competitions.

29. Every competitor shall be supplied with and must wear during competition a distinctive number corresponding to his number on the programme.

It is advisable in races not exceeding 300 yards that duplicate numbers shall be provided and worn one on the breast and one on the back.

Any competitor wilfully jostling, or running across, or obstructing another competitor so as to impede his progress, or evidently competing to lose, shall forfeit his right to be in the competition, and shall not be awarded any position or prize that he would otherwise have been entitled to.

No competitor shall be allowed to rejoin a race after leaving the track, either for the purpose of gaining a place or to pace or assist another competitor. The Referee shall be sole judge of fact as to whether a competitor did or did not leave the track.

### Heats and Groups.

30. Preliminary trials shall be held in every event in which the number of competitors is too large to allow the competition to be conducted satisfactorily in a single round.

The heats and groups shall be arranged by the Committee conducting the meeting, and the representatives of each club (or State) shall be placed as often as possible in different heats or groups.

The final round shall not begin earlier than 30 minutes after the last trial of the last heat or group.

If possible, at least six competitors shall start in the final round.

### Permits to Compete.

31. (a) The amateur status of every competitor must be guaranteed by the association that governs in the country from which the competitor has entered, according

to the definition of the International Amateur Athletic Federation, and he shall not be permitted to compete in any foreign country, unless he holds such guarantee and has permission to compete in any particular event.

(b) Any amateur athlete a resident of Australia desiring to compete in amateur competitions in other countries must before leaving secure from the Executive of the Union on request of the association of which he is a member, a permit that will authorise him to compete as an amateur in any other country.

(c) An amateur athlete not a resident of Australia desiring to compete under the rules of the A.A.U. of A. must submit to the Executive a certificate from the governing body recognised by the Union of the country wherein he resides that he is an amateur and eligible as such to compete in any amateur competition. Such non-resident athlete shall apply to the Executive for a permit to compete under the A.A.U. of A., stating the place and places where he or she purposes to compete, and the financial (if any) and other arrangements made for such appearance. The athlete can only compete at such time and places as the permit calls for.

#### Transfers.

32. Any member of an affiliated association transferring from one State to another must first obtain a clearance from the association to which he belongs before being allowed to compete as a member of the State to which he transfers.

#### Physical Examination.

33. In distance events exceeding five miles, no competitor shall be allowed to start unless he is over 18 years of age, and has passed a physical examination to be made by a physician appointed by the organisation holding the event.

#### The Finish.

34. The finishing line shall be a line on the ground drawn across the track from finish post to finish post, and the competitors shall be placed in the order in which any part of their bodies (i.e., "torso," as distinguished from the head, arms, feet or hands) crosses such line.

For the purpose of aiding the judges, but not as a finishing line, there shall be stretched across the track

at the finish, 1.22 metres (4 feet) above the ground, a worsted string which shall be fastened to the post at each side of the finishing line, at right angles to the course and parallel to the finishing line.

No competitor shall be considered to have finished unless his entire body shall have crossed the finishing line.

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### Track and Lanes.

35. The racing track shall be measured 30 centimetres (12 inches) outward from the inner edge of the track. There must be a border of board, rope, cement, or any other material. The inner border should not be more than 5 centimetres (2 inches) in height.

In all races of a distance up to and including 400 metres or 440 yards, each competitor shall have a separate course of at least 1.22 metres (4 feet) properly measured, the entire course to be marked with 5 centimetres (2 inches) chalk lines. The inner lane shall be measured as stated above, the outer lanes 20 centimetres (8 inches) from their respective borders.

The direction of the racing shall be left hand inside.

Each competitor shall keep in his respective position from start to finish in all races run in lanes. In all races he shall not cross in front of a competitor until he is 2 metres in advance of his nearest competitor.

To conduct properly important International Meetings the track should permit of at least six lanes.

### Pegs and Cross Bars.

36. In events where pegs and cross-bars are to be used, pegs shall be without notches or indentations of any kind, of uniform thickness throughout, and not more than one-half inch (12.7 millimetres) in diameter, and must not extend more than three inches (76.2 millimetres) from the uprights. The cross-bar shall be of wood, triangular in section, each side of which shall measure 30 millimetres (1-3/16 inches), the ends of which must not project more than six inches (152 millimetres) beyond the pegs.

### Ties.

37. In all contests where results are determined by measurements of height or distance, ties for first and other places shall be decided as follows:—

If two or more competitors tie at any height in the standing or running high jump and pole vault, an additional trial at such height shall be allowed, and if no result the bar shall be lowered to the previous height, cleared, and one more trial allowed. The bar shall then be raised or lowered until the tie is decided.

In case of a tie in any field event for distance, an additional trial shall be given to decide the ties.

In case of a tie in any field event, the subsequent performances only determine the relative position of those who are competing to decide the tie.

In case of a dead heat in any track event, the competitors shall not be allowed to divide the prize or points, or to toss for them, but must compete again at a time and place appointed by the Referee.

## JUMPING EVENTS.

### Jumping Events in General.

38. In the Running and Standing High Jump and in the Pole Vault, three jumps will be allowed at each height, and a failure at the third attempt shall forfeit the right to compete further.

A competitor may commence at any height above the minimum height, and may jump at his own discretion at any subsequent height.

In the Broad Jumps and in the Hop, Step and Jump, each competitor shall be allowed three jumps and the six best shall be allowed three more jumps.

In all jumping events each competitor shall be credited with the best of all his jumps, subject to conditions relating to ties.

The employment of weights or grips of any kind (grips of cork included) is forbidden.

The take-off ground about the jump must be level.

A competitor may place marks for his take-off and a handkerchief on the cross-bar for sighting purposes.

### Running High Jump.

39. The competition shall start at a height of 160 centimetres (5ft. 3in.) and the bar shall be raised as the judges may decide.

A fair jump is one where the head of the contestant does not go over the bar before the feet and is not below the buttocks in clearing the bar.

Neither diving or somersaulting over the bar shall be permitted.

As soon as a competitor makes a spring in order to jump, this shall be counted as a trial jump.

When a competitor jumping to the side or going beneath the bar surpasses the perpendicular plane, this shall be counted as a failure trial.

All measurements shall be made perpendicularly from the ground to the upper side of the bar where it is lowest.

The uprights shall not be moved during the competition unless the judges consider the take-off has become unsuitable. Such change shall be made only after a round has been completed.

(For apparatus, refer to Schedule to Rules.)

**Note.**—In local, Interstate or Australian contests, the above international rule will not, or need not, apply. The following rules may be followed:—

A competitor may decline to jump at any height (except the first), but if he fails at the next height he shall be credited only with the height he actually cleared, and shall not be allowed to go back and try at the height which he purposely omitted. In addition to the above laws the Executive have ruled that a fair jump is one where the competitor takes off from one of his feet and lands upon his feet; landing upon hands, arms or shoulders is deemed to come under the category of "diving."

### Standing High Jump.

40. The competition may start at any height fixed by the Chief Field Judge.

The feet of the competitor may be placed in any position, but shall leave the ground only once in making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as one trial jump without result. A competitor may rock forward and backward, lifting heels and toes alternately from the ground, but he may not lift either foot clear from the ground or slide it along in any direction on the ground.

With these exceptions, the rules are similar to those for the Running High Jump.

(For apparatus, refer to Schedule to Rules.)

### Pole Vault.

41. The competition shall start at a height of 3 metres (9ft. 10-1/10in.), and the bar shall be elevated as the judges shall decide. The take-off for the Pole shall be from a wooden box as designed in the Specification of Implements (see Rule 55), but any competitor shall be allowed to dig a hole not more than one foot in diameter at the take-off, in which to plant his pole. A wooden box or stop board sunk in the ground shall be allowed.

A competitor must not, at the moment that he makes a jump, or after leaving the ground, place his lower hand above the upper one or move the upper hand higher up on the pole. If a competitor clears the bar, but in doing so the pole should remove the same, it shall be considered as a failed try.

As soon as a competitor has left the ground for the purpose of making a jump, this shall be counted as a trial jump.

When a competitor jumping to the side or going beneath the bar passes the perpendicular plane, this shall be counted as a failure trial.

No attendant should be allowed to touch the pole unless it is falling away from the bar or uprights.

Competitors may use their own poles. These may have a binding, but must not have any further support for the hands. No competitors shall be allowed to use any of the private poles except with the consent of their owners.

All measurements shall be made perpendicularly from the ground to the upper side of the bar where it is lowest.

If the uprights are moved, they shall not be moved more than 60 centimetres (two feet) in any direction, and not more than one hole may be made.

If the uprights are moved, the Field Judges should make a re-measurement, because if there is any inequality in the ground at all, changing the uprights may make a difference varying from a quarter of an inch to one inch, and a competitor should not be allowed to obtain an advantage in that way.

The uprights shall be at least 3.66 metres (12 feet) apart.

In the Pole Vault, if in making a trial the competitor's pole is broken, it shall not count as a trial.

(For apparatus and implement, refer to Schedule to Rules.)

**Note.**—In local, Interstate or Australian contests the International rules may not, or need not, apply, and the following rule may be followed:—

A competitor may decline to jump at any height (except the first), but if he fail at the next height, he shall be credited only with the height he actually cleared, and shall not be allowed to go back and try at the height which he purposely omitted.

(For apparatus, refer to Schedule to Rules.)

### Running Broad Jump.

42. The length of the run is unlimited. Each competitor shall be allowed three jumps and the best six shall be allowed three more jumps. Each competitor shall be credited with the best of all his jumps.

If any competitor swerves aside at the take-off line, or the line extended, or touches the ground in front of the take-off joist with any part of his foot, such jump shall not be measured, but it shall be counted against the competitor as one jump.

The take-off shall be from a joist sunk flush with the ground, the outer edge of which shall be called the scratch line. In front of the scratch line, over a width of 4 inches (10 centimetres), the ground shall be sprinkled with soft earth or sand to make it 6 millimetres ( $\frac{1}{4}$  inch) higher than the take-off joist. The measurement of the jumps shall be made at right angles from the scratch line to the nearest break in the ground made by any part of the body of the competitor.

The excavation (pit) shall have a minimum width of 2 metres 75 centimetres (9 feet). The distance between the take-off and the end of the excavation (pit) shall be at least 9 metres (29½ feet).

### Standing Broad Jump.

43. (See rules for the Standing High Jump, as well as, where applicable, for the Running Broad Jump.)

### Hop, Step and Jump.

44. The competitor shall first land upon the same foot with which he shall have taken off, the reverse foot shall be



used for the second landing, and both feet shall be used for the third landing.

In all other respects, the rules for the Running Broad Jump shall govern.

## THROWING EVENTS.

### Throwing Events in General.

45. In all throwing events, each competitor shall have three trials, and the best six shall have three more. Each competitor shall be credited with the best of all his throws.

In all throwing events from a circle it shall be a foul throw if the competitor, after he has stepped into the circle and started to make the throw, touches with any part of his body or clothing, or the implement, the ground outside the circle, or if he steps on the circle.

The competitor must not leave the circle until the implement has touched the ground, and he shall then from a standing position leave the circle from the rear half which shall be indicated by a chalk line extended outside the circle.

The circle shall be measured from the inside and shall be flush with the ground outside the circle. The earth or clay in the circle to be packed hard and firm, and 2 centimetres ( $\frac{3}{4}$  inch) lower than outside the circle.

All throws from a circle, to be fair, must fall within a sector of 90 degrees.

In all weight events thrown from the circle, the competitor may touch the inside of the circle,

The circle shall be 7 feet (2.135 metres) in diameter for all weight events except Throwing the Discus, which shall be thrown from a circle 8 feet 2 $\frac{1}{2}$  inches (2.5 metres) in diameter. The circle shall be measured from the inside and shall be flush with the ground outside the circle. The earth or clay in the circle to be packed hard and firm and 2 centimetres ( $\frac{1}{4}$  inch) lower than outside of the circle.

In the middle of the circumference, for shot putting, at the front half of the circle, shall be placed a stop board firmly fastened in the ground.

All measurements must be made with a steel tape, graduated in centimetres or in feet and decimals of a foot.



46. In the Javelin, Discus and Hammer competitions, a distinctive flag shall be provided with which to mark the throw of each competitor.

### Javelin Throwing.

47. The throwing shall take place from behind a scratch line, properly marked, which shall be a board  $2\frac{3}{4}$  inches (7 centimetres) in width, and at least 12 feet (3.66 metres) in length, sunk flush with the ground.

The javelin must be held at the grip.

No throw shall be counted in which the point of the javelin does not strike the ground before any part of the shaft.

The thrower must not place his foot or feet upon the board.

In javelin throwing, the competitor must not cross the line until his throw has struck the ground.

In throwing the javelin, if the javelin breaks while in the air, it shall not count as a trial, provided the throw was performed in accordance with the rules.

The throw is measured from the point at which the point of the javelin first strikes the ground to the scratch line or the scratch line prolonged.

Each competitor shall have three trial throws, and the best six shall have three more. Each competitor shall be credited with the best of all his throws.

Only javelins provided by the Committee in charge of the Games can be used.

(For weights, measurements and apparatus, refer to Schedule to Rules.)

### Throwing the Discus.

48. The discus shall be thrown from a circle 2.50 metres (8 feet  $2\frac{3}{4}$  inches) in diameter. The measurement of each throw shall be made from the nearest mark by the fall of the discus to the inside of the circumference of the circle along a line from the mark made by the discus to the centre of the circle.

(For implement and apparatus, refer to Schedule to Rules.)

### Throwing the Discus, Hellenic Style.

49. The throw shall be made from a special rectangular stand (Balbis) 80 centimetres (2 feet 7½ inches) long and 70 centimetres (2 feet 3½ inches) wide, the surface of which shall slope in the direction in which the throw is made.

The discus-thrower (right-handed) places himself in the stand with the right foot in front of the left. Neither foot must step over the outer surface of the sides. Starting from this position the competitor shall make the throw. It is forbidden during the throw to change the position of the feet or lift them from the stand. Turning on the ball of the foot is, however, permitted. After the throw has been made, the competitor may leave the stand by making a jump forward.

The throw is measured from the middle of the outer surface of the front side of the throwing stand to the mark made by the discus nearest the stand.

(For implement and apparatus, refer to Schedule to Rules.)

### Putting the Shot.

50. The put shall be made from a circle 2.135 metres (7 feet) in diameter. In the middle of the circumference, at the front half of the circle, shall be placed a stop-board firmly fastened in the ground.

The shot shall be put from the shoulder with one hand only, and it must never be brought behind the shoulder.

Foul puts and letting go the shot in making an attempt shall be counted as trial puts without results.

The measurement of each put shall be taken at the circle from the nearest mark made by the fall of the shot to the inside of the circumference of the circle along a line from the mark made by the shot to the centre of the circle.

The use of a harness for the hand, composed of a leather strap around the wrist and small fingers from the wrist across the palm of the hand around each finger shall not be permitted. No device of any kind which can be used as a support in aiding to put the shot shall be allowed.

(For implement and apparatus, refer to Schedule to Rules.)

### Throwing the Heavy Weight.

51. All throws shall be made from a circle 2.135 metres (7 feet) in diameter.

In making his throw, the competitor may assume any position he chooses and use both hands.

Foul throws and letting go the weight in an attempt shall count as trial throws without result.

The measurement of each throw shall be taken at the circle from the nearest mark made by the fall of any part of the weight or handle to the inside edge of the circumference of the circle along a line from the mark to the centre of the circle.

(For implement and apparatus, refer to Schedule to Rules.)

### For Height.

52. A barrel-head, three feet in diameter, shall be suspended horizontally in the air.

The Field Judges shall determine the height at which the barrel-head shall be fixed at the commencement of the competition, and at each succeeding elevation.

A fair throw shall be one where no part of the body of the competitor touches the ground outside the circle, before the weight touches the barrel-head and where any part of the weight or handle touches any part of the barrel-head.

The measurement of each throw shall be from the ground perpendicularly to the lowest part of the barrel-head.

In all other respects, the method of competition shall be the same as in throwing for distance.

(For weights, measurements and apparatus, refer to Schedule to Rules.)

### Throwing the Hammer.

53. All throws shall be made from a circle 2.135 metres (7 feet) in diameter.

Foul throws and letting go the hammer in an attempt shall count as a trial throw without result.

The measurement of the throw shall be from the nearest edge of the first mark made by the head of the hammer to the inside circumference of the circle along a line

from each mark made by the hammer to the centre of the circle.

In hammer throwing, if the hammer breaks during the trial or while in the air, it shall not be considered a throw, provided the throw was performed in accordance with the rules. If the competitor hereby loses his equilibrium and commits a foul, it shall not count against him.

Each competitor shall have three trial throws, and the best six shall have three more. Each competitor shall be credited with the best of all his throws.

(For implements and apparatus, refer to Schedule to Rules.)

## HURDLE RACES.

### 110-metre Hurdle Race.

54. On every course there shall be 10 hurdles, each hurdle 1.06 metres (3 feet 6 inches) high.

The distance from the scratch mark to the first hurdle shall be 13.72 metres (15 yards), the remaining hurdles shall be placed 9.14 metres (10 yards) apart, and the distance from the last hurdle to the winning post shall be 14.02 metres (46 feet).

The top of each hurdle shall be painted white.

In making a record it shall be necessary for the competitor to jump over every hurdle in its proper position, and no record shall be allowed unless all the hurdles remain standing after the competitor clears them.

A competitor who trails his leg or foot alongside any hurdle shall be disqualified.

Each competitor shall have his own lane of hurdles and shall keep to that lane throughout the race.

(For apparatus, refer to Schedule to Rules.)

A competitor knocking down three or more hurdles or any portion of three or more hurdles shall be disqualified. Swinging and broken hurdles to be considered as knocked down.

### 220-yards (200-metre) Hurdle Race.

55. In the 220-yards (200-metre) Hurdle Race, there shall be 10 flights of hurdles to be 76.2 centimetres (2 feet 6 inches) in height. The first hurdle shall be placed 18.29 metres (20 yards) distant from the scratch mark.

the remaining hurdles shall be placed 18.29 metres (20 yards) apart, and the distance from the last hurdle to the winning post shall be 17.10 metres (20 yards).

In all other respects, the rule for the 110-metre hurdle shall apply.

#### 400-Metre Hurdle Race.

56. In the 400-metre hurdle (437 yards, 1 foot 4 inches) race there shall be 10 flights of hurdles, each hurdle to be 3 feet in height. The first hurdle shall be placed 45 metres (49.213 yards) from the scratch mark, the remaining hurdles shall be placed 35 metres (38.277 yards) apart, and the distance from the last hurdle to the winning post shall be 40 metres (43.745 yards).

In all other respects the rule for 110-metre hurdle shall apply.

**Note.**—In Australia where races take place over 120 yards, 220 yards and 440 yards, the following rules obtain:—

In the 120 yards hurdle race ten hurdles shall be used, and each hurdle shall be 3ft. 6in. high. They shall be placed ten yards apart, with the first hurdle 15 yards distant from the starting point, and the last hurdle 15 yards before the finishing line. Each competitor shall have his own line of hurdles, and shall keep to that line throughout the race. A competitor who trails his leg or foot alongside any hurdle shall be disqualified. A competitor knocking down three or more hurdles or any portion of three or more hurdles in a race shall be disqualified.

In the 440 yards hurdle race, ten hurdles shall be used, and each hurdle shall be 3ft. high. They shall be placed 40 yards apart, with the first hurdle 40 yards from the starting point, and the last hurdle 40 yards from the finishing line.

In hurdle races of these and other distances, and with different numbers of hurdles, the hurdles shall be placed at equal intervals as far as possible, with the same space between the first hurdle and the starting point and the last hurdle and the finishing line as between each hurdle.

(For apparatus, refer to Schedule to Rules.)

(For measurements and apparatus, refer to Schedule to Rules.)

## RELAY RACES.

### Relay Races.

57. A line shall be drawn 10 metres (32 feet 9.7 inches) on each side of the starting line of each relay, to be known as the starting zone. Both runners must be within the zone when passing the baton. No member of a relay team in order to relieve one of his team can run outside of such zone.

The baton must be passed (not thrown or dropped) by a competitor and taken by the one succeeding him.

Violation of any of these rules by any competitor shall disqualify the team.

The baton must be carried throughout the entire distance of the race. No man can run two relays in any one team.

The composition of the team must not be changed after a trial heat has been run.

The position of the teams must be drawn for.

All teams entered in relay races shall be lettered, commencing with the letter A.

When relay races up to and including 400 metres or 440 yards are contested on a circular path, each competitor must have a separate lane and each lane shall be full distance.

(For implement, refer to Rule 70).

### Team Race.

58. Track team races may be divided into trial heats and a final race, if necessary.

In track team races the maximum number of starters of a team and the number of competitors whose positions are to count shall be stated on the entry blank. The team scoring the least number of points, according to the positions in which the members of the team finish whose positions are to count, shall be the winner. Positions of other members of the team and positions of members of a team which does not finish at least the number whose positions are to count, shall not be counted.

In case of a tie between two or more individual competitors finishing simultaneously, each of them shall score for his team a number of points obtained by dividing the total sum of their position numbers, reckoned as if they had, instead of being tied, finished regularly in a file,

with the number of such competitors (thus, for instance, if two competitors finish tied for second place, each of them shall score two and a half points).

In case of a tie on points, the team whose individual member finished nearest to first place shall be the winner.

The composition of a team must not be changed after a trial heat has been run and only competitors finishing the full distance are eligible to compete in the final.

### Steeple-chase Race.

59. The hurdles shall not be more than 91.4 centimetres (3 feet) high, and a water-jump shall be included. Each competitor must go over or through the water, and any one who steps to one side or the other of the jump shall be disqualified.

There shall be to each lap (440 yards) five jumps, including a water jump. The hurdle at the water jump shall be firmly fixed; height, 3 feet (91.4 centimetres). The water jump shall be 3.66 metres (12 feet) in width and length, the water being 76 centimetres (2 feet 6 inches) in depth at the hurdle end and sloping to the level of field at the further end.

The competitor must clear each jump, but may vault each obstacle.

### Cross-Country Races.

60. The race shall be run on a bona fide cross-country course, properly marked and surveyed. The start and finish may be within the athletic grounds.

The course must be marked, preferably with red flags to the left and white flags to the right, which must be observable from a distance of 125 metres (136 yards, 2 feet, 2 inches). In all other respects the rules governing track competitions shall prevail.

### Marathon Race (42,195 metres equals 26 miles 385 yards).

61. The Marathon Race shall be run on high roads. The start and finish may be on the athletic grounds.

Each competitor must send with his entry a medical certificate, from a physician of standing, certifying to his fitness to take part in a race of this kind.

No competitor, either at the start or during the progress of the race, may take any so-called drugs on pain of immediate disqualification.

A competitor must at once retire from the race if ordered to do so by a member of the medical staff, officially appointed.

No competitor shall be allowed to start unless he is over 18 years of age.

### Walking.

62. Walking is a succession of steps, from toe to heel in which contact with the ground is maintained, i.e., the heel of the foremost foot must reach the ground before the toe of the other foot leaves it.

**Note.**—The following conditions shall control walking in Australia:—

**Definition.**—Walking is a succession of steps, and in contradistinction to running (wherein both feet may be off the ground at the same time), in walking there must always be contact with the ground with some portion of one of the feet.

**Rules.**—In track races the following code of rules governing walking must be adhered to, or else disqualification will ensue:—

(a) **Leg Action.**—As the foremost foot in taking a step touches the ground the knee must not be bent. The heel must touch the ground first, and the toe be the last portion of the foot to leave it. It is imperative that the heel of the foremost foot must touch the ground before the toe of the other foot ceases to have contact with it.

(b) **Carriage of Body.**—The body must be kept strictly upright.

**Note.**—Discretionary power is given to the Judge of walking to decide whether, in the event of the body being inclined forward, such attitude is the result of fatigue, or arises from some cause beyond the control of the competitor; and if it be, and he is convinced that the rule has been broken for such reason only, and that the competitor is still walking fairly otherwise, disqualification need not necessarily follow from this cause alone.

(c) **Carriage of Arms.**—The arms may be held in any way the walker likes, but it is advised that they be carried well up.

A disqualified competitor must at once leave the track.

In addition to the right of the Judge to disqualify during the progress of a race, immediately at the finish



he shall take into consideration the legitimacy or otherwise of the walking of the competitors, and disqualification of any of the competitors may ensue at his discretion, and the Clerk of the Course or other suitable officials shall convey his decision to the position Judges, who shall then cause the places to be officially recorded, and no disqualification be allowed after such action.

## SPECIAL EVENTS.

### Throwing the Cricket Ball.

63. The ball to be thrown shall be the standard one. The rules governing Throwing the Javelin shall, where applicable, govern this competition.

### Three-Legged Race.

64. Two competitors standing beside each other shall have their inside legs strapped together just above the ankles, and also above the knees, with strong canvas or leather straps.

### Sack Race.

65. Each competitor must be in and covered by a strong sack, extending up to and tied around the neck. The hands must be inside. The sack shall measure three feet in width by six feet in length.

### Egg and Spoon Race.

66. Each competitor shall carry a spoon, containing an ovoid shaped object. The handle of the spoon shall be kept in the mouth; the object shall not rest against the face. Should the object fall from the spoon, the competitor must stop, and replace it before continuing. The object shall not be held or by adhesives or in any other artificial manner kept in the spoon.

### Obstacle Race.

67. Any number and kind or variety of objects may be used. Each competitor shall vault, jump, climb, run or walk through, under or over (as instructed by the officials) each obstacle. Failure to negotiate any obstacle in the proper manner shall disqualify.

### Potato Race.

68. Upon the starting line there shall be placed for each competitor one receptacle, not more than two feet in height, and having an opening not more than 36 inches in circumference. Upon a straight line drawn from said receptacle at right angles to the starting line shall be placed, at distances of two yards apart, eight light objects, ovoid in shape, having the greatest diameter not to exceed four inches and the smallest diameter not less than two inches. The first of said objects shall be placed two yards from the receptacle.

Each competitor must pick up each of said objects singly, and place the same in his own receptacle, and after having picked up one of said objects, he must deposit it in the receptacle before picking up another. After all the objects are placed in the receptacle, the competitor must cross the finish line, which shall be five yards behind the receptacle.

In handicap competitions, the marks shall be given from behind the starting line.

### Tug-of-War.

69. (a) The teams shall consist of equal numbers of competitors. The rope shall be of sufficient length to allow for a pull of twelve feet, and for twelve feet slack at each end, together with four feet for each competitor; it shall be not less than four inches in circumference and shall be without knots or other holdings for the hands. A centre tape shall be affixed to the centre of the rope, and six feet on each side of the centre tape a side tape shall be affixed to the rope. A centre line shall be marked on the ground, and six feet on each side of the centre line a side line parallel thereto. At the start the rope shall be taut and the centre tape shall be over the centre line and the competitors outside the side lines. During no part of the pull shall the rope be tied or in any way crossed by the anchor man, nor shall he wilfully place either hand on the ground.

(b) There shall be one Judge and two Inspectors who shall be responsible for seeing that the rules are properly carried out. The Judge shall start the competition by word of mouth and take charge of the centre and the side lines, and give effect to the result of any pull by blowing a whistle. The Inspectors shall take charge of the teams and see that members of such teams do not wilfully touch the ground with any part of the body other than the feet,

and report to the Judge any infringement of this rule. It shall be in the discretion of the Judge to disqualify the offending team and award the pull in question to the opposing side, or he may disqualify the offending team from the competition. A pull shall be won when one team shall have pulled the side tape of the opposing side over their own side line, or if any portion of the foot of any competitor of the opposing side goes beyond the centre line. In the event of both teams letting go of the rope before either side has pulled the side tape of the opposing side over their own side line, the pull shall be declared no pull and shall not constitute one of the requisite number of pulls. No competitor shall make any hole in the ground with his feet, or in any other way, before the start. In all competitions confined to certain weights two Clerks shall be appointed who shall be responsible to the Judge for the correct weighing of the competitors before the start. All heats shall be won by two pulls out of three. All competitors shall wear boots or shoes of which the sole, heel and sides of heel shall be perfectly flush and not prepared in any way.

(c) No gloves or adhesive substance whatever shall be used on the hands or ropes.

(d) The competing teams shall be drawn in pairs and all byes disposed of in the first round.

Where three teams only compete, the team drawing the bye shall pull off for second prizes, if defeated by the winners of the first round.

### Maiden and Novice Events.

70. A maiden athlete is one who, at the time of competing, has never won a first prize in any competition.

A novice is one who, at the time of entering, has never won a prize of any description in a similar class of competition. Walking, flat-racing, hurdling, cross-country running, jumping and field games are separate classes.

These clauses do not apply to school or boys' races.

### Penalties for Wins.

71. Any competitor winning a first prize in an open handicap shall be penalised for all handicaps in which he may compete during the four days following such wins, Sunday not included. Competitors must notify to the Clerk of the

Course (track events) or Chief Field Judge (field events), before the event is contested, that they have incurred a penalty, otherwise they will be disqualified and render themselves liable to suspension. Handicappers to state on their handicaps up to what date they are made, which must be published on the programme.

The Scale of Penalties is as follows:—

For wins (First Prize) in Open Running Flat Handicaps, during the four days following such wins (Sundays not included).

For wins at distances up to and including 300 yds:—

1 yd. for distances up to and including 120 yds.

2 yds. for distances over 120 yds. and up to and including 220 yds.

3 yds. for distances over 220 yds. and up to and including 300 yds.

Winners at distances up to and including 300 yds. not to incur penalties in handicaps over 300 yds.

For wins at distances over 300 yds. and up to and including 600 yds:—

6 yds. for distances over 300 yds. and up to and including 600 yds.

Winners at distances over 300 yds. and up to and including 600 yds. not to incur penalties in handicaps over 600 yds.

Winners at distances over 600 yds. and up to and including 1000 yds.:—

6 yds. for distances over 600 yds. and up to and including 1000 yds.

Winners at distances over 600 yds. and up to and including 1000 yds. not to incur penalties in handicaps over 1000 yds.

For wins at distances over 1000 yds. and up to and including 1 mile.

14 yds. for distances over 1000 yds. and up to and including 1 mile.

And for each succeeding mile or part of a mile:—

An additional 10 yds.

Winners of 120 yds. hurdles handicaps over 10 flights of hurdles to be penalised 2 yds. in a similar competition.

The foregoing penalties to be increased by one-half after the second win.

Winners of hurdle handicaps at distances over 120 yds. and of steeplechases to be exempt from penalties.

Winners of field events and walks to be re-handicapped.

Penalties shall not be enforced beyond the scratch mark, and do not apply to wins on the same day at the same meeting.

### Competitors May Be Re-handicapped.

72. The official handicapper shall have power to re-handicap any competitor in the event of the postponement of any race or event, or to penalise an athlete entered for a subsequent race or event, even though the handicaps for such race or event have been declared. But no one other than the official handicapper shall have the power to alter a handicap when once it has been declared.

### Prizes.

73. No prize shall be given by any individual, club, committee, or association, or competed for, or accepted by any athlete, other than suitably inscribed wreaths, diplomas, badges, banners, medals, time-pieces, articles of jewellery, silverware, or table service, unless sanctioned by an affiliated Association, and said prize (challenge cups and other similar trophies excepted) shall not exceed the cost of £10 for first, £5 for second, and £2 10s. for third. Every prize must be engraved with the name and date of meeting, and must be of the full advertised value—i.e., without discount.

### Competitors.

74. Competitors shall report to the Clerk of the Course immediately on their arrival at the place of meeting, and shall be provided by that official with their proper numbers, which must be worn conspicuously by the competitors when competing, and without which they shall not be allowed to start.

Each competitor shall inform himself of the time of starting, and shall be promptly at the starting point of each competition in which he is entered, and there report to a marksman or Field Judge.

In handicaps, stations shall be awarded according to the order on programme.

A competitor overtaking another must always pass him on the outside unless the man he is passing is manifestly competing wide, and must be two clear yards ahead before taking ground in front of his opponent. Any competitor infringing this rule shall be liable to disqualification by the Referee.

### Costume.

75. Competitors shall be required to wear loose trunks or breeches, reaching within four inches of the knee when the wearer is standing. Vents at the side of the trunks or breeches are not permitted, and jerseys are to be worn inside the trunks or breeches. Sleeveless jerseys are allowed, but they must be not less than two inches across the shoulder, and not more than four inches below the armpit, and not be cut more than four inches below the throat. It is compulsory for the competitor to wear screens or suspensory bands.

N.B.—It is requested that manufacturers make their costumes in accordance with these regulations.

### Doping.

76. Doping is the use of any stimulant not normally employed to increase the power of action in athletic competition above the average.

Any person knowingly acting or assisting as explained above, shall be excluded from any place where these rules are in force or, if a competitor be suspended for a time or otherwise, from further participation in amateur athletics under the jurisdiction of this Union.

### Protests.

77. Protests against any entrant shall be handed to the Secretary of the meeting in writing, accompanied by a deposit of 10/-, which amount shall be forfeited should the protest be deemed frivolous.

The Secretary shall immediately, on receipt of protest, hand same to the Referee if the protest is against the conduct of any competitor during any competition; to the Sports Committee in all other cases.

Any protest against a competitor's qualification to compete shall be handed to the Secretary of the meeting before the prizes have been distributed.

Any protest against the conduct of a competitor during any competition shall be handed to the Secretary of the meeting within thirty minutes of the finish of the competition or heat.

If possible, all protests shall be decided at once. If the nature of the protest, or the necessity of obtaining testimony, prevents an immediate decision, the competitor shall be allowed to compete under protest, and the protest shall be decided within one month.

If possible, the Secretary shall give notice to every competitor protested against, and shall advise him of the result.

The result of any protest against the amateur status of a competitor shall be immediately notified to the Secretary of the affiliated Association.

An appeal shall lie to the Council of the association against the decision given on any protest, if made within three days after the publication of the decision.

## COMBINED COMPETITIONS.

### Pentathlon.

78. The competition comprises the following events: Running Broad Jump, Throwing the Javelin (best hand), 200 metres Flat Race, Throwing the Discus (best hand), and 1,500 metres Flat Race. The events follow in the above-mentioned order.

Three trials are allowed in both throwing and jumping.

In the 200 metres flat race, groups of three men are formed by lot. If the number of runners is such that after the groups have been arranged one man is over to run alone, one man shall be drawn by lot from among the competitors to run against him. The order of the competitors in this event shall be decided on the basis of each contestant's time.

If false starts occur in the 200 metres flat race, the competitor at fault will after the second false start be penalised by two metres for each false start above that number.

In the flat races, the time for each competitor shall be taken with three watches.

The winner shall be the one who has obtained the highest number of points in the five divisions awarded on the basis of the Pentathlon and Decathlon table.

### Decathlon.

79. The competition comprises the following events: 100 metres Flat, Running Broad Jump, Putting the Shot, Running High Jump, and 400 metres Flat, on the first day. Hurdle Race (110 metres), Throwing the Discus (best hand), Pole Vault, Throwing the Javelin (best hand), and 1,500 metres Flat, on the following day. The events follow in the above-mentioned order. Three trials only are allowed in both jumping and throwing.

Both in the 100 metres and 400 metres flat races, as well as in the hurdle race, three or four competitors start in each group. On the other hand, in the 1,500 metres race, five or six shall start. However, the Referee shall have the right, in case of necessity, to make alterations.

The composition of the groups is decided by lot.

The time for each competitor shall be taken with three watches.

If false starts occur in the flat races of 100 metres and 400 metres as well as in the 110 metres hurdles, the competitor at fault will, after the second false start, be penalised by a hundredth of the distance of the race for each false start above that number.

After two false starts with penalty the competitor at fault shall be eliminated from the event in which the offence was committed.

The winner shall be the one who has obtained the highest number of points in the ten divisions, awarded on the basis of the Pentathlon and Decathlon Table.



# ATHLETIC RULES FOR WOMEN'S COMPETITIONS

## In Field and Track Events.

As drawn up by the Special Committee of the I.A.A.F. in  
Paris, Dec. 27th, 1926, and adopted by the Federation

### Sportive Feminine Internationale (F.S.F.I.)

For Women the rules for Men as decided by the I.A.A.F.  
will be in force with the following additions and  
modifications:

#### Officials.

Addition:

In women's competitions there shall be a lady doctor  
and as great a number of lady officials as is deemed pro-  
per in every special race.

#### Starting Order.

Last paragraph to be omitted.

#### World's Records.

The I.A.A.F. to be replaced by the F.S.F.I.  
Modification of the second paragraph of the rule:

The international Committee of the F.S.F.I. shall in-  
vestigate — — — —

The last paragraph shall read:

All applications for world's records must be made on the  
official form of the F.S.F.I.

Women's World's Records will be allowed in the following events:

#### RUNNING.

50 metres	800 metres	800 (4x200)	metres Relay
60 "	1000 "	1000 (10x100)	" "
80 "	300 (4x75) metres Relay	1200 (100, 100, 200, 800)	" "
100 "	400 (4x100) "	2400 (3x800)	" "
200 "			

In the Relay races records are accepted for club teams and national  
teams.



### Throwing Events in General.

Modification of the first paragraph of the rule:

In all throwing events, each competitor shall be allowed three trials, and the four best, if the total number of competitors does not pass twelve, or the six best, if the total number of competitors is above twelve, shall have three more. Each competitor shall be credited with the best of all her attempts.

Addition to the rule:

At the Ladies' World Games there shall only be a best hand competition. In other international meetings throwing both sides may take place, if agreed upon by the Nations competing together. If such is the case, the order shall be the following: Right hand (all competitors three attempts), then left hand similarly. For each competitor the best throw of each hand shall count and their addition form the total distance. The best competitors shall be allowed further attempts same as in the case of one hand.

### 80-metre Hurdle Race.

Modification of the first and second paragraphs of the rule:

On every course there shall be 8 hurdles, each hurdle to be 76.2 centimetres in height.

The distance from the scratch mark to the first hurdle shall be 12 metres, the remaining hurdles shall be placed 8 metres apart, and the distance from the last hurdle to the winning post shall be 12 metres.

### 83-metre Hurdle Race.

New text:

On every course there shall be 7 hurdles, each hurdle to be 76.2 centimetres in height.

The distance from the scratch mark to the first hurdle shall be 14 metres, the remaining hurdles shall be placed 9 metres apart, and the distance from the last hurdle to the winning post shall be 15 metres.

In all other respects the rule for the 80-metre hurdle shall apply.

(For apparatus, refer to Rule 69.)

### Cross-country Race.

New text:

The distance shall not be greater than three kilometres. It shall be run on a bona fide cross-country course properly marked and surveyed. The start and finish may be within the athletic grounds. The track shall be level for the first 80 metres, and also for the last 80 metres minimum.

The course must be marked preferably with flags of a similar colour which must be observable from a distance of at least 100 metres. The arrangements can be completed by scattering the track with bands of paper of similar colour.

When laying out the route very high obstacles should be avoided, so should deep ditches, and dangerous ascents or descents, thick undergrowth, and, in general, all that could constitute a difficulty beyond the aim of the competition.

When a cross-country race is run as a team race, competitors shall count the actual number of the order in which they arrive. Individuals will not count in this classification, nor the competitors belonging to a club having already four noted as arrived.

The classification of each team shall depend on the total formed by the numbers representing the order of finishing of its first four members maximum; the winning team shall be the one which has obtained the smallest total.

If a team is uncomplete at the finish, each missing individual shall count the total of competitors in the race by teams plus one.

In case of a tie on points, the team whose individual member finished nearest to first place shall be the winner.

### Javelin.

New text:

**Construction.**—The javelin shall be of wood with a sharp iron or steel point. The javelin shall be constructed in such way that the space between the foremost point and the centre of gravity is not longer than 95 centimetres, or shorter than 80 centimetres.

**Grip.**—It shall have, about the centre of gravity, a grip formed by a binding 15 centimetres broad, of whipcord, without thongs or notches in the shaft, and shall have no

other holding than the above-mentioned binding, whose circumference at either edge shall not exceed the circumference of the shaft by more than 25 millimetres.

**Measurements.**—The length shall not be less than 220 centimetres complete as thrown.

**Weight.**—The weight shall not be less than 600 grammes complete as thrown.

### Discus.

New text:

**Construction.**—The discus shall be composed of a smooth metal rim, permanently attached to a wood body, brass plates set flush into the sides of the wood body, and, in the exact centre of the discus, a means for securing the correct weight. The brass plates shall be circular in form, having a diameter of not less than 50 millimetres nor more than 57 millimetres. The two sides of the discus shall be identical and have no indentations, projecting points, or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a line a distance of 25 millimetres from the centre of the discus.

**Measurements.**—The largest dimension shall be a circle not less than 18 centimetres in diameter. The thickness through the exact centre, on a line perpendicular to the diameter, shall be not less than 3.7 centimetres. The thickness at 25 millimetres from the centre shall be exactly the same as at the centre. The thickness of the rim at a distance of 6 millimetres from the edge shall be not less than 12 millimetres. The edge shall be rounded on a true circle.

**Weight.**—The weight of the discus shall be not less than one kilogramme complete as thrown.

A metal discus, complying with the official measurements, conditions and weight, may be used.

### Shot.

New text:

**Construction.**—The shot shall be of iron or a brass shell filled with lead and spherical in shape.

**Weight.**—The shot shall not weigh less than 4 kilogrammes.

### Hurdles.

Modification of the second paragraph:

**Measurements.**—The height of the hurdle shall be 76.2 centimetres. The extreme width of the gate shall be 1.22 metres. The extreme length of base for the uprights shall be 50 centimetres. The total weight of the hurdle shall be 7 kilogrammes.

**Finish.**—The top bar of the gate shall be painted white.

### Clothing.

Tight clothing is forbidden. The competitors should wear a blouse, shirt or tunic, with the colour and badge of the association she represents.

Loose knickers only should be worn. They should be dark in colour, and reach to 4 inches above the knee, unless they are covered by a skirt or long tunic.

The Referee has the power to exclude from the ground any competitor whose clothing does not conform to these regulations, or is ridiculous or improper.

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## RULES BEARING ON RECORDS.

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### Definition.

A record is the establishment of a performance in any branch of sport under the jurisdiction of the Union, which eclipses the previous best, and such record shall be recognised by the Union, provided the rules have been strictly adhered to.

### Application.

(a) In the event of a record being established in any of the States governed by an association affiliated to the Amateur Athletic Union of Australia, the competitor claiming the record shall make application to the association in the State in which the record was made for recognition of same.

(b) The association shall, if satisfied that all the laws and conditions governing records have been complied with, and the officials were competent, recognise the performance as a record for its State, and shall record same in its books. If, in addition, the performance has eclipsed the previous Australian record, the association shall report same to the A.A.U., as hereinafter provided for on the official form of the Union (see Schedule to Rules).

### Rules.

1. The record must have been made outdoor in a bona fide competition (either scratch or handicap). It must have been duly fixed and advertised before the day, and be included in the printed programme together with the names of the entrants for the event.

(a) At a properly constituted amateur meeting or amateur event at mixed meetings held under the rules of any affiliated association of the A.A.U. of A., for which sanction has been granted, or

(b) In a special event duly advertised and held under the same rules by any affiliated club of the said association.

(c) No one, whether entered or not, may join in the competition after it has been cleared.

(d) When the time taken for the longer distance is better than, or as good as the time taken for the shorter distance, the time for the longer distance shall cover, and be recognised as record for the shorter distance.

(e) A result obtained in deciding a tie cannot be accepted as a world's record.

(f) In a race of a certain length, the competitors who might wish to try making a record over a shorter distance shall be allowed to do so, on condition, however, that such attempt is made in perfect accordance with the stipulations of this rule, and that the attempt is controlled by special timekeepers and judges.

(g) It is not allowed to attempt a record for a longer distance than announced on the programme.

2. No record will be considered by any association unless the following conditions have been complied with:—

### RUNNING, WALKING, HURDLING.

(a) At least three time-takers must have timed the race, the time recorded by each watch must be supplied, and a certificate furnished that the watches had been tested and found correct, either immediately before or after the meeting.

(b) The watches must have been started at the flash of the pistol, or in time-handicap races at the word "go."

(c) The starter must certify to the fact that the competitor claiming the record did not, in his opinion, get away before the firing of the pistol, or before the sound of the word "go."

(d) Circular tracks must have been measured 12 inches out from the edge, and the measurement certified to by a surveyor, or not fewer than two of the officials of the meeting at which the record was made. The measurement must have been made after the race and on the day of the race, except in the case of an established track approved by the local Amateur Athletic Association, the measure-



ments of which have been certified to by surveyor and recorded by the said association. In the latter case it shall be necessary for two officials of the meeting, both of whom were present when the record was made, to certify that, in the event in question, there was no variation from the certified track, and that they had measured it within the two days succeeding that on which the event took place, or within such longer period as the local association shall in special circumstances allow, and found the measurement to be correct.

(e) In making a hurdle record it shall be necessary for the competitor to jump every hurdle in its proper position, and no record will be allowed unless all the hurdles remain standing after the competitor clears them.

### JUMPING AND FIELD GAMES.

(f) The length or height of any jump, and the distance of any put or throw must be certified to in accordance with the rules bearing on records. No record claimed for the Hammer, Discus, Shot, Javelin, or Heavy Weight shall be allowed unless it has been made with an implement approved of by the Union.

### Certificates Required when Claims for Record are Made.

#### FLAT RACES.

(1) Certificate from a Surveyor or competent officials of the Meeting that the course had been measured and found correct after the race and on the day of the race (as per rule).

(2) Certificates from the Starter that the start was a fair one, and that the man claiming the record did not leave his mark before the pistol was fired or the word "go" given; also, that he started from the scratch.

(3) Certificate from each Time-taker, giving the time recorded by his watch; also, that he started his watch from the flash of the pistol, or at the sound of the word "go," and stopped it as the first man breasted the worsted.

(4) Certificate from Referee stating whether the wind was favourable or otherwise to the competitor, and whether it assisted him to any appreciable extent.

(5) Certificate from Surveyor, giving particulars in the case of sprint races or races not run on circular courses, of the levels of the track.

(6) Certificate from Judges at Finish, giving the placed men.

(7) Certificate from Watchmaker that he had tested the watches used by the Time-takers, and giving the variation, if any, from standard chronometer, at least for the time taken over the particular race.

(8) Certificate from Secretary that the performance took place in competition at a properly constituted meeting, which had been duly advertised.

### HURDLE RACES.

Same Certificates as for Flat Races, and

(8a) Certificate from Referee that the man claiming the record jumped all the hurdles fairly, and in their proper position.

(9) Certificate from Officials that the hurdles were of the proper height and number, and correctly placed.

### WALKING RACES.

Same Certificates as for Flat Races, and

(10) Certificate from the Judge that the style of walking was strictly in conformity with the definition and rules governing same.

### FIELD EVENTS.

(11) Certificate from Judges of Field Events, giving the distance put or thrown by the man claiming the record.

(12) Certificate from the Judges that the "circle" used was in accordance with the rules, and that the implement was correct in make, weight, and size, and that the man claiming the record conformed in every way to the rules governing the event.

(13) Certificate that the measuring tape used in measuring was correct according to the standard measure.

(14) Certificate from the Judges that the style of putting the weight was strictly in conformity with the definition and rules.

### JUMPS.

(15) Certificate from Surveyor giving particulars of the levels of the ground.

(16) Certificate from Referee, stating whether the wind was favourable or otherwise, and whether it assisted the man claiming the record to any appreciable extent.

(17) Certificates from Judges, giving the distance or height jumped by the man claiming the record.

(18) Certificate from Judges or a Surveyor, that the ground was level; and in the Broad Jump and Hop, Step and Jump, certificate from Referee giving direction and strength of wind, and whether it assisted the competitor to any appreciable extent.

(19) Certificate re measuring tape being correct.

### AUSTRALIAN RECORDS.

1. In the event of an Australian Record being established it shall be the duty of the affiliated association under whose control the event or meeting was held, to make application to the A.A.U. of A. for recognition of such records as an Australian Record, and to furnish the necessary certificates provided for in the foregoing regulations.

No application, however, for a "Best on Record" can be considered by the Union in events other than those which form for the time being the Australian Championship programme, and (or) the Olympic Games programme, but any performance whatsoever established under conditions in conformity with the Union's laws, may be entertained and passed by the affiliated associations.

2. The A.A.U. shall, if satisfied that all conditions have been complied with, cause the performance to be recorded in the Union books as an Australian Record, and shall issue a certificate to the competitor.

3. The Secretary of the A.A.U. of A. shall notify all the affiliated associations of the granting of an Australian Record.

## Events for Which World's Records Will Be Allowed.

BY THE INTERNATIONAL AMATEUR ATHLETIC  
FEDERATION.

### RUNNING.

100 yards	3 miles	100 metres	5,000 metres
220 "	4 "	200 "	6,000 "
300 "	5 "	300 "	7,000 "
440 "	6 "	400 "	8,000 "
600 "	7 "	500 "	9,000 "
880 "	8 "	800 "	10,000 "
1,000 "	9 "	1,000 "	15,000 "
1,320 "	10 "	1,500 "	20,000 "
1 mile	15 "	2,000 "	25,000 "
2 miles	20 "	3,000 "	30,000 "
	25 "	4,000 "	35,000 "
1 hour, and 2 hours.			40,000 "

### WALKING.

1 mile	8 miles	1,000 metres	8,000 metres
2 miles	9 "	2,000 "	9,000 "
3 "	10 "	3,000 "	10,000 "
4 "	15 "	4,000 "	15,000 "
5 "	20 "	5,000 "	20,000 "
6 "	25 "	6,000 "	25,000 "
7 "		7,000 "	
1 hour, and 2 hours.			

### HURDLES.

#### Ten Hurdles Each.

120 yds., 3 ft. 6 ins. high.	200 metres, 2 ft. 6 ins. high.
220 yds., 2 ft. 6 ins. high.	400 metres, 3 ft. high.
440 yds., 3 ft. high.	110 metres, 3 ft. 6 ins. high.

### JUMPING.

Standing high jump, without weights.  
 Running high jump, without weights.  
 One standing broad jump, without weights.  
 Running broad jump.  
 Running hop, step and jump.

**VAULTING.**

Pole vault for height.

**THROWING THE HAMMER.**

Sixteen-pound hammer (length 4 feet; 7-foot circle).

**PUTTING THE SHOT.**

Sixteen-pound shot, best hand (7-foot circle).

Sixteen-pound shot, both hands (7-foot circle).

**THROWING THE WEIGHTS.**

Fifty-six-pound weight for distance (7-foot circle).

**JAVELIN.**

Throwing the javelin (best hand).

Throwing the javelin (both hands).

**DISCUS.**

Throwing the discus (8 feet 2½ inches [2.5 metres] circle).

Throwing the discus (both hands).

**DECATHLON.****RELAY.**

Four men to run equal distances.

440 yards	400 metres
880 "	800 "
1,760 "	1,600 "
2 miles.	3,200 "
4 "	6,000 "

## Schedule to Rules.

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### SPECIFICATIONS FOR OFFICIAL IMPLEMENTS AND APPARATUS.

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#### Jumping or Vaulting Standards.

**Uprights.**—Any style or kind of uprights or posts may be used, provided they are rigid.

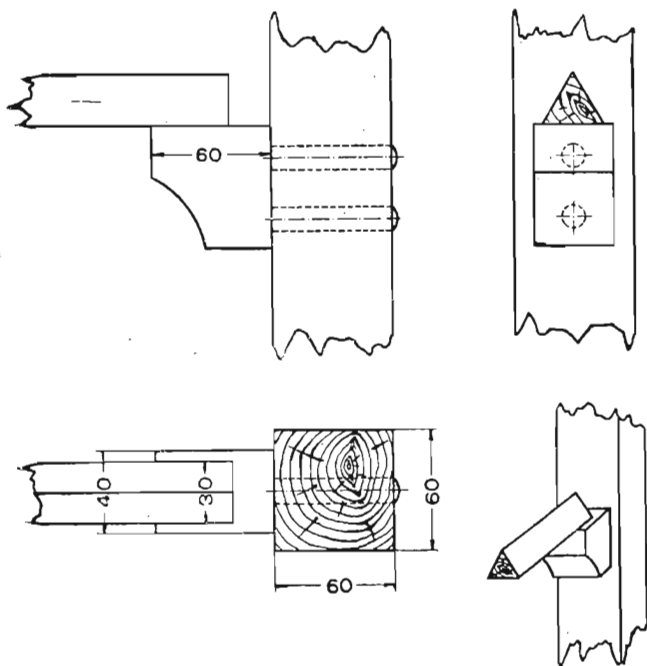
**Cross Bar.**—The cross-bar shall be triangular in section, each side of which shall measure 30 millimetres ( $1\frac{3}{8}$  inch). Optionally the cross bar may be split in the middle and joined with a metal clip about 300 millimetres (1 foot) long.

The length of the cross bar shall not be less than 3.66 metres (12 feet), and not more than 4 metres (13 feet  $1\frac{1}{2}$  inches). The maximum weight of the cross bar shall be 2 kilogrammes (4 lbs. 6.4 ozs.).

**Supports for High Jump.**—The support of the cross bar shall be flat and rectangular, 40 millimetres ( $1\frac{1}{2}$  inches) wide, and extending 60 millimetres ( $2\frac{3}{8}$  inches) in length. It shall face the opposite upright, and the end of the cross bar shall rest on it in such a fashion that the cross bar easily falls to the ground both forwards or backwards, if touched by the competitor.

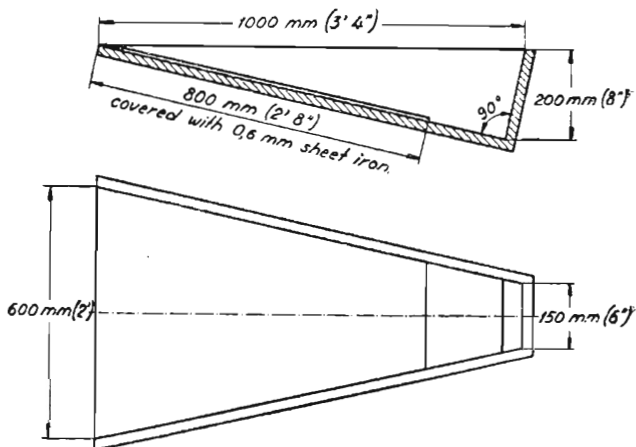
There shall be a space of 10 millimetres ( $\frac{3}{8}$  inch) between the cross bar and the uprights.

The following drawing illustrates one way of constructing the uprights as per stipulations above:



**Supports for Pole Vault.**—At competitions in Pole Vault, pegs shall be used for the support of the cross bar. The pegs shall be without notches or indentations of any kind, of uniform thickness throughout, and not more than 13 millimetres ( $\frac{1}{2}$  inch) in diameter, and must not extend more than 75 millimetres (3 inches) from the uprights.

**Wooden box at the take-off for Pole Vault.**—This shall measure 1,000 millimetres (3 feet 4 inches) in length, 600 millimetres (2 feet) in width at front end, and tapering to 150 millimetres (6 inches) in width at the stop-board, where it shall be 200 millimetres (8 inches) in depth. The bottom of the box shall be covered on the inside to a length of 800 millimetres (2 feet 8 inches) with a piece of 0.6 millimetre sheet iron. See drawing below:



### Vaulting Pole.

**Construction.**—The pole shall be either of wood or bamboo, and may be of any length or diameter. It shall have no assisting devices except as provided for, but may be wound or wrapped with adhesive tape. The wrapping must be of uniform thickness. The lower end of the pole may terminate in a single metal spike or a wooden plug.

### Take-off Board.

**Construction.**—The take-off board shall be made of wood.

**Measurements.**—The board shall measure 1.219 metres (4 feet) long, 203.196 millimetres (8 inches) wide, and 101.598 millimetres (4 inches) deep.

**Finish.**—The board shall be painted white.

### Javelin.

**Construction.**—The javelin shall be of wood with a sharp iron or steel point. The javelin shall be constructed in such way that the space between the foremost point and the centre of gravity is not longer than 110 centimetres (1.203 yards), or shorter than 90 centimetres (2.953 feet).

**Grip.**—It shall have, about the centre of gravity, a grip formed by a binding 16 centimetres (6.3 inches) broad, of



whipcord, without thongs or notches in the shaft, and shall have no other holding than the above-mentioned binding, whose circumference at either edge shall not exceed the circumference of the shaft by more than 25 millimetres (0.984 inch).

**Measurements.**—The length shall be not less than 260 centimetres (8.5 feet) complete as thrown.

**Weight.**—The weight shall be not less than 800 grammes (1.6 pounds) complete as thrown.

### Discus.

**Construction.**—The discus shall be composed of a smooth metal rim, permanently attached to a wood body, brass plates set flush into the sides of the wood body, and, in the exact centre of the discus, a means for securing the correct weight. The brass plates shall be circular in form, having a diameter of not less than 50.799 millimetres (2 inches) nor more than 57.149 millimetres (2¼ inches). Each side of the discus shall be a counterpart of the other side and shall have no indentations, projecting points, or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a line a distance of 25.399 millimetres (1 inch) from the centre of the discus.

**Measurements.**—The largest dimension shall be a circle not less than 219.07 millimetres (8½ inches) in diameter. The thickness through the exact centre, on a line perpendicular to the diameter, shall be not less than 44.449 millimetres (1¾ inches). The thickness at 25.399 millimetres (1 inch) from the centre shall be exactly the same as the centre. The thickness of the rim at a distance of 6.35 millimetres (¼ inch) from the edge shall be not less than 12.70 millimetres (½ inch). The edge shall be rounded on a true circle.

**Weight.**—The weight of the discus shall be not less than 2 kilogrammes (4 lbs. 6.4 ozs.) complete as thrown.

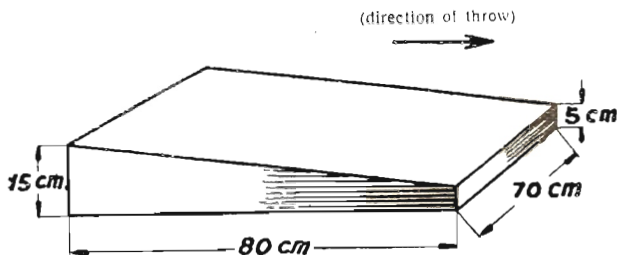
A metal discus, complying with the official measurements, conditions and weight, may be used.

### Throwing Stand for Discus Hellenic Style (Balbis).

**Construction.**—The sides of the stand may be either of wood or iron, or any other similar material. The inside shall be filled with earth or coal ashes packed hard and

firm. The surface shall be even and strictly follow the slope of the sides.

**Measurements.**—The stand shall measure 80 centimetres (2 feet 7½ inches) long and 70 centimetres (2 feet 3½ inches) wide. The front side of the stand (the one from which the throw is measured) shall be 5 centimetres high from the ground, while the one parallel to it shall be 15 centimetres high. See drawing below:



### Shot.

**Construction.**—The shot shall be of iron or a brass shell filled with lead and spherical in shape.

**Weight.**—The shot shall weigh not less than 7.257 kilogrammes (16 pounds).

### Heavy Weight.

**Head.**—The head shall be of moulded lead or a brass shell filled with lead, and spherical in shape, having imbedded a forged steel eye bolt as a means for attaching the handle.

**Handle.**—The handle shall be made of round iron or steel measuring ½ inch (12.7 millimetres) in diameter, bent in a triangular form, no side of which shall be more than 7¼ inches (184.146 millimetres) inside measurement.

**Connection.**—The handle shall be connected to the head by means of a welded steel link measuring ¾ inch (9.525 millimetres) in diameter.

**Weight.**—The weight shall be not less than 56 pounds (25.401 kilogrammes) complete as thrown.

**Length.**—The length shall be not more than 16 inches (406.39 millimetres) complete as thrown.

## THROWING THE HAMMER.

### Specification of Implement.

**Head.**—The head shall be of lead or a brass shell filled with lead or cast gray iron and spherical in shape.

**Handle.**—The handle shall be a single unbroken and straight length of spring steel wire not less than  $\frac{1}{8}$  inch (3.175 millimetres) in diameter, or No. 36 piano wire, .102 inch (2.591 millimetres) in diameter. The handle may be looped at one or both ends as a means of attachment.

**Grip.**—The grip may be either of single or double loop construction, but must be rigid and without hinging joints of any kind. A competitor can submit a single or a double loop different from the official grip, and, if legal, the Committee can allow the use of same. Any competitor may use such hammer.

**Connections.**—The handle shall be connected to the head by means of a swivel, which may be either plain or ball bearing. The grip shall be connected to the handle by means of a loop. A swivel may not be used.

**Weight.**—The weight shall be not less than 16 pounds (7.257 kilogrammes) complete as thrown.

**Length.**—The length shall be not more than 4 feet (1.219 metres) complete as thrown.

### Hammer Throwing Cage.

It is strongly recommended that all hammer throws be from an enclosure or cage to ensure the safety of spectators. A cage of the following dimensions is suggested:

**Cage.**—The cage should be circular in form, having an inside diameter of not less than 8.229 metres (27 feet). The height should be not less than 2.134 metres (7 feet). There should be an opening, through which the throw is made, of approximately 7.010 metres (23 feet). The cage should be composed of  $57.1489 \times 114.297$  millimetres ( $2\frac{1}{4} \times 4\frac{1}{2}$  inches) diamond mesh wire screen of 9.5248 millimetres ( $\frac{3}{8}$  inch) wire. The screen should be mounted upon pipe uprights, buried in the ground to a depth of 762 millimetres (30 inches), and spaced not more than 2.438

metres (8 feet) apart. The size of the pipe should be 63.4988 millimetres ( $2\frac{1}{2}$  inches).

It might be desirable, in some instances, to install a demountable cage, having sockets grouted permanently in the ground, into which the pipe uprights might be set when the cage is erected. The sockets could be provided with covers when the uprights are removed.

### Circles.

**Construction.**—The circle shall be made of band iron or steel, wood or rope.

**Measurements.**—**Metal**—The circle shall measure not more than 2.134 metres (7 feet), in discus throwing not more than 2.50 metres (8 feet 2 inches), inside diameter. The sides shall be 6.35 millimetres ( $\frac{1}{4}$  inch) thick by 76.199 millimetres (3 inches) high.

**Wood**—The circle shall measure not more than 2.134 metres (7 feet), in discus throwing not more than 2.50 metres (8 feet 2 inches), inside diameter. The sides shall be 76.199 millimetres (3 inches) thick by 50.799 millimetres (2 inches) high.

**Rope**—The circle shall measure not more than 2.134 metres (7 feet), in discus throwing not more than 2.50 metres (8 feet 2 inches) in diameter. The rope shall be 25.4 millimetres (1 inch) in diameter.

**Finish.**—The circle shall be painted white. The rope may be tarred as a means of preservation.

### Stop Board, Putting the Shot.

**Construction.**—The board shall be made of wood.

**Measurements.**—The board shall measure not less than 4 feet (1.219 metres) long,  $4\frac{1}{2}$  inches (114.297 millimetres) wide, and 4 inches (101.598 millimetres) high.

**Finish.**—The board shall be painted white.

### Sector for Throws from the Circle.

The ninety degree sector, within which all specified throws from the circle must fall, shall be clearly marked on the ground, the radii lines crossing at the centre of the circle. The outer ends of the radii lines shall be marked with flags.

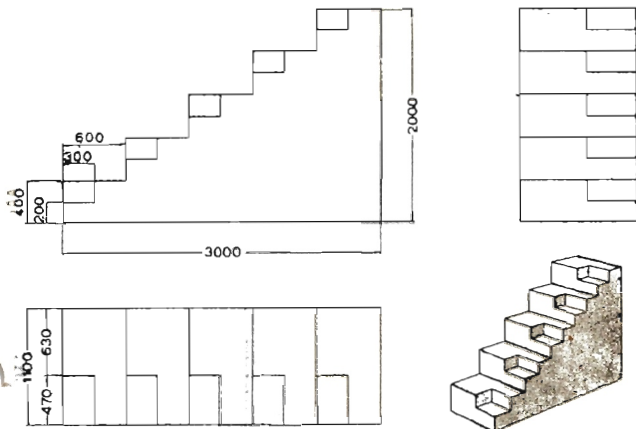
### Sector Flags.

**Construction.**—The sector flag shall be entirely of metal. The flag shall be rectangular in shape and shall measure 4 x 7 inches (101.598 x 177.797 millimetres). The standard shall not be less than  $\frac{5}{8}$  inch (7.93 millimetres) in diameter, and not less than 36 inches (914.382 millimetres) in length. The flag shall be painted red.

### Stand for Judges at Finish (Optional).

**Construction.**—The stand shall be made of wood, and easy to move in all directions.

**Measurements.**—The stand shall measure 6 feet 6 $\frac{3}{4}$  inches (2 metres) in height, 9 feet 10 inches (3 metres) in length, and 3 feet 7 $\frac{1}{4}$  inches (1.1 metre) in width. It shall be divided in five steps 400 millimetres (15 $\frac{3}{4}$  inches) high, and 600 millimetres (23 $\frac{3}{4}$  inches) deep. The steps may at the one end be divided in two, thus allowing an easy access to the different steps of the stand. See drawing below:



### Hurdles.

**Construction.**—A hurdle shall consist of two wood uprights, or standards, supporting a rectangular wood frame or gate, the uprights to be fixed in exact centre of foot

or base. The hurdle may be adjustable in height, but shall be rigidly fastened at the required height for each event.

**Measurements.**—The height of the hurdle shall be: In the 110 metres hurdle race 1.06 metres (3 feet 6 inches), in the 200 metres (220 yards) hurdle race 762 millimetres (2 feet 6 inches) and in the 400 metres hurdle race 914 millimetres (3 feet). The extreme width of the gate shall be 1.22 metres (4 feet). The extreme length of base for the uprights shall be 500 millimetres (19.685 inches). The total weight of the hurdle shall be 7 kilogrammes (15.43 pounds).

**Finish.**—The top bar of the gate shall be painted white.

### **Relay Baton.**

**Construction.**—The baton shall be a hollow wood lute.

**Measurement.**—The length shall be not more than 11.81 inches (300 millimetres).

**Weight.**—The weight shall be not less than 509 grammes), 1.769 ounces.

The circumference shall be 64.724 inches (120 millimetres).

# The Amateur Athletic Union of Australia

## ENTRY FORM.

*Entries Close* \_\_\_\_\_ FOR COMPETITIONS HELD UNDER A.A.U. OF A. RULES

The Prizes offered at this Meeting will be awarded subject to the statements of previous performances given on the Entry Form being strictly accurate. No Entry will be accepted unless accompanied by Entry Fee, and all Entries must be made and Races run in the real name of the Competitor. Every Competitor must fill up this Form with the particulars required below; such statements as 'Known' or 'Known to Handicapper' will not be accepted as equivalents for the information required. **NO EXCEPTION WILL BE ALLOWED TO THIS RULE.** Furnishing False, Misleading, or Incomplete Information will be ground for DISQUALIFICATION, and will render the Competitor LIABLE TO PROSECUTION.

To the Hon. Secretary of the \_\_\_\_\_

Please enter my Name for the \_\_\_\_\_ Event at your Meeting

on \_\_\_\_\_, for which I enclose \_\_\_\_\_ Entrance Fee.

I hereby declare—(1) That I am an Amateur according to the definition of the Amateur Athletic Union of Australia, which is as follows:—

An Amateur is one who has never competed for a money prize, staked bet, or a declared wager, or who has not knowingly, and without protest, competed with or against a professional for a prize of any description or for public Exhibition, or who has never taught or assisted in the practice of Athletic Exercises as a means of livelihood or for pecuniary gain.

Name of Sports	Date	Description of Contest. Hurdles, Walking, Hurdles, Steeplechase, &c.	Distance of Race—Miles or Yards	Name of Scratch Man in Hand, and, if only Virtual Scratch, give start from actual Scratch.	Start received from actual Scratch	Result of Final Heat—were you 1st, 2nd, 3rd, or unplaced?	Whether beaten by Scratch or Virtual Scratch Man (if so, give Race or age?)	Name of Winner, and Start received from actual Scratch.	Time of Winner.
LAST PERFORMANCE AT THE DISTANCE AND IN THE CLASS OF RACE NOW ENTERED FOR									

FOR BOYS' RACES ONLY (in addition to the above), a Certificate of Birth must be produced if required

Date of birth \_\_\_\_\_ day of \_\_\_\_\_, 19\_\_\_\_, Age now, \_\_\_\_\_ years, \_\_\_\_\_ months. Height \_\_\_\_\_ ft. \_\_\_\_\_ in. No. of prizes won \_\_\_\_\_

Name in full \_\_\_\_\_ Full Postal Address \_\_\_\_\_

Club \_\_\_\_\_ Colors \_\_\_\_\_

Board this \_\_\_\_\_ day of \_\_\_\_\_, 19\_\_\_\_ (Signature) \_\_\_\_\_

N.B.—A separate Form must be used for each Event.

# WORLD'S RECORDS

Accepted by the I.A.A.F. Congress at Amsterdam, August 7, 1928.

Event	Time or Distance	Holder	Nation	Date	Place	
<b>RUNNING.</b>						
100 yards	9.6s.	D. J. Kelly	U.S.A.	VI.23—1906	Spokane	U.S.A.
		H. P. Drew	"	III.28—1914	Claremont	"
		Ch. W. Paddock	"	III.26—1921	Berkeley	"
		C. H. Coaffee	Canada	VIII.12—1922	Calgary	Canada
		Ch. W. Paddock	U.S.A.	IX. 6—1924	Los Angeles	U.S.A.
		Ch. Bowman	"	V.15—1926	"	"
220 "	20.6s.	R. A. Locke	"	VII. 2—1921	Lincoln, Nebr.	"
300 "	30.6s.	B. J. Wefers	"	V. 1—1926	"	"
440 "	47.4s.	J. E. Meredith	"	IX.26—1896	New York	"
600 "	1m. 10.4s.	D. G. A. Lowe	G. Britain	V.27—1916	Cambridge	"
880 "	1m. 51.6s.	Dr. O. Peltzer	Germany	VI.26—1926	London	England
1,000 "	2m. 12.2s.	Lawr. Brown	U.S.A.	VII. 3—1926	"	"
1,320 "	3m. 2.8s.	T. P. Conneff	"	VI.11—1921	Philadelphia	U.S.A.
1 mile	4m. 10.4s.	Paavo Nurmi	Finland	VIII.21—1895	New York	"
2 miles	9m. 01.4s.	E. Wide	Sweden	VIII.23—1923	Stockholm	Sweden
3 "	14m. 11.2s.	Paavo Nurmi	Finland	IX.12—1926	Charlottenburg	Germany
4 "	19m. 15.6s.	"	"	VIII.24—1923	Stockholm	Sweden
5 "	24m. 6.2s.	"	"	X. 1—1924	Kuopio	Finland
6 "	29m. 59.4s.	A. Shrubbs	G. Britain	X. 1—1924	"	"
7 "	35m. 4.6s.	"	"	XI. 5—1904	Glasgow	England
8 "	40m. 16s.	"	"	"	"	"
9 "	45m. 27.6s.	"	"	"	"	"
10 "	50m. 40.6s.	"	"	"	"	"
15 "	1h. 20m. 4.4s.	F. Appleby	"	VII.21—1902	London	"
20 "	1h. 51m. 54s.	G. Grossland	"	IX.22—1894	"	"
25 "	2h. 29m. 29.4s.	H. Green	"	V.12—1913	"	"



100 metres	10.4s.	Ch. Paddock	U.S.A.	IV.23—1921	Redlands	U.S.A.
200 "	20.6s.	R. A. Locke	"	V. 1—1926	Lincoln, Nebr.	"
300 "	33.2s.	Ch. W. Paddock	"	IV.23—1921	Redlands	"
400 "	47.4s.	J. E. Meredith	"	V.27—1916	Cambridge	"
500 "	1m. 3.6s.	Dr. O. Peltzer	Germany	VI. 6—1926	Budapest	Hungary
800 "	1m. 50.6s.	S. Martin	France	VII.14—1928	Paris	France
1,000 "	2m. 25.8s.	Dr. O. Peltzer	Germany	IX.18—1927	"	"
1,500 "	3m. 51s.	"	"	IX.11—1926	Charlottenburg	Germany
2,000 "	5m. 23.4s.	E. Borg (Purje)	Finland	VIII. 9—1927	Viborg	Finland
3,000 "	8m. 20.4s.	Paavo Nurmi	"	VII.13—1926	Stockholm	Sweden
5,000 "	14m. 28.2s.	"	"	VI.19—1924	Helsinki	Finland
10,000 "	30m. 6.2s.	"	"	VIII.31—1924	Kuopio	"
15,000 "	47m. 18.6s.	J. Bouin	France	VII. 6—1913	Stockholm	Sweden
20,000 "	1h. 6m. 29s.	V. Sipila	Finland	VI.19—1925	"	"
25,000 "	1h. 25m. 20s.	H. Kolehmainen	"	VI.22—1922	Tammerfors	Finland
30,000 "	1h. 46m. 11.6s.	A. Stenroos	"	VIII.31—1924	Viborg	"

1 hour	19,021 met. 90 cm. (11 miles 1,442 yds.)	J. Bouin	France	VII. 6—1913	Stockholm	Sweden
2 hours	20 miles 952 yds. (33,056 met.)	H. Green	G. Britain	V.12—1913	London	England

### RELAY RACES.

4x110 yards	41s.	Newark A.C. (Borman, Currie, Pappas, Cummings)	U.S.A.	VII. 4—1927	Lincoln, Nebr.	U.S.A.
4x220 "	1m. 25.8s.	University of So. California (Lewis, Smith, House, Borah)	"	V.14—1927	Los Angeles	"
4x440 "	3m. 18s.	University of Pennsylvania (Kaufman, Lockwood, Lippincott, Meredith)	"	IV.24—1915	Philadelphia	"
4x880 "	7m. 41.4s.	Boston A.A. (Martin, Sansone, Welch, Hahn)	"	VII. 6—1926	"	"
4x1 mile	17m. 21.4s.	Illinois A.C. (Krogh, Buker, Watson, Ray)	"	VI.23—1923	Chicago	"

Event.	Time or Distance.	Hold ers.	Nation.	Date.	Place.
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### RELAY RACES (continued).

4x100 metres	41s.	{ Olympic team (Clark, Hussey, Murchison, Leconey) .....	U.S.A. ....	VII.13—1924	Paris .....	France
		{ Newark A.C. (Bowman, Currie, Pappas, Cummings) ....	" .....	VII. 4—1927	Lincoln, Nebr. ..	U.S.A.
		{ Sp. G. Eintracht, Frankfurt. (Geerling, Wichmann, Metzger, Salz) .....	Germany .....	VI.10—1928	Halle .....	Germany
4x200 "	1m. 25.8s.	Univ. of So. California (Lewis, Smith, House, Borah) .....	U.S.A. ....	V.14—1927	Los Angeles .....	U.S.A.
4x400 "	3m. 14.2s.	Olympic team (Baird, Alderman, Spencer, Barbutti) .....	" .....	VIII. 5—1928	Amsterdam .....	Holland
4x800 "	7m. 41.4s.	Boston A.A. (Martin, Sansone, Welch, Hahn) .....	" .....	VII. 6—1926	Philadelphia .....	U.S.A.
4x1,500 "	16m. 11.4s.	Turun Urheiluliitto, Abo. (Lievendahl, Katz, Koivunaho, Nurmi) .....	Finland .....	VII.17—1926	Viborg .....	Finland

### HURDLES.

120 yards	14.4s.	E. J. Thomson .....	Canada .....	V.29—1920	Philadelphia .....	U.S.A.
220 "	23s.	Ch. Brookins .....	U.S.A. ....	V.17—1924	Ames, Iowa .....	"
440 "	52.6s.	J. A. Gibson .....	" .....	VII. 2—1927	Lincoln, Nebr. ....	"
110 metres	14.6s.	G. S. Weightman-Smith .....	South Africa	VII.31—1928	Amsterdam .....	Holland
200 "	23s.	Ch. Brookins .....	U.S.A. ....	V.17—1924	Ames, Iowa .....	U.S.A.
400 "	52s.	F. M. Taylor .....	" .....	VII. 4—1928	Philadelphia .....	"

## WALKING.

1 mile	6m. 25.8s.	G. H. Goulding	Canada	VI. 4—1910	Montreal	Canada
2 miles	13m. 11.4s.	G. E. Larner	G. Britain	VII. 13—1904	London	England
3 "	20m. 25.8s.	"	"	VIII. 19—1905	"	"
4 "	27m. 14s.	"	"	VIII. 19—1905	"	"
5 "	36m. 0.2s.	"	"	IX. 30—1905	"	"
6 "	43m. 26.2s.	"	"	IX. 30—1905	"	"
7 miles	50m. 40.8s.	G. H. Goulding	Canada	X. 23—1915	New York	U.S.A.
8 "	58m. 18.4s.	G. E. Larner	G. Britain	IX. 30—1905	London	England
9 "	1h. 7m. 37.8s.	"	"	VII. 17—1908	"	"
10 "	1h. 15m. 57.4s.	"	"	VII. 17—1908	"	"
15 "	1h. 59m. 12.6s.	H. V. L. Ross	"	V. 20—1911	Liverpool	"
20 "	2h. 47m. 52s.	T. Griffith	"	XII. 3—1870	London	"
25 "	3h. 37m. 6.8s.	S. C. A. Schofield	"	V. 20—1911	Glasgow	"
3,000 metres	12m. 53.8s.	G. Rasmussen	Denmark	VII. 7—1918	Copenhagen	Denmark
5,000 "	21m. 59.8s.	"	"	VII. 6—1918	"	"
10,000 "	45m. 26.4s.	"	"	VIII. 18—1918	"	"
15,000 "	1h. 10m. 23s.	"	"	V. 9—1918	"	"
20,000 "	1h. 37m. 42.2s.	D. Pavesi	Italy	X. 23—1927	Milan	Italy
25,000 "	2h. 05m. 12.2s.	A. Schwab	Switzerland	IV. 10—1927	Berlin	Germany
1 hour 8 miles 488 yds. (13275 met.)		G. E. Larner	G. Britain	IX. 30—1905	London	England
2 hours 15 miles 128 yds. (24256 met.)		H. V. L. Ross	"	V. 20—1911	Liverpool	"

Event.	Time or Distance.	Holder s.	Nation.	Date.	Place.
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### JUMPING.

Standing High Jump 5ft. 5 $\frac{3}{4}$ in. = 167 cm. ....	L. Goehring .....	U.S.A. ....	VI.14—1913	New York .....	U.S.A.
Running High Jump 6ft. 8 $\frac{3}{4}$ in. = 203 cm. ....	H. M. Osborn .....	" .....	V.27—1924	Urbana .....	"
Standing Broad Jump 11ft. 4 $\frac{3}{4}$ in. = 347 cm. ....	R. C. Ewry .....	" .....	VIII.29—1904	St. Louis .....	"
Running Broad Jump 25ft. 10 $\frac{7}{8}$ in. = 789 cm. ....	De Hart Hubbard .....	" .....	VI.13—1925	Chicago .....	"
Running Hop, Step and Jump 15.525 met. = 50ft. 11 $\frac{1}{4}$ in....	A. W. Winter .....	Australia ...	VII.12—1924	Paris .....	France
Pole Vault 14ft. = 426 cm. ....	S. W. Carr .....	U.S.A. ....	V.27—1927	Philadelphia .....	U.S.A.

### SHOT PUTTING.

Best hand 15.87 met. = 52ft. $\frac{3}{4}$ in. ....	J. Kuck .....	U.S.A. ....	VII.29—1928	Amsterdam .....	Holland
Both hands 91ft. 10 $\frac{1}{2}$ in. = 28 met. .... (right hand 50ft. 6in. = 15.39 met.; left hand 41ft. 4 $\frac{1}{2}$ in. = 12.61 met.)	R. Rose .....	" .....	VI. 2—1912	Oakland .....	U.S.A.

### DISCUS THROWING.

Best hand 158ft. 1 $\frac{3}{4}$ in. = 48.20 met. ....	L. C. Houser .....	U.S.A. ....	IV. 3—1926	Palo Alto, Cal. ....	U.S.A.
Both hands 90.13 met. = 295ft. 8 $\frac{1}{2}$ in.... (right hand 45.57 met. = 149ft. 6 $\frac{3}{8}$ in.; left hand 44.56 met. = 146ft. 2 $\frac{3}{8}$ in.)	E. Nicklander .....	Finland .....	VII.20—1913	Helsinki .....	Finland

### JAVELIN THROWING.

Best hand						
69.88 met. = 229ft. 3 $\frac{1}{8}$ in. ....	E. Penttila .....	Finland .....	X. 8—1927	Viborg .....	Finland	
Both hands						
114.28 met. = 374ft. 11 $\frac{3}{8}$ in.	Y. Hackner .....	Sweden .....	IX.30—1917	Karlskoga .....	Sweden	

### HAMMER THROWING.

189ft. 6 $\frac{1}{2}$ in. = 57.77 met. ....	P. Ryan .....	U.S.A. ....	VIII.17—1918	New York .....	U.S.A.
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### THROWING 56 LB. WEIGHT.

40ft. 6 $\frac{3}{8}$ in. = 12.35 met. ....	M. McGrath .....	U.S.A. ....	IX.23—1911	Montreal .....	Canada
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### DECATHLON.

8053,290 pts. ....	P. Yrjölä .....	Finland .....	VIII.3-4—1928	Amsterdam .....	Holland
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## AUSTRALIAN RECORDS.

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### AUSTRALIAN BEST ON RECORD,

as adopted by the Amateur Athletic Union of Australia at Conference held in Melbourne on 24th January, 1930.

NOTE.—Records for events which form the Australian Championships and on Olympic Games Programme are only accepted.

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100 Yards Running, 9  $\frac{4}{5}$  secs.:—E. W. Carr, 27th January, 1923, Sydney (grass); L. C. Parker, 14th August, 1926, at Brisbane (grass).

220 Yards Running, 21  $\frac{3}{5}$  secs.:—N. J. Grehan, Brisbane, August 18th, 1923 (grass); N. J. Grehan, Brisbane, August 21st, 1926 (grass).

220 Yards (straight track) Running, 21 $\frac{1}{2}$  secs.:—E. W. Carr, Adelaide, 2nd January, 1922 (grass).

440 Yards Running, 48 $\frac{1}{2}$  secs.:—Nigel C. Barker, April 11th, 1905, Sydney (grass).

880 Yards Running, 1 min. 55  $\frac{4}{5}$  secs.:—W. Hunt, 15th December, 1928, Sydney (grass).

1,500 Metres Flat, Running, 4 min. 4 secs.:—W. M. Whyte, Melbourne, Victoria, 10th March, 1928 (grass).

1 Mile Running, 4 min. 22  $\frac{2}{5}$  secs.: G. R. Hyde, 23rd February, 1926, Melbourne (grass).

3 Miles Running, 14 mins. 52  $\frac{3}{5}$  secs.:—A. A. Shrubbs, April 19th, 1905, Sydney (grass).

120 Yards Hurdles (10 flights, 3 ft. 6 ins.), 15  $\frac{3}{10}$  secs.:—A. J. Watson, 16th February, 1929, Melbourne (grass).

440 Yards Hurdles (10 flights, 3 ft. 6 ins.), 57  $\frac{1}{5}$  secs.:—J. L. Davis, May 27th, 1910, Sydney (grass).

440 Yards Hurdles (10 flights, 3 ft.), 54  $\frac{9}{10}$  secs.:—A. J. Watson, Melbourne, Victoria, February 26th, 1927 (grass).

1 Mile Walk, 6 mins. 22  $\frac{4}{5}$  secs.:—W. Murray, February 24th, 1912, Melbourne (grass).

3 Miles Walk, 20 mins. 56 secs.:—W. Murray, February 24th, 1912, Melbourne (grass).

10,000 Metres Walk, 46 mins. 32 secs.:—G. R. Parker, November 21st, 1925, Sydney (grass).

Running High Jump, 6 ft. 3 $\frac{1}{2}$  in.:—E. M. Davidson, May 23rd, 1928, Sydney.

Running Broad Jump, 23 ft. 9 in.:—R. J. Honner, February 6th, 1924, Hobart.

Running Hop, Step and Jump, 49 ft. 8 $\frac{1}{2}$  in.:—A. W. Winter, December 10th, 1921, Sydney.

Pole Vault, 11 ft. 7 $\frac{1}{2}$  in.:—M. W. Kroger, November 21st, 1927, Melbourne.

Putting 16 lb. Shot (7 foot circle), 45 ft. 5 in.:—P. Munro, February 6th, 1924, Hobart.

Throwing the 16 lb. Hammer (7 foot circle), 143 ft. 6 in.:—W. Harvey, August 14th, 1926, Brisbane.

Throwing the Javelin, 198 ft. 7 $\frac{1}{2}$  in.:—S. A. Lay, August 14th, 1926, Brisbane.

Throwing the Discus, 132 ft. 6 in.:—P. Munro, February 9th, 1924, Hobart.

Mile Relay Race, Medley (one to run 880 yards, one 440 yards, and two 220 yards), 3 min. 34  $\frac{7}{10}$  secs.:—Melbourne University team, A. J. Hillhouse, H. W. Marryatt, R. Tynan, and E. M. Davidson, March 9th, 1929, Melbourne (grass).

Decathlon, 6,383.554 points:—E. Keskinen, August 25th and September 4th, 1928, Brisbane (grass).

10,000 Metres Running, 32 min. 58 secs.:—A. Gainsford, September 4th, 1928, Sydney (grass).

## APPLICATION FOR RECORD.

## OFFICIAL FORM, AMATEUR ATHLETIC UNION OF AUSTRALIA.

Records claimed ..... Date.....  
 Event ..... Location.....  
 Controlled by.....  
 Claimant ..... Club.....

## APPLICATION.

Application is hereby made for recognition of the records—as above.

Signature. Address. Date.

## CERTIFICATES.

Cert.  
No.

## Measurers.

1. The course (state whether grass, cinders, etc.; also the laps, etc., and other particulars) .....  
 was measured with a steel tape at..... on.....  
 193..... and the exact distance was.....yds.....ft.  
 .....ins.

.....  
 Measurers/Surveyors.

## Starter.

2. The start was a fair one, no advantage was given to or taken by the claimant, and he started from "scratch."

.....  
 Starter.

## Timetakers.

3. The times set opposite our signatures are the exact times recorded by our watches; such watches were started from the flash of the pistol or at the sound of the word "go," and were stopped as the first competitor breasted the worsted.

Times.

Timetakers.

.....  
 .....  
 .....  
 .....

## Referee.

4. The Wind (strength and direction) .....  
 did not assist the claimant.  
 The claimant in hurdle races jumped all the hurdles fairly and in their proper position.  
 The officials signing these certificates were constitutionally appointed and were competent to act.  
 The event was conducted and the claimant competed fairly, and in accordance with the rules of the A.A.U. of Australia.  
 The marked programme attached hereto is correct.  
 The state of the weather was.....

.....  
 Referee.



**Surveyor.**

5. The particulars and levels of the course and ground were as follows .....  
as tested on.....192.....

Surveyor.

**Judges—Finish.**

6. The placed competitors were:  
.....1st .....2nd .....3rd

Judges.

**Watchmaker.**

7. I tested on .....19..... the watches used by the timetakers, and the variations from the standard chronometer over a time of .....h. ....m. ....s. were:—

Watch	Timetaker	Variation	Watch	Timetaker	Variation
.....	.....	.....	.....	.....	.....
.....	.....	.....	.....	.....	.....
.....	.....	.....	.....	.....	.....

Watchmaker.

Address.

**Secretary.**

8. The performance took place in a bona fide competition at a properly constituted meeting which had been duly fixed and advertised before the day.

Hon. Secretary.

Cert.  
No.**Hurdles.**

9. The hurdles (no. and height)..... were in accordance with the rules and correctly placed.

**Judge of Walking.**

10. The style of walking of the claimant was strictly in conformity with the definition and rules governing same.

Judge of Walking.

**Judges—Field.**

11. The distance, height, throw, putt, jump, vault, run or stand was measured with a steel tape.  
12a. The circle (.....ft. ....ins.) was in accordance with the rules.  
12b. The implement was correct in make, weight (.....lbs.) and size.  
12c. The claimant conformed in every way to the rules governing the event.  
14. The claimant's style of putting the shot was strictly in conformity with the definition and rules.

Field Judges.

**Tape.**

13. The steel tape used was tested on.....192..... and the variation from the standard measure was.....

**Scorer.**

20. The claimant raced the correct number of laps. The copy of the score sheet attached hereto is correct.

.....  
Scorer.

**Distance.**

21. The distance raced by the claimant was properly marked, and such marks were not altered or moved before the course was measured.

**Age.**

22. I was born on..... at .....
- (day) (month) (year) (place)

.....  
Claimant.

**REPORT—RECORDS COMMITTEE.**

We have investigated the performances claimed, and recommend that the record be granted/not granted .....

.....  
Members of Records Committee.

.....  
Date.

**ACTION TAKEN.**

Record granted/not granted .....

.....  
Chairman—Council.

Cert. issued.....

.....  
Hon. Sec., Club.

.....  
Hon. Sec., Amateur Athletic Association.

.....  
Date.....