

RECREATIONAL ATHLETICS 'Rec Aths'



Little Athletics is no longer just a 'little' person's sport! If you're over the age of 17 and still wish to be involved in athletics, why not join us as a Recreational Athletics (Rec Ath's) member?

For \$30.00 you can participate at your Little Athletics centres and clubs in weekly training's and meets all year round!

Be sure to check if your Little Athletics Centre is offering the Rec Aths product [HERE](#).

[REGISTER HERE](#)

WHAT IS REC ATHS?

Rec Aths is a participation entry point for members to participate in friendly competition at Little Athletics SA centres and clubs, compete at the current Mums and Dads races at the Little Athletics SA Cross Country events, and Little Athletics SA Relay Day. Rec Aths athletes will also be aligned with an [Athletics SA club](#). This will give the Rec Aths member the opportunity to also attend [Athletics SA competitions](#).

MEMBERSHIP AND REGISTRATION

Registrations for Rec Aths be taken through the Little Athletics SA registration system.

The \$30.00 membership will include:

- Insurance with V Insurance
- Free entry into Little Athletics SA State Relay Championship race
- Free entry into Little Athletics SA State Cross Country Championship races
- A centre fee for their nominated Little Athletics SA centre
- [Membership with Athletics SA](#), as a Basic Member and an Athletics SA bib number*
- Becoming aligned with an [Athletics SA Club](#)

*If the Rec Aths member is already a member of Athletics SA, the Rec Aths membership will only cost \$20. \$10 of this then goes back to the Little Athletics Centre/Club.

ELIGIBILITY

This membership is only available to participants not currently eligible for current Little Athletics SA competition, due to being over age limits.

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UNIFORM

Rec Aths members should wear a centre t-shirt or singlet when competing or a t-shirt, or singlet that has similar Centre/Club colours with a registration number bib attached. This will be required when competing at an Association competition.

- Age group patches and other sponsors patches are not required.
- Shorts/bottoms should be the same colour as the centre shorts or black shorts or leggings.
- Closed in shoes are required for all events.
- Spikes may be worn in all track events, jumping events and javelin.

Rec Aths will be given an Athletics SA registration bib number to wear if competing at any state events (for Little Athletics SA and/or Athletics SA). This can be collected by the member or sent via mail if requested.

CENTRE/CLUB EVENTS AND RESULTS

Rec Aths members can participate in any athletics events for fun and personal best results as part of the existing Little Athletics SA event program. Events, weight implements, specifications and results will be at the discretion of the individual and the centre. No formal structure will be implemented, however recommended specifications and rules can be seen below.

GUIDELINES FOR EVENTS AND RULES

STATE EVENTS

Rec Aths members are also welcome to compete at the following Little Athletics SA events for the 2017-2018 season for no additional cost:

- Health Partners State Relay Championships
 - 4x100m for Men & Women
 - 4x100m for Men & Women and Little Athletes (TBC)
- Cross Country Championships
 - 1km race
- Additional: Country Games **various dates**

Host Centre's may include Family Athletics events on the program at their discretion

State Records will not be recorded for Rec Aths members. Centres may choose to maintain records.

All Rec Aths members are also invited to compete at Athletics SA competition and events. Additional fees for an Athletics SA club membership and for Athletics SA events will apply.

Athletics SA Membership Hub: <http://www.athleticssa.com.au/MembershipHub>

Athletics SA Events: <http://www.athleticssa.com.au/SummerComp>

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INSURANCE

Membership for all Family Athletics members includes Premium Insurance with V Insurance. The age limits of this insurance are from 17 to 90 years of age. This insurance is only available to Rec Aths members who are not eligible for current Little Athletics SA competition.

CODE OF BEHAVIOUR

All Family Athletics members must abide by the Little Athletics SA and Athletics SA Code of Conduct policies, and Member Protection policies.