



**HANDICAPPING  
REGULATIONS**

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## **INTRODUCTION**

This document sets out the regulations provided by the VAL Board to the appointed VAL Director of Handicapping, Handicap Review Panel and Handicappers to assist them in the handicapping of athletes within the Regulations of the VAL.

These Regulations, which are designed to facilitate greater athlete participation and strive towards regular, competitive racing, are subject to annual review by the VAL Board, with input from the VAL Rules Committee, the VAL Director of Handicapping, the Handicap Review Panel, Officials and the VRTA.

## **OBJECTIVES**

1. To provide athletes with an equal opportunity for success.
2. To provide a fair, transparent and consistent approach to handicapping.
3. To encourage athletes to compete regularly, consistently and to the best of their ability.
4. To provide clear direction to athletes, trainers and other interested parties on how handicaps are derived.

## **HOW DOES IT WORK**

The VAL Handicapping Regulations provide a structured process for athletes to secure a lift in handicap. Under this approach, athletes who compete:

- a. a specified number of times (see further below);
- b. consistently; and
- c. to the Stewards' satisfaction;

are entitled to an incremental lift in their handicap, up to a specified limit.  
A step by step guide is provided below.

## **KEY TERMS**

**AAC**= Australian Athletics Confederation (affiliated Organisations are VAL, SAAL, TAL, NSWAL, WAAL and QAL).

**Event Categories** = Separate event categories are Open, Men, Women, Masters and Novice. Combined events such as Women & Masters are not regarded as a separate category.

**Regular Event** = An event (distance) that is conducted on 4 or more occasions within the season for a specific category.

**Established Athlete** = an athlete is considered to be established within a particular event, if they have competed in that event distance, the number of times specified within the Athlete Status and Category guidelines. See Page 13).

**Ongoing Assessed Athlete (OGA)** = any athlete who does not satisfy established athlete criteria over a particular event. All interstate, new and novice athletes are classified as OGA over all events. All athletes in events that are conducted 4 or less times during a season are classified as OGA in that event.

**Acceptable Deviation** = this deviation sets the time range within which an established athlete must run in order to ensure an Acceptable Performance. For each event, the VAL Handicappers take the fastest heat time of the day (or if in the opinion of handicappers &/or stewards/HRP that the fastest time is not reflective of the majority of the field, that the fastest time be discounted and the next time will be taken) and adds the Acceptable Deviation, as set out in the Handicap Calculations Table. If the athlete runs a time that is equal to or faster than this time then they have run within the Acceptable Deviation. If the event is a straight final, the winning time is used, or if that time is under the ceiling, then the highest placed time that does not break the ceiling time is used.

**Acceptable Performance (AP)** = where an established athlete runs within the Acceptable time Deviation and the VAL Handicapper and Stewards were satisfied with their performance and effort.

**Satisfactory Performance (SP)** = Where an OGA classified athlete runs within the Acceptable time Deviation and the VAL Handicapper and Stewards were satisfied with their performance and effort.

**Non-acceptable Performance (NAP)** = Handicappers and Stewards are not satisfied with the athletes performance/effort, irrespective of whether the performance was within the time parameters or not, and no credit will be received for the performance.

**Non-acceptable Time Performance (NAP-T)** = An NAP-T does not imply lack of endeavour, but merely indicates that the athlete has run outside the time parameters for that particular event to earn an automatic credit.

**Unsatisfactory Performance (UP)** = As per the NAP, no credit will be received for the performance and further sanctions such as a fine or handicap reduction may be incurred due to the more serious nature of the anomalous performance.

**Rate per metre (RPM)** = the average time per metre for a particular distance, calculated by dividing the time run by the distance covered (eg the RPM of a 120m runner who runs 12.20seconds off 6m =  $12.20/(120-6) = 0.1070$ )

**Starting Time** = for a particular distance, this is the time that athletes are handicapped to, based on their best performances, at the commencement of each season. The starting times for each event are provided in the Handicap Calculations Table (Schedule 1).

**Notional Starting Handicap** = an athlete's handicap for a particular distance at the beginning of the season, determined solely on the basis of a mathematical calculation and before any adjustment for prior season performances or the athlete's finishing handicap in the prior season

**Actual Starting Handicap or Starting Handicap** = the handicap that an athlete will commence the new season on, after allowing for adjustments for prior season performances and the athlete's finishing handicap in the prior season.

**Ceiling Time** = the fastest time that athletes can be handicapped to run in a particular event **after competing within the season over the distance in the VAL**. Once an athlete has reached the ceiling time, their handicap cannot be lifted again during the season. The ceiling times for each event are provided in the handicap Calculations Table (Schedule 1).

**Ceiling Point** = the maximum handicap that an athlete can receive for an event in a given season, determined by reference to the athletes average RPM and the Ceiling Target Time.

**Novice** = an athlete who has never won an event under AAC rules.

**Novice Handicap** = the handicap allocated to an athlete who has not previously competed over a particular distance or similar distance who does not have form or performances superior to the start time in the opinion of the VAL Handicappers.

**Interstate Athlete** = an athlete who is registered with a governing body other than the VAL and permanently resides outside the State of Victoria

**Masters** = an athlete aged 35 years old or over.

**Lift Range** = the range of lifts in handicap for an event that may be awarded by the VAL Handicappers, as set out in the Handicap Calculations Table.

**Minimum Graduation** = each athlete who achieves the required number of AP's for a particular event is entitled to a lift in handicap (unless they have reached the Ceiling Time). The Handicap Calculations Table provides a range (the Lift Range) in which the VAL Handicappers may lift the athlete's handicap. The minimum lift in that range is called the Minimum Graduation (refer to the attached Handicap Calculations Table).

**Carnival/Meeting** = a professional running event organised by a member club of the VAL.

**VAL Handicappers** = The panel of handicappers appointed by the VAL Board to handicap all events on the VAL calendar.

**VAL Stewards** = the appointed Stewards appointed by the VAL Board who along with the Handicappers oversee the conduct and stewarding of all events on the VAL calendar.

**Handicap Review Panel (HRP)** = A Panel appointed by the VAL Board to oversee the VAL Handicappers and ensure their adherence to the Handicap guidelines. Refer to Section 7.5 of the VAL Regulations for the functions and authority of the HRP.

**Director of Handicapping** = An individual appointed by the VAL Board to Chair the HRP and be the direct report for all Handicappers and handicap queries, specifically to ensure the VAL Regulations and Handicap Guidelines are accurately and consistently adhere to across all areas.

**VAL Rules and Regulations** = the officials Rules and Regulations of the VAL, available on the VAL website at [www.val.org.au](http://www.val.org.au) or by contacting the VAL office.

## **INITIAL AND STARTING HANDICAPS**

### **Initial Handicap Allocation**

When a VAL registered athlete enters a particular distance for the first time, they will be allocated a starting handicap based on their best performance over that or a similar distance.

The maximum initial handicap an athlete can receive is the Novice handicap for that distance, subject to the conditions listed below. The Novice handicaps are provided in Schedule 2 of the Handicap Regulations and are dependent on the gender and age of the athlete.

The starting time for each distance alongside the athlete's best performance, or potential best performance based on their personal bests over a similar distance, is used by the Handicapper to determine if an initial handicap allocation should be less than the Novice handicap and what that handicap should be. The starting times for each distance and event category are available in Schedule 1 of the Handicap Regulations.

If a VAL registered athlete has competed regularly over other similar distances within the VAL, the Handicapper can apply to the HRP to allocate an initial handicap that is more than the novice handicap. This will only be approved if the athlete's performances over other similar distances clearly show they require a greater handicap to be competitive and the athlete's current handicap over the similar distance is completely out of balance with the novice handicap for the distance they are entering.

*If a Master's athlete is younger than 40 years of age on the day of competition, the athlete's Start Mark will be determined by their 2 best performances in the past 5 seasons.*

*If the athlete is over 40 years on the day of competition, the athlete's Start Mark will be determined by their 2 best performances in the past 3 seasons.*

For the purpose of determining an athlete's potential best performance, distances from 70 to 400 are regarded as similar, as are 400 to 800, 800 to 1500 and 1500 to 5000.

The track and wind conditions of personal best performances are to be taken into account by the Handicapper when determining an initial handicap allocation.

### **Season Start Marks**

Prior to the commencement of each season, the Handicappers in conjunction with the HRP, will determine the starting handicap for each registered athlete for each event they competed in the previous season.

An athlete's starting handicap for the season for each distance will be the lesser of their last allocated handicap from the previous season over that distance, or the calculated notional starting handicap less any adjustments required under the Handicap Regulations.

As such an athlete's starting handicap cannot be greater than their last allocated handicap for the distance, but can be less, based on the Handicap Regulations.

Starting handicaps are determined for all distances and separate individual categories (Open, Mens, Womens and Masters events) conducted the previous season on a regular basis. Starting Handicaps will not be calculated for Novice, Restricted and Junior events, marks for these categories will be calculated to a set net time.

### **Calculation of Notional Starting Handicap**

For the purposes of this clause of the VAL Handicap Regulations, a 'Regular event' is:

An event that is conducted on 4 or more occasions within the current season for a specific category. The different event categories are: Open, Men's, Womens and Masters.

Refer to the *Athlete Status Section* for definitions of athlete classifications (i.e. Established or OGA).

For Established athletes in Regular events, the calculated notional starting handicap is determined by dividing the average of the athlete's best Rate Per Metre (RPM) from the last 5 seasons and the next best RPM from the last 2 seasons, into the starting time for that event. The Starting time for each event is available in Schedule 1 of the Handicap Regulations.

For Established athletes in Masters events over 40 years of age, the calculated notional starting handicap is determined by dividing the average of the athlete's best Rate Per Metre (RPM) from the last 3 seasons and the next best RPM from the last 2 seasons, into the starting time for that event. The Starting time for each event is available in Schedule 1 of the Handicap Regulations.

For all athletes classified as OGA in a specific event, the notional starting handicap is determined at the discretion of the VAL Handicapper based on consideration of the athlete's best RPM or performance over that or a similar distance, within or outside the VAL.

Handicapper discretion may include consideration of an athlete's performance history in events outside the VAL, including but not limited to events such as, Cross Country, Marathons, Hurdles, Beach Sprints, Long Jump and Triple Jump, or where an athlete has competed at State and/or National level in an individual event.

***For both Established and OGA athletes, RPMs will be drawn from all performances over the distance, both within all event categories in the VAL and external to the VAL.***

For the sake of clarity, both performances used to calculate an athlete's Notional Starting Handicap may come from different rounds of the same event at the same Meeting. For example, performance in a 120m semi-final and 120m final at Stawell.

For non-Regular events, all notional starting handicaps are calculated as OGA.

Notional Start Marks are calculated as of the 1<sup>st</sup> of October for the proceeding season.

### **Adjustments to Start Marks**

If an athlete has won a Group 1 or Classic event in the VAL or any other Interstate AAC Affiliated organisation in the previous season, their *Actual* starting handicap for the current season in the VAL, for that particular distance only, will be reduced by one minimum graduation.

This is in addition to the penalty from the previous season. Any athlete that wins two or more Group 2 or 3 races with a season may incur an additional penalty that will be applied to the athletes start mark for the following season.



## **Stawell Penalties**

The penalty for winning at Stawell in all events in the previous season, will be applied to the lesser of the finish mark from the previous season for that distance or the Notional starting handicap calculation for that distance for the new season. This ensures Stawell winners from the previous season, will start behind their calculated notional starting handicap by a minimum of the applicable standard penalty. For all penalties, including Stawell, please refer to the Schedule 3 of the Handicap Regulations.

Winners of all events at Stawell will have their handicaps reassessed over all similar distances (refer Page 7) and all categories for the commencement of the next season. The Handicapper will take into account the athlete's winning performance and RPM to determine if a reduction in start marks in other categories and similar distances is required for the athlete to be handicapped on or behind the relevant start mark for the new season. Any adjustments under this regulation are at the handicapper's discretion and require the approval of the HRP. This regulation does not override other penalty regulations and it should be noted wins in open events automatically attract penalties across all categories.

Athletes who make the Women's or Men's Stawell Gift Final in the previous season, will also have their 120m start mark reduced by the following amount. This adjustment will again be to the lesser of their finish mark from the previous season or the Notional starting handicap calculation for the new season.

**Table 1. Stawell Gift Finalist Penalties (Men's & Women's)**

- 1<sup>st</sup> Placegetter – 2m
- 2<sup>nd</sup> placegetter – 0.75m
- 3<sup>rd</sup> placegetter – 0.50m
- 4<sup>th</sup> – 6<sup>th</sup> placegetters – 0.25m

Note – These penalties will be applied to the lesser of an athlete's finish mark from the previous season or the notional starting handicap calculation for the new season.

However, the above penalties can be varied on recommendation from the handicapper by the HRP, should the handicapper consider the penalty is not commensurate with the performance recorded.

## **Adjustment for Artificial Tracks**

The following additions are made to times recorded on artificial tracks for the calculation of RPMs. This is done in order to equate times on artificial tracks to that of a good grass track.

Performance adjustments on synthetic tracks, for performances outside of the VAL, are applied as the allowance is stated in the current season regulations.

**Table 2. Adjustments for artificial Track**

Synthetic Track Race Distance	Current adjustment (Adjustment) (seconds)
70 m	0.15
100 m / 120 m	0.20
200 m	0.40
300 m	0.50
400 m	1.00
550 m	1.00

Otherwise, 1.5 seconds per lap for events over 800m.

### **Age of Performance Allowance**

If in the opinion of the Handicapper a performance over 3 years old is no longer reflective of the athlete's capabilities, the Handicapper can seek approval from the Director of Handicapping and the HRP to exclude that performance from the RPM calculation. This would apply to both the starting and ceiling calculations.

### **Masters Allowance**

A Masters allowance of up to 4 minimum graduations can be added to the calculated notional starting handicap and ceiling handicap by the Handicapper, subject to the approval of the HRP, if the Handicapper believes the calculated handicaps are no longer reflective of a Masters athlete's capabilities due to age. The adjusted starting handicap cannot exceed the finishing handicap for last season nor place the athlete under the starting time based on their best performance from the last 12 months.

### **Developing Athletes**

If in the opinion of the Handicapper an athlete has the potential for significant natural development or improved fitness levels, the Handicapper can apply to the Director of Handicapping and/or HRP to have the starting mark for that athlete reduced.

### **Adjustment to Performances to Allow for Distance Variations**

When calculating the RPM of a performance, the Handicapper will consider and allow for any significant variation in distance between the actual distance covered and the distance to be covered by the athlete in the particular category after allowing for the handicap of the athlete concerned.

An example would be when considering the RPM of an external 1500 performance for an athlete with a 1600 handicap either significantly greater or less than 100. Other examples would be when reviewing amateur 400 or 800 performances for athletes with large handicaps over that particular distance.

For the purpose of this regulation, a significant variation would be a variation greater than 5% between the distance actually covered in the performance being considered, and the distance to be covered by the athlete after the deduction of their handicap.

Under this regulation and in order to provide a level playing field, an RPM adjustment for specific events will be applied to the variation in distance between what was actually covered and what would be covered after the handicap deduction. If the performance being considered is less than the distance to be covered for the event being handicapped, the adjustment is added on to the rpm for the extra distance. If the performance being considered is greater than the distance to be covered, the adjustment is deducted from the rpm for the reduction in distance. The following percentage adjustments for specific distances have been arrived at after reviewing a wide range of samples for each distance and allows for the different rates of de-acceleration.

- 300/400 – 10%
- 800 – 15%
- 1500/1600 – 12%
- 3000/3200 – 10%
- Please note there is no adjustment for distances of 200 or less.

This adjustment will be used when reviewing times in external and amateur competitions, for application to VAL events. This adjustment will also be applied to convert RPMs between event categories, where variation in handicaps results in a variation in distance covered that is greater than 5%. For example when utilizing an RPM from a performance in an open category event, for a women's or masters category and visa-versa.

This adjustment will be utilised for calculating start marks and for assessing if athletes have broken the ceiling time, and therefore require adjustment during the season.

For example if an athlete runs a time of 4.20 for 1500 in an external event and has a handicap of 200 in the 1600, the following calculation applies:

- Allowance for grass @ 1 second per lap – adjusted time 4.23.75 for 1500
- RPM –  $4.23.75 / 1500 = 0.1758$
- Current 1600 handicap – 200
- Actual distance covered – 1400
- Variation in distance – 100
- Adjusted RPM for distance variation –  $0.1758 * 1.12 = 0.1969$
- Time deduction for distance variation –  $0.1969 * 100 = 19.69$  seconds
- Adjusted time for VAL distance after handicap =  $4.23.75 - 19.69 = 4.04.06$ .

### **Review of Starting Marks**

If the Handicapper believes the potential adjustment arising from the calculated notional starting handicap is too severe and would result in the athlete being uncompetitive, the Handicapper can apply to the Director of Handicapping and the HRP to reduce the adjustment to the starting handicap. The Director of Handicapping and the HRP will take into account the consistency and recent form of the athlete over this and other distances.

The Director of Handicapping and the HRP will review the allocated starting handicaps to ensure compliance with the regulations. Subject to the conditions and potential adjustments outlined, the HRP will instruct the Handicapper to correct and adjust any handicaps it deems as not being in accordance with the regulations.

At all times the adjusted starting handicap cannot exceed the finishing handicap for last season nor place the athlete under the starting time based on their best performance from the last 12 months.

## **ATHLETE STATUS AND CATEGORIES**

To assist in ensuring that all athletes are handicapped fairly, athletes are separated into the following categories:

- 1. *Established Athletes***
- 2. *Ongoing Assessed Athletes (or OGA)***
- 3. *Interstate Athletes***

If an athlete meets the number of required runs throughout season in order to be classified as an Established Athlete then their status once this threshold is met will change to established athlete.

### **Established Athletes**

An athlete is considered to be established within a particular event, regardless of category, if they have competed in that event on 8 or more occasions in the previous 2 seasons AND have competed in that event on 16 or more occasions within the last 5 seasons in VAL competition.

For the sake of clarity, an athlete's performances in Restricted, Open, Men's, Women's & Masters events may all count towards an athlete becoming Established in the relevant distance category.

However, for athletes over both the 800m and 1600m distances to be deemed Established they will require 6 runs in the previous 2 seasons AND 16 runs the past 5 seasons. Once an athlete has competed over the particular distance (800 or 1600 metres) 16 times, they remain an Established athlete in that specific category, unless they do not compete at all over that particular distance for 2 complete seasons, whereupon they would revert to OGA status until the criteria as outlined above is met.

The advantages for an athlete becoming established in an event are:

- It is incumbent on the Handicapper to gradually move an athlete to a potentially competitive handicap as they continue to compete in that event, so that by the time the athlete becomes Established, they have the handicap to run within the Acceptable time deviation (refer Schedule 1) and are therefore capable of being competitive and potentially winning. This is obviously subject to the athlete running to their capabilities.
- An athlete that is established in an event must be lifted when they have received the required number of APs or SPs, in accordance with the Handicap Regulations. For the purpose of this regulation all rounds (Heats/Semis/Final) of an individual event at a particular meeting is counted as 1 occasion in total.

### **On Going Assessed Athletes (OGA) (including New & Novice Athletes)**

An Ongoing Assessed Athlete (OGA) is any athlete who does not satisfy the established athlete criteria over a particular distance. All interstate, new and novice athletes are classified as OGA over all distances. All participants in events that are conducted on 8 or less occasions during the past 2 seasons are classified as OGA in that event.

An athlete may be classified as OGA in a single event or multiple events, depending on the number of performances over a particular distance. Athletes can be Established in one event distance group and OGA in another distance group i.e. 110m/120m is a distance group, 300m/400m is another distance group.

OGA athletes are not guaranteed a lift in handicap for any event and can be re-assessed at any time at the discretion of the VAL Handicappers, if warranted. However, OGA athletes will have their handicap reviewed after an SP and can receive a handicap lift within the range provided in Schedule 1, at the discretion of the Handicapper.

At the discretion of the VAL Handicappers, with the approval of the HRP, OGA athletes in selected Group 3 events may be provided with one-off lifts in handicap, on the basis that these one-off lifts can be reversed for future races. Should an athlete receive a one-off lift in handicap for a Group 3 race, they will be notified by the VAL Handicapper prior to competing in that event.

### **Interstate Athletes**

All interstate athletes are classified as OGA.

The initial handicap for an interstate athlete entering a VAL event for the first time within the season, is calculated based on their PB performance in the same manner as other OGA athletes. (Track, Age of Performance and Masters allowances apply where applicable).

An interstate athlete competing with VAL for first time cannot receive more than the novice mark. Any variation to this must be recommended by the handicapper to the HRP and approved by them.

If an interstate athlete has previously competed in an AAC member organization (TAL, SAAL, QAL, WAAL, NSWAL) or has verified amateur performances, then their previous performances can be taken into account in allocating an initial handicap and for the ongoing assessment of interstate athletes within the season, once they have competed in the VAL.

The same expectations for consistency of performance and running to an athlete's capabilities, are required of Interstate athletes as VAL registered athletes, in order for Interstate athletes to be considered for a lift. This includes both VAL and interstate performances.

All interstate athletes who have not competed in an AAC member organization or who do not have verified amateur performances recorded, as listed above, cannot receive an initial handicap greater than the Novice mark for their applicable category in that event. The same process and regulations apply as to all new athletes in determining their initial handicap (refer Initial Handicap Allocation and OGA Athletes Status sections of these regulations).

## **ADJUSTMENT TO HANDICAPS DURING THE SEASON**

As athletes compete during the season their handicap can be adjusted by the VAL Handicappers on the following basis:

### **First start for the Season**

Refer to INITIAL AND STARTING HANDICAPS section on page 7 of this document.

### **Throughout the Season**

Every time an athlete runs their performance is reviewed by the VAL Handicappers and Stewards. In order to be entitled to receive a lift in handicap for a particular event, an athlete must achieve a sufficient number of Acceptable Performances (AP's) or Satisfactory Performances (SP's) over the relevant distance.

The number of APs or SP's required for a handicap lift will vary depending on the distance and the category that the athlete falls into (refer *Allocation of Handicap Lifts* on pg. 16).

### **Assessment of Performance**

The VAL Handicappers together with the Stewards will assess each performance with the VAL, based on the time the athlete ran and their judgment in regards to the appropriate degree of effort being applied throughout the run.

The VAL Handicappers & Stewards will place each performance in one of the following categories. Please note that where an athlete has competed in multiple rounds (i.e. heat, semi, final), all rounds are classified as 1 performance for this assessment process:

### **For Established Athletes**

#### **Acceptable Performance (AP):**

For a performance to be classified as an AP it needs to meet the following requirements:

- Be within the Acceptable time Deviation (all rounds) as set out in Schedule 1. If the event has heats the fastest wind adjusted heat time for the event is used. In the case of a straight final, the winning time is used.
- The performance throughout all rounds needs to be consistent with and reflective of the athlete's current capabilities.
- The Handicapper and Stewards are satisfied with the athlete's performance and effort throughout.
- The performance in all rounds, in the opinion of the Handicapper and Stewards, is unhindered by lack of fitness, sickness, injury or participation in prior events or rounds.

Also note the following conditions apply:

- Heat winners shall be regarded as having an AP for that performance irrespective of their time in the heat, provided that their semifinal and/or final meet the above AP requirements (ie: unchallenged heats or walkovers).
- To be assessed as having an AP for a particular event, each run in the same event must be an AP. Hence, if you have one NAP or UP in a round of the event, then it will over-ride any AP.
- If the fastest heat time breaks the Ceiling Target Time, the VAL Handicappers will assess your performance based on the next fastest heat time that does not break the Ceiling Time.
- An AP performance in a 200m event will be considered as a credit performance toward 100/120m events (for both established and OGA athletes), when there is no other 100/120m event at the same meeting.

## **For OGA Athletes**

### **Satisfactory Performance (SP):**

Based on the athlete's prior and recent form and performances, if the Handicappers and Stewards are satisfied with both the time and effort of the performance, it will be classified as a Satisfactory Performance (SP).

## **For All Athletes**

If a performance does not meet the criteria above and is not classified as an Acceptable or Satisfactory Performance, it will be classified as a Non-acceptable Performance (NAP), Non-acceptable Performance - Time (NAP-T), or an Unsatisfactory Performance (UP). NAP and UP are the more serious of the two classifications as it is based on performance and/or effort.

### **Non-acceptable Performance (NAP)**

Athletes awarded an NAP means Handicappers and Stewards are not satisfied with the athletes performance and/or effort.

An athlete who is Established or OGA in an event can receive an NAP if it is within or outside the Acceptable Time Deviation, but in the opinion of the Handicapper or Stewards, the run was not reflective of the athlete's current capabilities. No handicap lift credit will be received for the performance.

### **Non-acceptable Performance-Time (NAP-T)**

Athletes awarded an NAP-T for their performance, is based on time.

For Established or OGA athletes, NAP-T does not imply a lack of endeavour, but merely indicates that the athlete has run outside the time parameters for that particular event to earn an automatic credit.

### **Unsatisfactory Performance (UP):**

Irrespective of the time of a particular performance, if the Handicappers or Stewards determine, based on their review, that the athlete did not give full effort throughout the race, or that the performance is anomalous with the athlete's previous performance history, then the performance will be classified as an Unsatisfactory Performance (or UP).

The athlete does not need to be formally charged under the VAL Rules for a performance to be categorised as a UP.

As per the NAP, no handicap lift credit will be received for the performance and further sanctions, including a fine and/or handicap review may be incurred due to the more serious nature of the anomalous performance.

## **Right of Review for Athletes receiving an NAP or UP**

An athlete who has received an NAP or UP, can seek a review of this decision from the Handicap Review Panel. This does not apply to NAP-Ts received for running outside the acceptable time deviation, for which there is no right of review.

An NAP or UP review request must be submitted to the Director of Handicapping/HRP **within two (2)** of the athlete being informed of the decision. The HRP will then either uphold the NAP or UP, overturn the decision, or vary the decision, in which case the athlete will be awarded an AP or SP for the performance.

The decision of the HRP in regards to NAP/UP review requests, is final and there is no further right of appeal.

## **Stewarding, a fundamental part of the Handicap System**

Stewarding is a fundamental and essential part of VAL Handicapping as it focuses on the integrity of the process. The Stewards comprise the Handicappers and Acting Stewards at the Carnival, one of whose tasks are to assess each performance.

In order for a performance to receive an AP or SP, the Stewards need to be satisfied with the effort provided and that the performance is consistent with the athlete's capabilities.

Factors the Stewards will consider in judging a performance include:

- Satisfactory effort throughout a performance. It is a requirement to always run to win, or achieve the best possible outcome, in each performance. This includes heat and semis.
- A sensible racing strategy. For example, if competing in a distance event how the athlete has paced themselves throughout a performance will be considered by the Stewards.
- Has the performance been hindered by lack of fitness, sickness, injury or participation in prior events or rounds. If an athlete, prior to competing, feels their performance could be hindered in some way, but wishes to compete, they are advised to discuss this with the Stewards beforehand. If the Stewards permit the athlete to run, this does not preclude or change the athlete's requirements as set out above, to achieve an AP or SP. (ie normal criteria applies).
- What reporting a potential hindering of performance prior to competing may alleviate, is further Stewarding action.
- Has there been interference in running that has sufficiently hindered an athlete and impacted on their capacity to run a satisfactory time.

If the Stewards have concerns over these or any other matters, they will address that with the athlete. Please note athletes have a right to be represented when being addressed by the Stewards and it is compulsory that all athletes under 18 years of age are represented.

Please refer to the VAL Rules & Regulations, available on the VAL website or from the office, for more detail on Stewarding procedures and the potential sanctions and penalties that can apply if charged with an offence.



The Handicap Calculations Table (Schedule 1) sets out the number of AP's or SP's required before an athlete is entitled to a lift in their handicap for the particular event. Once the athlete has achieved the required number of AP's or SP's the Handicappers will give them a lift in handicap from within the relevant Lift Range for that distance (again, as set out in Schedule 1).

Any lift in handicap that an athlete receives, will take effect from the next Carnival where handicaps have not yet been declared.

It is important to remember the following when considering whether an athlete has met the requirements for a lift in handicap:

- If an athlete gets an NAP it does not count towards the number of AP's they need to be entitled to a lift in handicap. However, importantly, getting an NAP does not cancel any AP's an athlete has received at previous Carnivals for the particular event.
- If an athlete receives a UP, it automatically cancels out any APs or SPs that they have previously recorded over that distance or a similar distance.
- An athlete's placing in an event can alter whether they are entitled to a mandatory lift or discretionary lift.
- All finalists in Group 1 or Classic races will not receive an AP or SP for that event on that particular day.
- All placegetters in Group 2 and 3 races will not automatically receive an AP or SP for that event on that particular day. The Handicappers do have the discretion to award an AP or SP to placegetters in these events, if they believe the quality of the field is below the average for that event and the athlete's performance would not have achieved a place in a field of normal or better quality.
- For the avoidance of doubt, the top three place getters in a race are not entitled to a lift in handicap, unless otherwise specified by the VAL Board as a special race incentive under VAL Regulation 1.7.
- Penalties for race wins are determined in accordance with the Handicap Regulations below and listed in Schedule 3.

### **Handicap Ceiling (CP) or Maximum Handicap**

An athlete cannot be lifted beyond their ceiling point calculation for that event. The Ceiling point is determined by dividing the athlete's best RPMs (refer to Calculation of Notional Starting Handicap for details on how this is obtained) into the ceiling time for the event. The ceiling times are available in Schedule 1.

If an athlete runs a performance during the season that reduces their ceiling point handicap, this performance will be used to recalculate their ceiling point handicap for the remainder of the season.

All performances external to the VAL are also included in this provision. Track and wind adjustments apply.

Importantly, the CP is just that, the maximum potential handicap. It should not be considered an entitlement. Each athlete must demonstrate, through regular, consistent performances, that they require the additional lifts in handicap that will get them closer to their CP in a particular event.

In cases where an athlete has reached their handicap CP and if in the opinion of the Handicapper, based on current and recent form over this and all other distances, the athlete has clearly shown the ceiling point is no longer reflective of their capabilities, the Handicapper can seek the approval of the HRP to reassess the average RPM of the athlete (and therefore their CP) by taking into consideration the age of any performances in the athlete's sample of past performances. If approved this would allow the Handicapper to increase the athlete's CP.

The allowance is applied on a discretionary basis and acknowledges:

- The length of time since an athlete has performed at his/her best; and
- The athlete's eligibility for veteran status.

In addition, the Handicappers are not required to lift the handicap of an athlete who bettered the ceiling time (or came extremely close) in the prior season from a handicap that is the same, or less, than their current handicap.

### **Athletes Who Break the Ceiling Time During the Season**

The Handicap Calculations table (Schedule 1) sets out the ceiling time for each event. If an athlete's time (adjusted time for the sprint events) in any round or final, is under the ceiling time, their handicap will be adjusted to a handicap that takes them back to the ceiling at the next carnival they compete in over that distance based on their RPM recorded in the performance that broke the ceiling time.

All performances external to the VAL are also included in this provision.

- Track and wind adjustments apply.

Upon completion of a meeting and on advice of the chief steward the HRP believe the track to be exceptionally fast, for the purpose of handicap calculations, the HRP can declare that an allowance is added to the recorded times. Factors that will be considered are the conditions of the track, weather and the times recorded by all participants

Any such allowance will be stated in the Stewards report and will apply to the current season for ceiling calculations and for the determination of future ratings and calculations of start and ceiling handicaps for future seasons.

## **Winning Penalties**

Once an athlete has won a race, they will incur a penalty in accordance with the Penalty Table (refer schedule 3 for the Penalty Table). This is to give the VAL Handicappers the best possible opportunity to make every athlete competitive and with the opportunity to pick up a win.

The VAL Board can determine that certain events will not attract a penalty. This will be advised to the athletes, prior to the commencement of the event.

For every event, the Penalty Table provides the VAL Handicappers with a range of penalties they can impose based on the event category and prizemoney on offer.

The Penalty table includes both a minimum penalty and an additional discretionary penalty that is available to the Handicappers. It should be noted that the Discretionary penalty will be used to take into account considerations such as the actual prizemoney, winning time and margin and the performance and improvement shown by the athlete.

Note. Any application of a discretionary penalty by a Handicapper, can only occur following the approval of the Handicap Review Panel and/or Director of Handicapping.

Race winners who break the Ceiling Time in winning an event will have their handicap readjusted to the ceiling time prior to the deduction of the winning penalty.

Women and Masters athletes who win an Open race will be penalised in both the women and Masters categories over the equivalent distance.

Wins in any of Masters, Women's or Combined Women's & Masters events will attract penalties in all these categories over the equivalent distance.

Wins in the Women's, Masters or Women's & Masters events will not attract an automatic penalty in the equivalent Open events. If the athlete's RPM takes them under the ceiling in the Open event off their Open handicap however, their Open mark will be adjusted back to the ceiling.

Winners of Classic and Group 1 events can be penalized over other distances at the discretion of the VAL Handicappers. Similarly, athletes who win over the same distance more than once during a season may incur an additional penalty.

Athletes who win 2 or more professional running races within a season (this can be over multiple distances or categories) will have their handicaps reassessed over all categories and all distances (refer page 7). The Handicapper will consider if the athlete's form has improved sufficiently to warrant a handicap reduction in other events and categories including those the athlete has recorded victories in. Any adjustments under this regulation are at the handicapper's discretion and require the approval of the HRP. This regulation does not override other penalty regulations and it should be noted wins in open events automatically attract penalties across all categories.

Athletes who win junior events can have their handicaps reviewed and adjusted in junior events over other distances, at the discretion of the Handicapper.

Winners of Classic and Group 1 events can be penalized within a Carnival for an event that is yet to commence (i.e. heats for the event haven't started), in accordance with the Regulations provided herein and the Penalty Table.

Interstate wins by Victorians or Interstate athletes will also be penalised in accordance with the Penalty table and the Handicap Regulations.

### **Discretionary Lift for Classic Races & Stawell Carnival**

The VAL Handicappers with the approval of the HRP, can provide a discretionary lift of up to 2 minimum graduations to athletes for Classic races and all Stawell events that are not a part of the athlete's normal handicap. The purpose of this discretionary lift is to reward athletes who have recorded wins in lower graded events over the same distance earlier in the season and received a handicap penalty as a result of those wins, and to provide more competitive racing in our major events and at Stawell.

It can also be applied to new and interstate athletes with a strong racing history in other competitions, such as state & national level amateur athletes whose handicap is behind novice, in order to place them above the starting time in Classic races and for Stawell events, without the discretionary lift being a part of their normal handicap.

Athletes who have won a Classic or Group 1 event in the event category and distance or similar distance, over the last 2 seasons, are not eligible for this discretionary lift.

All discretionary lifts in this category, require the approval of the HRP.

In all cases, after the discretionary lift, the athlete's handicap must remain on or inside their ceiling handicap for that distance.

***This discretionary lift is not a part of an athlete's allocated finishing handicap and will not be carried forward into the start mark for the following season.***

## **Stawell Meeting Bonus Incentives**

### **Stawell Bonus - Open/Men's and Women's Gifts (100/120m) Handicap Lifts**

Please refer to the published lift schedule applicable to this season on the VAL website under the VAL Competition Regulations and Documents: <https://www.val.org.au/AboutUs/RegulationsPolicies.aspx>

The VAL Board has the power to declare a race not eligible for bonus lift incentives at Stawell, or vary the bonus amount prior to start of season, or during the season, in the event of changes to the season calendar or prizemoney, including interstate races where the event is endorsed by the VAL.

#### ***Eligibility criteria to receiving a Stawell Bonus Lift:***

1. To be eligible for a lift, athletes must have completed 3 VAL sanctioned races, each at a different meeting, over the 100/120m distance in the previous or current season in their respective category, or have a handicap that is less than the novice handicap.
2. To be eligible for a lift, an athlete must not break ceiling time in winning their event.
3. If an athlete wins a second event over the 100/120m distance, they will become ineligible for their lift.
4. The lift will be added to the athlete's current VAL handicap for Stawell Gift races only. Standard penalties will apply for all other events.

For the sake of clarity, in an event where the field has been lifted, such as to accommodate an athlete who would otherwise be handicapped behind scratch, the 'Stawell Bonus Lift' for the winning athlete will be applied to that athlete's current VAL handicap rather than the temporary lifted handicap.

5. In receiving this lift, athletes may not be handicapped to a mark that places them beyond their ceiling handicap; however, they may receive a portion of the allocated lift so that they are handicapped to that ceiling mark. More information on ceiling times can be found within the Handicap Regulations.
6. An athlete may not receive a handicap that is more than 2 metres from their season start mark.
7. Athletes that are allocated a UP (Unacceptable Performance) during the season will not automatically qualify for a 'Stawell Bonus Lift'. Any lift applied will be at the discretion of the VAL Stewards.
8. If circumstances prevent an event from being conducted at Stawell, 'Stawell Bonus Lifts' will not be carried forward to future seasons.
9. Winners of Classic or Group 1 races will not be eligible for a 'Stawell Bonus Lift'; instead, they will keep their winning mark for Stawell.

## Stawell Bonus – Handicap Retention

Instead of receiving a 'Stawell Bonus Lift' for winning an event during the season, athletes who win events in the following categories become eligible to retain that winning handicap at Stawell in the same event:

- 70m all categories
- 100/120m Masters
- 300m Masters
- 400m all categories
- 550m Open
- 800m all categories
- 1600m Open
- 3200m Open

### ***Eligibility criteria for Stawell Handicap Retention:***

1. To be eligible to retain a winning handicap, in the above event categories, athletes must have completed 3 VAL sanctioned races, each at a different Meeting, over the applicable distance in the previous or current season in their respective category (i.e. Master, Womens & Mens), or have a handicap that is less than the novice handicap.

For the sake of clarity;

- Performances in 300m events **do not count** as one of the 3 VAL qualifying races for any 400m event at Stawell.
- Performances in Mens or Open 400m events **do not count** as one of the 3 qualifying races for the 400m Womens event at Stawell.
- Performances in Junior & Restricted events **do not count** as one of the 3 qualifying races for any event at Stawell.
- Performances in Mens or Open 400m events **do count** as one of the 3 qualifying races for the 400m Open Back Markers/Front makers events at Stawell.
- Performances in Mens or Open 70m events **do count** as one of the 3 qualifying races for the 70m Mens at Stawell.

2. To be eligible to retaining a winning handicap, an athlete must not break ceiling time in winning their event.

For the sake of clarity;

- A win in an Open event can only result in a 'Stawell Handicap Retention' in the equivalent Open event, or Mens event where the two events are handicapped under the same Ceiling Time at Stawell.

3. If an athlete wins subsequent events over the same distance and in the same category, they are still eligible to receive their **most recent winning** handicap at Stawell.
4. In retaining their winning handicap, athletes may not be handicapped at Stawell to a mark that places them beyond their ceiling handicap. More information on ceiling times can be found within the Handicap Regulations.

5. Athlete's will retain their current VAL handicap for Stawell Meeting races only. Standard penalties will apply for all other events.

For the sake of clarity, in an event where the field has been lifted, such as to accommodate an athlete who would otherwise be handicapped behind scratch, the 'Stawell Retained Handicap' for the winning athlete will be applied to that athlete's current VAL handicap rather than the temporary lifted handicap.

6. Athletes that are allocated a UP (Unacceptable Performance) during the season will not automatically qualify to retain their winning handicap at Stawell. Any decision will be at the discretion of the VAL stewards.
7. If circumstances prevent an event from being conducted at Stawell, 'Retained Handicaps' will not be carried forward to future seasons.
8. Winners of a Classic or Group 1 races, will not be eligible to retain their winning mark in that event Stawell.

### **Amateur Performances**

The VAL Handicappers will consider an athlete's amateur performance in determining the athlete's handicap for a particular event.

If an athlete achieves a personal best performance in amateur competition, it will have an impact on their handicap in that event (or similar event) if it improves their RPM after allowing for artificial tracks and conditions. If the performance does change the athlete's RPM, the CP is re-adjusted and if the athlete's handicap now exceeds the CP, their handicap will be readjusted back to the new CP.

### **Adjustment to Race Distances When Events Are Readjusted to Scratch**

When handicaps for the entire field are adjusted either forward or back due to the inclusion of a Backmarker who would otherwise be handicapped behind scratch, or as a result of the field being pulled back to scratch, the handicap adjustments will be proportional to the net distance normally covered from each handicap. This is to allow for the different RPMs of athletes from different handicaps and to maintain the equity of the handicapped race with the change in distance.

For example, if an 800 Frontmarker event is handicapped to scratch and the Backmarker normally has a handicap of 70, the distance each athlete runs will be adjusted by 9.59% ( $70/730$ ). The adjustments to handicap ranges would then be calculated by adding 9.59% to the distance covered from each handicap. As a result, an athlete with a normal handicap of 120 would come back 66 metres to an adjusted handicap of 54, in order to run 746 metres ( $680 * 1.0959$ ).

## **HANDICAPPING OF SPECIFIC EVENTS / CATEGORIES**

### **Regular Events**

A Regular event is an event that is conducted on 8 or more occasions within the current VAL season for a specific category. Separate event categories are Open, Men's, Women's and Masters.

The Handicapping of all Regular events is done in accordance with the VAL Handicapping Regulations. Please refer to the section "Adjustment to Handicaps during the Season".

Please find below the handicapping process followed for specific events and categories.

### **Novice and Restricted events**

The handicaps for Novice and restricted events are determined on a discretionary basis by the Handicapper throughout the season. The allocated handicap is to take into account the previous performances of the athlete over the distance and other similar distances in all categories, including Open, Novice and Junior.

If the athlete does not have a previous performance over the distance or similar distance, the novice handicap will be allocated for that event and athlete category.

The allocated handicap cannot exceed a handicap that places the athlete under the starting time for that distance based on their best performance both within and external to the VAL. The handicapper will take into account the potential for rapid improvement of new and developing athletes in determining the allocated handicaps. As a result, handicaps in Novice events can be reduced from the last allocated handicap based on the above circumstances.

Whilst the allocated handicap can exceed or be less than the athlete's Open handicap for the distance, handicap movement from each performance over the distance cannot exceed the amount provided in the Handicap Calculations Table (Schedule 1) for that distance.

Handicap movement in Novice events will be more gradual than in Junior events and will be more closely aligned with the athletes Open Handicap over the distance.

### **Junior events**

The Handicaps for Junior and Age group events are determined on a discretionary basis by the Handicapper throughout the season. The allocated handicap is to take into account the previous performances of the athlete over the distance and other similar distances in all categories, including Open, Novice and Junior.

The allocated handicap will be based on a net time for the distance to be determined by the handicapper, based on their best performance both within and external to the VAL. The handicapper will take into account the potential for rapid improvement of new and developing athletes in determining the allocated handicaps. As a result, handicaps in Junior events can be reduced from the last allocated handicap based on the above circumstances.

If the athlete does not have a previous performance over the distance or similar distance, the Handicapper will determine an appropriate starting handicap based on the athlete's age and gender.

If an athlete runs faster than the net time for the distance in any category or external to the VAL, allowing for their handicap, their next allocated handicap for that event will be reduced back to the net time.

Handicap movement in Junior events will often be quicker than in Novice and Open events, depending on the athlete performances, with the aim being to quickly move the athlete to a competitive handicap.

U14 races will be handicapped on completely discretionary basis, based on the above.

U18 races will be handicapped in a similar manner to Open age races, however, the Handicapper will have greater discretion for Junior races as per the above. Minimum penalties and a set Starting Time will apply for U18 races, the Starting Time and relevant penalties can be found in Schedules 1 and 3 of this document.



### **Womens 200m**

The Womens 200m distance is a stand-alone event and is handicapped on a discretionary basis. However, given it is conducted so infrequently the handicaps are predominantly calculated from the current Womens 120m handicaps at the time. Previous performances, personal bests and victories over 200m are also taken into consideration by the Handicapper.

No start marks will be determined with all handicaps done based on entries at the time. Penalties for previous wins over 200m will apply. The event is non-penalty for all other distances.

### **Open 200m**

The Open 200m distance is to be treated by the Handicapper as a stand-alone event and handicapped separately from the 120m. The 120m handicaps will be used as a guide for the Handicapper but are not the single determining factor, recognizing that the capacity of athletes to run 200m varies from that of the 120m.

The initial handicap allocation for an athlete entering the 200m for the first time will not exceed the lesser of 1.6 times their gift mark, or a handicap allocated based on the start time and the athlete's best RPM over all sprint distances up to 200m both within and external to the VAL.

Prior to the commencement of the season, start marks will be determined for those athletes that have competed over the distance the previous season. They will be the lesser of the last allocated handicap or the handicap that the Handicapper, in conjunction with the HRP, has determined is required to run the start time (refer schedule 1). If an athlete has not competed over the distance the previous season, their starting handicap will be determined on entering a 200m event, on the same basis as above.

In determining the starting handicap, the Handicapper will consider the athlete's performances over the 200m as well as over other sprint distances up to 400m. If the athlete has competed on 5 or more occasions over the last 5 years over 200m in the VAL, their best 200m RPM over the last 5 years (3 years for veteran athletes) will be used to determine the starting handicap. If the athlete has competed on less than 5 occasions over 200m in the VAL, their best RPM over all sprint distances in the last 5 years will be used to determine their 200m start mark.

The Masters allowance and age performance allowance can be applied by the Handicapper if deemed required, in accordance with the Handicap Regulations.

External performances and personal bests over 100m and 200m events will also be used to determine the starting handicap. Track allowances apply. If an athlete has performed well over 400m, the Handicapper can use their discretion to take this into consideration in the calculation of the 200m start mark.

Throughout the season as the athlete competes over the 200m events in the VAL, provided they receive a Satisfactory Performance, at the discretion of the Handicapper, they can be lifted out to a maximum handicap based on the ceiling time (refer schedule 1). Throughout the season if the athlete records a personal best RPM over distances from 100m – 200m either within or external to the VAL that takes potentially them under the 200m ceiling, their 200m handicap will be adjusted to the ceiling.

Penalties for wins over the 200m distance will apply however penalties for wins over other sprint distances won't automatically apply, unless the performance and RPM is judged by the Handicapper to take the athlete under the ceiling time. The Handicapper can also apply a penalty to the 200m for wins in Classic and Group 1 events within or external to the VAL over distances between 70m and 400m.

The 200m event is non penalty for other distances, with the possible exception of the Stawell 200m, which can attract a discretionary penalty for other similar distances as a Group 1 event. This will depend on RPM calculations in relation to the other handicap in question.

### **Women's 300m**

The Women's 300m distance is a stand-alone event and is handicapped on a discretionary basis. Given it is conducted so infrequently the handicaps are predominantly drawn from the current Women's 400m handicaps at the time. If an athlete entering the Women's 300, does not have a current Women's 400m handicap, her Women's 300 handicap will be derived from her PBs, performances and handicaps over other events.

No start marks will be determined with all handicaps done based on entries at the time. Penalties for previous wins over 300m in all categories will apply. A win in the Women's 300m by a Masters athlete attracts a penalty in Masters 300m events in accordance with the Penalty Table, Schedule 3. It is non-penalty for all other distances.

### **Open 300m**

The Open 300 distance is to be treated by the Handicapper as a stand-alone event and handicapped separately from other distances. The 400 handicaps will be used as a guide for the Handicapper but are not the single determining factor recognizing that the capacity of athletes to run 300 varies for sprinters as opposed to 400 athletes.

If an athlete entering an Open 300 for the first time, has a history in the Open 400, their initial handicap will not exceed three quarters of their current 400 handicap minus 5. Hence an athlete with a 400 handicap of 20, would have an initial 300 handicap of 10. The novice 300 handicap is 10.

If an athlete entering an Open 300, has a current 300 Masters or Womens & Masters handicap, this can also be used to allocate a current 300 Open handicap, allowing for the difference in starting times between the two categories.

If an athlete entering the 300m for the first time, has a 120m handicap behind the novice mark of 6, the Handicapper will use their discretion to place the athlete on a 300m handicap behind the novice mark of 10m.

Prior to the commencement of the season, start marks will be determined for those athletes that have competed over the distance the previous season. They will be the lesser of the last allocated handicap or the handicap that the Handicapper, in conjunction with the HRP, has determined is required to run the start time (refer schedule 1). If an athlete has not competed over the distance the previous season, their starting handicap will be determined on entering a 300m event, on the same basis as above. In determining the starting handicap, the Handicapper will consider the athlete's performances over the 300m as well as over other sprint distances up to 400m.

The Masters allowance and age performance allowance can be applied by the Handicapper if deemed required, in accordance with the handicap Regulations.

External performances and personal bests over 100m up to 400m will also be used to determine the starting handicap. Track allowances apply.

Throughout the season as the athlete competes over the 300m events in the VAL, provided they receive a Satisfactory Performance, at the discretion of the Handicapper, they can be lifted out to a maximum handicap based on the ceiling time (refer schedule 1). Throughout the season if the athlete records a personal best RPM over distances from 100m to 400m either within or external to the VAL then if the Handicapper believes this improvement would take the athlete under the ceiling time in the 300, the Handicapper has the discretion to adjust the athlete's 300 handicap back to the ceiling time.

Penalties for wins over the 300m Open distance will apply however penalties for wins over other distances and categories won't automatically apply, unless the performance and RPM is judged by the Handicapper to take the athlete under the ceiling time. The Handicapper can also apply a penalty to the 300m for wins in Classic and Group 1 events within or external to the VAL over distances between 70m and 400m.

The 300m event is non-penalty for other Open distances, however if it is a Classic or Group 1 event, it can attract a penalty for similar Open distances at the Handicapper's discretion. Wins in the Open 300m will attract a penalty in Womens and Masters 300m events.

### **Open 550m**

The Open 550m distance is to be treated by the Handicapper as a stand-alone event and handicapped separately from other similar distances. The 400m handicaps will be used as a guide for the Handicapper but are not the single determining factor recognizing that the capacity of middle-distance athletes who compete over the 800m distance, to better handle the 550m distance than sprinters and 400m metre athletes.

The initial handicap allocation for an athlete entering the 550 for the first time will not exceed the lesser of 1.25 times their 400m handicap, or a handicap allocated based on the start time and the athlete's best RPM over the 400m or 800m distances both within and external to the VAL, converted to the 550 distance. The conversion factors are an addition of 7% to the 400m RPM, or a reduction of 7.5% to the 800m RPM.

Prior to the commencement of the season, start marks will be determined for those athletes that have competed over the distance the previous season. They will be the lesser of the last allocated handicap or the handicap that the Handicapper, in conjunction with the HRP, has determined is required to run the start time (refer schedule 1). The athlete's performance over 400m and 800m will be considered utilising the conversion formula outlined above. If an athlete has not competed over the distance the previous season, their starting handicap will be determined on entering a 550m event, on the same basis as above.

The Masters allowance and age performance allowance can be applied by the Handicapper if deemed required, in accordance with the Handicap Regulations.

External performances and personal bests over 400m and 800m events will also be used to determine the starting handicap. Track allowances apply.

Throughout the season as the athlete competes over the 550m events in the VAL, provided they receive a Satisfactory Performance, at the discretion of the Handicapper, they can be lifted out to a maximum handicap based on the ceiling time (refer, schedule 1). Throughout the season if the athlete records a personal best RPM over the 400m or 800m either within or external to the VAL that, utilizing the conversion formula outlined above, takes them under the ceiling, their handicap will be adjusted to the ceiling.

Penalties for wins over the distance will apply to the athlete's 550m handicap, however penalties for wins over the 400m and 800m distances won't automatically apply, unless the performance and converted RPM takes the athlete under the ceiling time. The Handicapper can also apply a penalty to the 550 for wins in Classic and Group 1 events within or external to the VAL over distances between 400m and 800m.

The 550m event is non-penalty for other distances, however if it is a Classic or Group 1 event, it can attract a penalty for Similar distances such as the 400m and 800m, at the Handicapper's discretion.

## **Women's 800m**

The Women's 800m distance is a stand-alone event and is handicapped on a discretionary basis.

No start marks will be determined at the commencement of the season, with all handicaps done based on entries for the particular carnival.

For an athlete's first entry for the season in the Women's 800m, they will receive a maximum handicap based on the starting time of 2.10. This will be based on the athlete's PBs and prior history over 800 in all categories within the VAL, including Open 800m and external to the VAL, i.e. interstate and amateur performances. The Handicapper at their discretion can apply Age of performance and Masters allowance in accordance with the Handicap Regulations. Track allowances also apply in the case of performances on artificial tracks.

***For an athlete's first entry in the Women's 800m for the season, if they have broken 2.10 in prior seasons, they will have their handicap reduced back to 2.10.***

Once an athlete has competed over the Women's 800m, if they receive a satisfactory Performance, at the discretion of the Handicapper they can be lifted within the season to maximum handicap based on the ceiling time (refer, schedule 1). Throughout the season if the athlete records a personal best RPM over the 800m either within (including other event categories) or external to the VAL that takes them under the ceiling, their handicap will be adjusted to the ceiling.

Penalties for wins over the 800m distance in all categories will apply to the athlete's Women's 800m handicap. The Handicapper can also apply a penalty to the Women's 800m handicap for wins in Classic and Group 1 events within or external to the VAL over distances between 400m and 1600m.

Wins in either the Women's 800m or the Women's & Masters 800m attracts a penalty in both categories but is non-penalty for Open events and other distances in the Women's and Women's & Masters category.

If it is a Classic or Group 1 event, it can attract a penalty for other categories or similar distances such as the 400m and 1600m, at the Handicapper's discretion. Also, if performances reflect an RPM that breaks the athlete's ceiling in other categories, their handicaps in those categories will be adjusted in accordance with the regulations.

### **Masters 800 45+**

Masters 45+ 800m event category is a stand-alone event and is handicapped on a discretionary basis. All athletes competing in this event are classified as OGA.

No start marks will be determined at the commencement of the season, with all handicaps done based on entries for the particular carnival.

Athletes entering a Masters 800m 45+ race for the first time with no athlete history, will receive the relevant Novice handicap (see table below) or a maximum handicap based on the starting time of 2.02. This will be based on the athlete's PBs and prior history over 800 in all categories within the VAL, including Open 800s and Womens 800, and external to the VAL, i.e. interstate and amateur performances. The Handicapper at their discretion can apply Age of performance and Masters allowance in accordance with the Handicap Regulations. Track allowances also apply in the case of performances on artificial tracks.

Novice handicaps for 800m 45+ events:

Age	Male	Female
45	60m	130m
50	80m	150m
55	100m	170m
60	120m	190m
65	140m	210m
70	160m	230m

***Whilst performances will be drawn from athlete's history in the Open 800m, the Masters 800m 45+ is a discretionary event handicapped to a start time, handicaps will not necessarily be reflective of an athlete's handicap in the Open 800.***

Once an athlete has competed in the Masters 45+ 800m, if they receive a Satisfactory Performance, at the discretion of the Handicapper they can be lifted within the season to maximum handicap based on the ceiling time (refer, schedule 1). Throughout the season if the athlete records an RPM over the 800m either within (including other event categories such as the Open 800m) or external to the VAL that takes them under the ceiling, their handicap will be adjusted to the ceiling.

Penalties for wins over the 800m distance in all categories will apply to their Masters 45+ 800m handicap. The Handicapper can also apply a penalty to the Masters 45+ 800m handicap for wins in Classic and Group 1 events within or external to the VAL over distances between 400 and 1600.

Wins in the Masters 45+ 800m attracts a penalty Masters category. If it is a Classic or Group 1 event, it can attract a penalty for other categories or similar distances such as the 400 and 1600, at the Handicapper's discretion. Also if performances reflect an RPM that breaks the athlete's ceiling in other categories, their handicaps in those categories will be adjusted in accordance with the regulations.

## **Masters 1600m**

The Masters 1600m distance is a stand-alone event and is handicapped on a discretionary basis.

The initial handicap allocation for an athlete entering this event for the first time will be based on the athlete's history in other events, such as the Open 1600. If the athlete has a current handicap in the Open 1600m, their initial 1600m Masters handicap will be the maximum of their Open 1600m minus 90 metres, or a handicap that places them on the start time of 4.25, based on their best performance (age of performance and Masters allowance applies at the discretion of the handicapper). New athletes will be placed on the maximum of the relevant novice mark for their category (refer Schedule 2). If the new athlete's recent personal best reflect they should be behind the novice mark, they will be handicapped to the start time of 4.25. Interstate athletes with history in other AAC affiliated bodies, entering the 1600m Masters for the first time will be handicapped in the same manner as a VAL athlete entering the event for the first time.

Prior to the commencement of the season, start marks will be determined for those athletes that have competed over the distance the previous season. They will be the lesser of the last allocated handicap or the handicap that the Handicapper, in conjunction with the HRP, has determined is required to run the start time (refer, schedule 1). The athlete's performances in the Open 1600m will be taken in account in assessing the starting handicap. If an athlete has not competed over the distance in the previous season, their starting handicap will be determined on entering a 1600m Masters event, on the same basis as above.

The Masters allowance and age performance allowance can be applied by the Handicapper if deemed required, in accordance with the Handicap Regulations.

External performances and personal bests over distances from 800m upwards will also be used to determine the starting handicap. Track allowances apply.

Throughout the season as the athlete competes over the 1600m Masters events in the VAL, provided they receive a Satisfactory Performance, at the discretion of the Handicapper, they can be lifted out to a maximum handicap based on the ceiling time (refer, schedule 1). Throughout the season if the athlete records an RPM over the 1500m/1600m either within or external to the VAL that potentially takes them under the ceiling, their handicap will be adjusted to the ceiling at the Handicapper's discretion.

Penalties for wins in Open 1600m events will apply to the athlete's Masters 1600m handicap. The Handicapper can also apply a penalty to this event for wins in Classic and Group 1 events within or external to the VAL over distances from 800m to 3200m.

Penalties for wins in the Masters 1600m won't automatically apply to the athletes Open 1600m handicap, however if an athlete records an average RPM that takes their Open 1600m handicap under the ceiling, their handicap in this event will be adjusted back to the ceiling.

## **Open 3200m**

The Open 3200m distance is to be treated by the Handicapper as a stand-alone event and handicapped separately from other similar distances. The 1600m handicaps will be used as a guide for the Handicapper but are not the single determining factor recognizing that the capacity an athlete to compete over 3200m, differs from that of the 1600m.

The 3200m is handicapped on a discretionary basis.

Where an athlete is yet to compete regularly over the 3000m/3200m distance, their 1500m/1600m form will be used to allocate an appropriate 3200m handicap. Performances over 5000 and longer will also be considered in assessing an athlete entering the 3200 for the first time.

The initial handicap allocation for an athlete entering the 3200 for the first time will not exceed the novice 3200m handicap of 150m or a calculation based on the athlete's 1600m mark of two times their 1600m handicap, less 80m. For example if an athlete entering the 3200m for the first time, has an open 1600m mark of between 100m and 115m, the Handicapper will, subject to external form over distances from 3000m upwards, allocate a maximum 3200m mark of 150m. Again, by way of example if an athlete entering the 3200m for the first time has an Open 1600m mark of 130m, the handicapper can place the athlete on a maximum mark in the 3200m of 180m ((130m\*2)-80m).

***Athletes entering the 3200m for the first time with 1600m handicaps behind the Novice mark of 100m, the maximum initial 3200m they can receive is two times their 1600m handicap, less 80m. This is due to the fact that in the 1600m they are handicapped as "better than novice" athletes.***

***Athletes entering the 3200m for the first time with external times over 1500m or longer that, based on the starting time of 9.10, takes them under the Novice handicap of 150m, they will be allocated a starting handicap less than 150m that reflects their external performances and personal bests. Track allowances apply.***

The Masters allowance and age performance allowance can be applied by the Handicapper if deemed required, in accordance with the Handicap Regulations.

External performances and personal bests over distances from 1500m upwards will also be used to determine the starting handicap. Track allowances apply.

Throughout the season as the athlete competes over the 3200m events in the VAL, provided they receive a Satisfactory Performance, at the discretion of the Handicapper, they can be lifted out to a maximum handicap based on the ceiling time (refer, schedule 1). Throughout the season if the athlete records a personal best RPM over the 1500m upwards either within or external to the VAL that potentially takes them under the ceiling, their handicap will be adjusted to the ceiling at the Handicapper's discretion.

Penalties for wins over the distance will apply however penalties for wins over other distances won't automatically apply, unless the performance and converted RPM takes the athlete under the ceiling time. The Handicapper can also apply a penalty to the 3200m for wins in Classic and Group 1 events within or external to the VAL over the 1600m distance.



## Handicap Limits

Subject to VAL Regulations 2.34 and 2.35, the following maximum handicap limits apply to events conducted by Clubs at Meetings held under the VAL Rules & Regulations:

### GIFTS

DISTANCE	Classic	Group 1	Group 2	Group 3
	\$10,001+	\$7,501 - \$10,000	\$3,001 - \$7,500	\$1500 - \$3,000
70m	7m	8m	10m	16m
100m	10m	12m	15m	20m
120m	12m	14m	18m	24m
200m	20m	24m	30m	30m
300m	30m	36m	45m	60m
400m	40m	48m	60m	80m
550m	55m	66m	82m	110m
800m	80m	96m	120m	160m

### OPEN, WOMEN, \*JUNIOR & \*\*RESTRICTED

DISTANCE	Classic	Group 1	Group 2	Group 3	Restricted & U14-U18
	\$4,001 +	\$2001 - \$4000	\$1001- \$2000	\$0 - \$1000	\$0 +
70m	7m	14m	14m	16m	20m
100m	10m	15m	20m	25m	No Limit
120m	12m	18m	24m	30m	No Limit
200m	20m	30m	30m	30m	60m
300m	30m	45m	60m	75m	90m
400m	40m	60m	80m	100m	No Limit
550m	55m	82m	110m	140m	140m
800m	80m	120m	160m	200m	200m
1500m	150m	225m	300m	400m	400m
1600m	160m	240m	320m	400m	No Limit
3200m	320m	400m	600m	600m	600m

### MASTERS

DISTANCE	Classic	Group 1	Group 2	Group 3
	\$2,001+	\$1001 - \$2000	\$800 - \$1000	\$0 - \$799
100m	30m	30m	30m	30m
120m	36m	36m	36m	36m
300m	90m	90m	90m	90m
800m	240m	240m	240m	240m
1600m	400m	400m	400m	400m

\* Junior races – Ex. U14, U18 minimum prize pool is \$300 and discretionary handicapping.

\*\* Restricted – minimum prize money is \$300 and discretionary handicapping.



## **ALTERATIONS TO DECLARED HANDICAPS**

No handicap can be altered after declaration unless:

- a) An athlete wins another race over the same (or similar) distance after the declaration of handicaps for a subsequent Carnival;
- b) An athlete breaks the Ceiling Time over the same (or similar) distance after the declaration of handicaps for a subsequent Carnival;
- c) An athlete wins a Classic or Group 1 event at a Carnival. In such cases, the athlete may at the sole discretion of the VAL Handicappers be subject to a handicap penalty applying to their handicap over the same or similar distance in an event at the same Carnival. Consistent with the VAL Rules and Regulations, no penalty will apply to the same or similar distance where the subsequent event has already commenced (i.e. the athlete has already competed in a heat or semi-final and qualified for a final);
- d) An athlete receives a handicap penalty under the VAL Regulations as a result of a handicap review initiated by the VAL Stewards;
- e) It can be clearly established that the VAL Handicapper/s have not correctly applied the Handicapping Regulations in setting the handicap (this includes instances where an athlete successfully appeals their handicap);
- f) There has been a clear and proven handicapping or administrative error.

## **HANDICAP REVIEW & APPEALS PROCESS**

If, after reading these Regulations, it is not clear to you how the handicap you have received has been calculated, there are a number of avenues open to you to either (a) check that it is correct or (b) request an amendment.

As a starting point, if you are a member of the Victorian Runners and Trainers Association (VRTA) you may wish to consult a representative for assistance in understanding your handicaps. Contact details can be found on the VAL website at [www.val.org.au/Membership/VRTA](http://www.val.org.au/Membership/VRTA) or by contacting the VAL office.

If you wish to have your handicap reviewed in a formal way, the VAL Rules contain a series of procedures that you should follow.

Once handicaps have been declared for a particular Carnival, you are able to lodge an application for review or an appeal against your handicap. The procedures for doing so are set out in detail in Section 14 of the VAL Regulations and are summarised below:

### **Handicap Review (via the Handicapper)**

1. To apply for a review of your handicap, you must complete the Handicap Review Application by emailing [handicaps@val.org.au](mailto:handicaps@val.org.au) When applying for a review, you must clearly state the basis of your request and why you believe your handicap is incorrect (this includes providing any evidence).
2. Your review application will be sent to the relevant VAL Handicapper within 24 business hours of receipt.
3. The VAL Handicapper will review the application and all relevant circumstances and provide a brief written response within 48 hours of receipt.
4. The review by the VAL Handicapper may or may not result in a change to your handicap.

**Note:** in exceptional circumstances (particularly when time is critical), the VAL Board may decide that the formal written process not apply and the athlete be allowed to address the Handicapper by way of oral submission (not more than 15 minutes). In such cases, you may have a representative speak on your behalf, although they must not be a lawyer. In such cases, the Handicapper may provide their decision directly to you and then prepare a report to be sent to the VAL office within 48 hours.

## **Handicap Appeal (via Handicap Review Panel & VAL Tribunal)**

If you are considering asking for a review of your handicap, or appealing your handicap, it is important that you read the VAL Rules & Regulations in detail. The explanation below is designed as a summary only and does not in any way seek to amend, explain, confirm or alter the formal VAL Rules & Regulations (in their entirety).

1. If you are not satisfied with the outcome of the Handicap Review provided by the Handicapper, then you have the right to lodge an appeal against your handicap with the HRP. To do this you must submit the Handicap Appeal application by contacting the VAL Office, your appeal will be forwarded to the HRP for a response.
2. You must lodge your HRP Handicap Appeal application with the VAL office within 24 hours of receiving a response from the Handicapper for your Handicap Review Application. If you lodge your appeal on a race day, you must lodge it with the VAL Stewards.
3. The VAL office will forward the appeal to the Handicap Review Panel (HRP) for consideration.
4. If you are not satisfied with the outcome of the HRP appeal, then you have the right to lodge an appeal against your handicap with the VAL Tribunal (fees apply, see Section 7 of the VAL Regulations). To do this you must submit the Handicap Appeal application by contacting the VAL Office within 24 hours of receiving your response from the HRP.
5. The Executive Officer of the VAL will convene a hearing with the VAL and may take into consideration your availability when setting the date, time and location of the hearing. The Executive Officer of the VAL will advise you when the hearing is to be held and you must make reasonable efforts to make yourself available.
6. If you wish to present a submission of your arguments for the appeal in writing, you must lodge it with the VAL office at least 24 hours prior to the hearing.
7. The VAL Handicapper and the Handicap Review Panel may choose to make oral submissions to the VAL Tribunal in response to your appeal application, in addition to relying on the content of the VAL Handicapper's report (i.e. from the initial Handicap Review).
8. You may also make oral representations to the VAL Tribunal. You may also ask the VAL Tribunal members if a representative (who cannot be a lawyer) can make such oral submissions on your behalf. The VAL Tribunal has the discretion to allow (or not allow) you to have a representative to make submissions for you.
9. The VAL Tribunal may either dismiss your appeal or they may uphold your appeal and in doing so may recommend you be re-handicapped by the HRP & Handicapper, taking into account the relevant matters presented in the appeal hearing.
10. If your handicap is adjusted, this adjusted handicap applies until you are subject to any other penalties under the VAL Rules or the next declaration of handicaps.
11. If your appeal is successful, you will receive a refund of 100% of your application provided there are no expenses in meeting costs of the panel members. Any cost will be taken out of the application fee.

Schedule 1 – Handicap Calculations Table

EVENT	MINIMUM GRAD/N	ESTABLISHED ATHLETES		ONGOING ASSESSMENT ATHLETES				TARGET TIMES		TIME RANGE
				INTERSTATE ATHLETES		ALL OTHER OGA ATHLETES				
		NUMBER OF ACCEPTABLE PERFORMANCES	LIFT RANGE	NUMBER OF SATISFACTORY PERFORMANCES	LIFT RANGE	NUMBER OF SATISFACTORY PERFORMANCES	LIFT RANGE	STARTING	CEILING	ACCEPTABLE DEVIATION
70 OPEN	0.25m	3	0.25m-0.50m	1	0.25m-0.75m	1	0.25m-2m	7.75	7.60	0.30
70 WOMENS	0.25m	3	0.25m - 0.50m	1	0.25m - 0.75m	1	0.25m -0.75m	8.50	8.35	0.30
120 U18 BOYS	0.25m	N/A	N/A	1	0.50m – 2.00m	1	0.50m – 2.00m	13.20	13.00	0.55
120 U18 GIRLS	0.25m	N/A	N/A	1	0.50m – 2.00m	1	0.50m – 2.00m	14.50	14.30	0.55
120 U18 MIXED	0.25m	N/A	N/A	1	0.50m – 2.00m	1	0.50m – 2.00m	13.20	13.00	0.55
120 OPEN/MEN	0.25m	3	0.25m-0.50m	1	0.25m-1.00m	1	0.25m-2m	12.45	12.25	0.55 (100m 0.46)
120 WOMEN	0.25m	3	0.25m-0.50m	1	0.25m-1.00m	1	0.25m-2m	13.90	13.70	0.55
120 MASTERS	0.25m	3	0.25m-0.75m	1	0.25m- 2.00m	1	0.25m-2m	13.20	13.0	0.55
200m WOMENS	1m	N/A	N/A	1	0 – 4m	1	0 – 8m	23.5	?	N/A
200 OPEN	1m	N/A	N/A	1	0 – 4m	1	0 – 8m	21.00	20.80	N/A
300 OPEN	1m	N/A	N/A	1	0 – 6m	1	0 – 12m	34.50	33.50	N/A
300 MASTERS	1m	3	1m – 2m	1	0 – 6m	1	0 – 12m	36.00	35.00	2.00
300M WOMENS	1m	N/A	N/A	1	0 – 6m	N/A	0 – 12m	40.00	38.5	N/A
400 OPEN/MENS	1m	2	1m – 2m	1	0 – 8m	1	0 – 8m	47.60	46.50	2.00
400 WOMEN	1m	2	1m – 2m	1	0 – 8m	1	0 – 8m	53.90	52.80	2.00
550 OPEN	1m	N/A	N/A	1	0 – 10m	1	0 – 10m	70.00	69.00	N/A
800 / 1000 OPEN	2m	2	2m – 6m	1	0 – 20m	1	0 – 20m	1.52.0	1.50	5.00
800 WOMEN	2m	N/A	N/A	1	0 – 30m	1	0 – 30m	2.10.0	2.08.0	N/A
800 MASTERS 45+	2m	N/A	N/A	1	0 – 30m	1	0 – 30m	2.02.0	1.58.0	N/A
1600 OPEN	5m	2	5m – 10m	1	0 – 40m	1	0 – 40m	4.07.0	4.03	11.00
1600 MASTERS	5m	N/A	N/A	1	0 – 60m	1	0 – 60m	4.25	4.21	N/A
3200 OPEN	5m	N/A	N/A	1	0 – 80m	1	0 – 80m	9.10	9.00	N/A

## Schedule 1 – Handicap Calculations Table

### NOTES:

1. All Junior and Restricted events over all distances are handicapped on a discretionary basis
2. Handicaps for all 100m events are determined from the 120m handicaps of the same category.
3. For those distances listed as N/A for established athletes, all athletes are "OGA"
4. Established Masters athletes may receive a lift after 2 satisfactory performances in open races (in the opinion of the handicapper and stewards), even if those performances fall outside the AP time range. Should the athlete fail to run within the time range, the handicapper has the discretion to reassess the handicap and lift required following approval from the HRP.

## Schedule 2 – Table of Novice Handicaps

DISTANCE/ CATEGORY	UNDER 35		35 – 44 Y/O		OVER 45		START TIME
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	
<b>70m</b>							
OPEN/MENS	4m	10.5m	6m	12.5m	7.5m	14m	7.75
WOMENS	NA	3m	NA	5m	N/A	6.5m	8.5
<b>120m</b>							
OPEN/MENS	6m	17m	9m	20m	10m	25m	12.45
WOMENS	NA	6m	NA	9m	N/A	10m	13.9
MASTERS	NA	NA	5m	17m	N/A	N/A	13.2
MASTERS (45+)	NA	NA	10m	25m	10m	25m	13.2
NOVICE/RESTRICTED	6m	17m	9m	20m	N/A	N/A	12.65
<b>200m</b>							
OPEN/MENS	10m	26m	15m	30m	20m	34m	21.0
WOMEN	NA	10m	NA	15m	N/A	20m	23.5
<b>300m</b>							
OPEN/MENS	10m	35m	18m	42m	25m	48m	34.5
WOMENS	NA	30m	NA	36m	N/A	25m	36.0
MASTERS	NA	NA	10m	36m	18m	42m	36.0
<b>400m</b>							
OPEN/MENS	20m	54m	30m	62m	40m	70m	47.6
WOMEN'S	NA	20m	NA	30m	N/A	40m	53.9
NOVICE/RESTRICTED	20m	54m	30m	62m	N/A	N/A	50.00
<b>550m</b>							
OPEN	25m	75m	35m	85m	45m	95m	70.00
<b>800m</b>							
OPEN	40m	110m	60m	126m	80m	140m	1.52.0
WOMEN'S	NA	50m	NA	70m	N/A	90m	2.10.0
MASTERS (45+)	See Master 800m 45+ Section on pg. 25						2.02.0
<b>1600m</b>							
OPEN	100m	260m	150m	290m	180m	320m	4.07.0
MASTERS	NA	NA	50m	200m	80m	230m	4.25.0
NOVICE/RESTRICTED	100m	260m	150m	290m	N/A	N/A	4.25.0
<b>3200m</b>							
OPEN	150m	400m	250m	470m	300m	530m	9.10.0

## Schedule 3 – Penalty Tables

### Open, Mens & Womens Events

DISTANCE	TOTAL \$	MINIMUM PENALTY.	+ DISCRETION
70	UP TO \$600	0.50	0.50
	\$601 TO \$1000	0.75	0.50
	\$1001 TO \$3000	1.00	0.75
	\$3001 +	1.00	1.00
	STAWELL	1.50	1.50
100/120	UP TO \$600	0.50	0.75
	\$601 TO \$3000	0.75	0.75
	\$3001 TO \$5000	1.00	0.75
	\$5001 TO \$7500	1.25	1.00
	\$7501 TO \$10000	1.50	1.25
	\$10001 TO \$12500	1.75	1.50
	\$12501 TO \$15000	2.00	1.75
	\$15001 +	2.00	2.00
	STAWELL	2.00	See Stawell Gift Finalist
200	UP TO \$2000	2.00	2.00
	\$2001 +	3.00	3.00
	STAWELL	4.00	4.00
300/400	UP TO \$600	2.00	2.00
	\$601 TO \$1000	3.00	3.00
	\$1001 TO \$1500	4.00	4.00
	\$1501 TO \$2000	5.00	5.00
	\$2001 TO \$3000	6.00	6.00
	\$3001 TO \$4000	7.00	7.00
	\$4001+	8.00	8.00
	STAWELL	8.00	8.00
550	UP TO \$600	3.00	3.00
	\$601 TO \$750	4.00	4.00
	\$851 TO \$1100	5.00	6.00
	\$1101 TO \$1500	6.00	6.00
	\$1501 TO \$2000	7.00	8.00
	\$2001 +	8.00	8.00
	STAWELL	10.00	10.00
800/1000	UP TO \$600	4.00	4.00
	\$601 TO 850	6.00	6.00
	\$851 TO \$1100	8.00	8.00
	\$1101 TO \$1500	10.00	10.00
	\$1501 TO \$2000	12.00	12.00
	\$2001 TO \$3000	14.00	14.00
	\$3001+	16.00	16.00
	STAWELL	16.00	16.00
1600	UP TO \$600	10.00	10.00
	\$601 TO \$1000	15.00	10.00
	\$1001 TO \$1500	20.00	15.00
	\$1501 TO \$2000	25.00	20.00
	\$2001 TO \$3000	30.00	25.00
	\$3001 +	30.00	30.00
	STAWELL	30.00	30.00
3200	UP TO \$600	20.00	20.00
	\$601 TO \$1000	30.00	20.00
	\$1001 TO \$1500	40.00	30.00
	\$1501 TO \$2000	50.00	40.00
	\$2001 +	50.00	50.00
STAWELL	50.00	50.00	

Note: Any multiple winner over the same distance may incur an additional penalty.

Any application of a discretionary penalty by a Handicapper, can only occur following the approval the HRP and/or DoH.

### Schedule 3 (continued) – Penalty Table

#### Under 18 Races

DISTANCE	TOTAL \$	MINIMUM PENALTY.	+ DISCRETION
100/120	\$300 UPWARDS	1.50m	1.50m
300/400	\$300 UPWARDS	1.50m	1.25m

Note: Any multiple winner over the same distance may incur an additional penalty.

#### Masters Events

DISTANCE	TOTAL \$	MINIMUM PENALTY.	+ DISCRETION
100/120	UP TO \$700	0.5m	0.75m
	\$701 TO \$900	0.75m	0.75m
	\$901 TO \$1100	1.00m	1.00m
	\$1101 TO \$1500	1.25m	1.25m
	\$1501-\$2000	1.50m	1.50m
	\$2001+	2.00m	2.00m
	STAWELL	2.00m	2.00m
300	UP TO \$700	3.00m	3.00m
	\$701 TO \$900	4.00m	3.00m
	\$901 TO \$1200	6.00m	4.00m
	\$1201+	6.00m	6.00m
	STAWELL	8.00m	8.00m
800	UP TO \$700	8.00m	10.00m
	\$701 - \$900	10.00m	12.00m
	\$901 +	10.00m	14.00m
	STAWELL	16.00m	16.00m
1600	UP TO \$700	10.00m	20.00m
	\$701 TO \$900	15.00m	25.00m
	\$901 +	20.00m	30.00m
	STAWELL	25.00m	35.00m

Note: Any multiple winner over the same distance may incur an additional penalty.

Any application of a discretionary penalty by a Handicapper can only occur following the approval the Handicap Review Panel and/or Director of Handicapping.

## Schedule 4 – Performance Range

The Performance Range schedule below shall be used as a guide to determine the degree to which the recorded performance was unsatisfactory and/or inconsistent. Factors outside of the below schedule may also be taken into consideration when reviewing an athlete's performance – please refer to VAL Regulations Section 16 for a full outline of 'Offences' that may be taken into consideration when an athlete's performance is assessed.

The below schedule will be used as a guide for the penalty options available to the Chief Steward, under the VAL Regulations – Section 16.

<b><u>Distance</u></b>	<b><u>Acceptable Range</u></b> (seconds)	<b><u>Moderate Range</u></b> (seconds)	<b><u>Extreme Range</u></b> (seconds)
<b>70m</b>	Within 0.15	0.15 to 0.3	> 0.3
<b>100m</b>	Within 0.15	0.15 to 0.4	> 0.4
<b>120m</b>	Within 0.15	0.15 to 0.4	> 0.4
<b>200m</b>	Within 0.3	0.3 to 0.5	> 0.5
<b>300m</b>	Within 0.6	0.6 to 0.9	> 0.9
<b>400m</b>	Within 0.8	0.8 to 1.1	> 1.1
<b>550m</b>	Within 1.0	1.0 to 1.5	> 1.5
<b>800m</b>	Within 1.5	1.5 to 2.0	> 2.0
<b>1000m</b>	Within 2.0	2.0 to 3.0	> 3.0
<b>1500m/1600m</b>	Within 4.0	4.0 to 8.0	> 8.0
<b>2000m</b>	Within 5.0	5.0 to 8.0	> 8.0
<b>3200m</b>	N/A	N/A	N/A