

# 2022-2023 Athletics ACT (AACT) Rules of Competition

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## General

1. All competition is carried out in accordance with the current World Athletics (WA) and/or World Para Athletics (WPA) Rules of Competition except as specifically varied by AACT rules. AACT rules take precedence only for three situations.
  - a. A Para athlete is *permitted to compete at all regular\* AACT competitions* using standards appropriate to their classification.
  - b. A Masters Athlete is *permitted to compete in throwing events at all regular\* AACT competitions* using standards appropriate to their age.
  - c. A Masters Athlete can compete in Hurdles events using distances and heights appropriate to their age *with exception of the 68cm Hurdles specification when Hurdles events are conducted at the AIS as there are no Hurdles available with that height at the venue.*
2. The rules regarding Protests are in accordance with the WA and WPA Rules of Competition. AACT will charge a \$50.00 deposit for each formal Protest. Refund of the deposit is subject to decision by the Jury of Appeal.

## Summer Series and Winter Series Meets

3. To be eligible to enter an AACT Summer Series meet, an athlete must be currently registered with:
  - AACT through an affiliated Club (this includes athletes who have taken out a Dual Registration);
  - the ACT Masters Athletics Club;
  - Little Athletics ACT who must turn 11 years of age before 31 December of the current year;
  - a Club affiliated with another State/Territory association that is, itself, affiliated with Athletics Australia; or
  - an overseas nation that has affiliation with the WA.
4. To be eligible to enter an AACT Winter Series meet, an athlete must be currently registered with:
  - AACT through an affiliated Club (this includes athletes who have taken out a Dual Registration);
  - the ACT Masters Athletics Club;
  - Little Athletics ACT who must turn 11 years of age before 31 December of the current year;
  - a Club affiliated with another State/Territory association that is, itself, affiliated with Athletics Australia; or
  - an overseas nation that has affiliation with the WA.

## Entering Summer Series or Winter Series Meets

5. On-Line entry will be available for all AACT Summer Series and Winter Series meets. The On-Line entry fee is a meet entry fee and is the same no matter how many events are entered. Unless otherwise specified on the On-Line Entry portal, On-Line entry will close at 9:00pm on the Thursday immediately preceding the day of competition. The On-Line entry fee is a significant discount of the On-Day entry fee.
6. Athletes who enter On-Line **must Check-In for all of their events at least 30 minutes prior** to the scheduled start time of the event unless specifically stated otherwise in the published program of events. This On-Line Check-In time is strictly enforced, and no exceptions will be made.
7. On-Day entry will normally be available for all Summer Series and Winter Series meets. The On-Day entry fee is a meet entry fee and is the same no matter how many events are entered. **On-Day entry for each specific event will close a minimum of 30 minutes prior to the schedule start time of that event.**
8. Where circumstances dictate, On-Day entries may not be offered for a meet or may be closed off for one or more events when On-Line entries in an event are already excessive.
9. The On-Day entry timeframe is strictly enforced, and no exceptions will be made.

## Specific Competition Rules

10. The athlete must wear their current season competition number and club uniform when competing in any of the Summer Series or Winter Series meet.
11. Summer Series and Winter Series track events are normally seeded as single sex heats, but different age groups will normally be seeded in the same heat. Mixed sex heats may be run when requested by athletes or coaches. This can be indicated on the sign-in sheets.
12. All track events are Timed Finals (i.e. there will not be Heats and Finals run).
13. Summer Series and Winter Series Field events are mixed sex and combined age groups.
14. The two False Start Rule will apply for U14 LAA and AACT athletes and any Masters' athletes competing in a heat with these age groups in the Summer and Winter series. If a Masters' athlete is not combined with these above age groups or is not running in a Masters-only heat, the one False Start Rule will apply.
15. For the 400 metres and shorter track events, the use of starting blocks is not mandatory but is strongly encouraged. Masters competitors are not required to use starting blocks, or a crouch start or have both hands in contact with the track for the start of any race.
16. The nationally standard events conducted under the Summer Series program will be awarded points based on the performance achieved. The points are only awarded to AACT registered athletes and accumulate over the season and aggregate by Club.
17. Regarding Throwing Field Events and Hurdle Races, athletes who wish to compete up in specification may do so, but they are not then eligible to compete in their own, or any other age group on the same day. Additionally, in Throwing Field Events, an athlete may only compete to the next weight for that implement. For Hurdle races, athletes can only compete up one change of Hurdle Height (which may, or may not, have an associated change in race distance).
18. In Field events, other than High Jump, Pole Vault or invitational events as specifically arranged with the Competition Manager, each athlete will have a maximum of four (4) trials.
19. Despite Point 18 above, the Competition Manager (or Field Referee as delegate) may offer additional trials.

20. Where an athlete is entered in a Vertical Jump event, and is deemed to have passed a trial by virtue of being absent at the time of that trial due to competing in another Field or Track event, they may attempt that height if they return to the event before the end of trials at that height i.e. before the bar is raised to the next height.
21. For the vertical jumps (High Jump and Pole Vault), jump offs for first place will not normally occur.
22. For all field events, the order of competition will be in accordance with the printed recording sheets. The order of competition will not be changed after the first three (3) rounds of competition.
23. For Track Events, athletes are asked to report to the event site 10 minutes before the advertised start time.
24. For Field Events, athletes are asked to report to the event site:
  - 15mins before the advertised start time for all Field Events except Pole Vault
  - 30mins before the advertised start time for Pole Vault

This request is made so that athletes can be briefed by the Event Chief before the events starts, and to complete warmups so that the event starts on time.

25. Personal implements

Up to two personal implements per athlete per event may be submitted to the Technical Manager for use in throws competitions if:

- the Competition Manager agrees to the use of personal implements
  - the implements are delivered to the Technical Shed at least 45mins before the start time of the first event of the competition. If no Technical Manager is available on that day for measuring equipment, personal equipment cannot be used.
26. The program for each Summer Series or Winter Series meet will be available on the AACT website at least 2 weeks prior to the meet. Athletes/Coaches may request additional events be added to the program. Requests for additional events must be made to the Competition Manager at least 10 days prior to the meet. Please note that field events are often difficult to add to a program.
  27. All events will be conducted at the scheduled program time except where circumstances require that time to be changed. An announcement will normally be made in respect to any change of time if an Announcer is present at that meet.
  28. No records or qualifying performances will be recognised for events deemed 'non-permit'.
  29. No shoes over 25mm thickness of sole/stack height allowed on the track for events 800m or longer. If a record is broken, the athlete must present their shoes used in that race for a compliance check.
  30. Separate Competition Rules exist for all Championship Events (i.e. Multi-Event, Open/U20 and U14-U18)

*\*Regular competition means not a Championship competition.*

**Standard (Point Score) Events by Age Group & Sex**

**Men**

Event	Age Group				
	U14	U16	U18	U20	Open
100 Metres	X	X	X	X	X
200 Metres	X	X	X	X	X
400 Metres	X	X	X	X	X
800 Metres	X	X	X	X	X
1500 Metres	X	X	X	X	X
3000 Metres	X	X	X	X	X
5000 Metres				X	X
10 000 Metres					X
90 Metre Hurdles	X				
100 Metre Hurdles		X			
110 Metre Hurdles			X	X	X
200 Metre Hurdles	X	X			
400 Metre Hurdles			X	X	X
1500 Metre Steeple	X				
2000 Metre Steeple		X	X		
3000 Metre Steeple				X	X
1500 Metre Walk	X	X	X		
3000 Metre Walk	X	X	X	X	X
5000 Metre Walk			X	X	X
Long Jump	X	X	X	X	X
Triple Jump	X	X	X	X	X
High Jump	X	X	X	X	X
Pole Vault	X	X	X	X	X
Shot Put	X	X	X	X	X
Discus	X	X	X	X	X
Javelin	X	X	X	X	X
Hammer	X	X	X	X	X

**Women**

Event	Age Group				
	U14	U16	U18	U20	Open
100 Metres	X	X	X	X	X
200 Metres	X	X	X	X	X
400 Metres	X	X	X	X	X
800 Metres	X	X	X	X	X
1500 Metres	X	X	X	X	X
3 000 Metres	X	X	X	X	X
5 000 Metres				X	X
10 000 Metres					X
80 Metre Hurdles	X				
90 Metre Hurdles		X			
100 Metre Hurdles			X	X	X
200 Metre Hurdles	X	X			
400 Metre Hurdles			X	X	X
1500 Metre Steeple	X				
2 000 Metre Steeple		X	X		
3 000 Metre Steeple				X	X
1500 Metre Walk	X	X	X		
3 000 Metre Walk	X	X	X	X	X
5 000 Metre Walk			X	X	X
Long Jump	X	X	X	X	X
Triple Jump	X	X	X	X	X
High Jump	X	X	X	X	X
Pole Vault	X	X	X	X	X
Shot Put	X	X	X	X	X
Discus	X	X	X	X	X
Javelin	X	X	X	X	X
Hammer	X	X	X	X	X

## Event Specifications

### Throwing Implements

#### Men

Age Group	Shot Put	Discus	Javelin	Hammer
Open	7.26kg	2.0kg	800g	7.26kg
Under 20	6kg	1.75kg	800g	6kg
Under 18	5kg	1.5kg	700g	5kg
Under 16	4kg	1.0kg	700g	4kg
Under 14	3kg	1.0kg	600g	3kg

#### Women

Age Group	Shot Put	Discus	Javelin	Hammer
Open	4kg	1kg	600g	4kg
Under 20	4kg	1.0kg	600g	4kg
Under 18	3kg	1.0kg	500g	3kg
Under 16	3kg	1.0kg	500g	3kg
Under 14	3kg	1.0kg	400g	3kg

## Hurdles

### Men

Age Group	Distance	No of Hurdles	Hurdle Height	First Hurdle at	Between Hurdles	Last Hurdle to Finish
Open	110m	10	106.7cm	13.72m	9.14m	14.02m
Under 20	110m	10	99.1cm	13.72m	9.14m	14.02m
Under 18	110m	10	91.4cm	13.72m	9.14m	14.02m
Under 16	100m	10	84.0cm	13m	8.5m	10.5m
Under 14	90m	9	76.2cm	13m	8m	13m
Under 16	200m	10	76.2cm	18.29m	18.29m	17.10m
Under 14	200m	10	76.2cm	18.29m	18.29m	17.10m
Open	400m	10	91.4cm	45m	35m	40m
Under 20	400m	10	91.4cm	45m	35m	40m
Under 18	400m	10	84.0cm	45m	35m	40m

### Women

Age Group	Distance	No of Hurdles	Hurdle Height	First Hurdle at	Between Hurdles	Last Hurdle to Finish
Open	100m	10	84.0cm	13m	8.5m	10.5m
Under 20	100m	10	84.0cm	13m	8.5m	10.5m
Under 18	100m	10	76.2cm	13m	8.5m	10.5m
Under 16	90m	9	76.2cm	13m	8m	13m
Under 14	80m	9	76.2cm	12m	7m	12m
Under 16	200m	10	76.2cm	18.29m	18.29m	17.10m
Under 14	200m	10	76.2cm	18.29m	18.29m	17.10m
Open	400m	10	76.2cm	45m	35m	40m
Under 20	400m	10	76.2cm	45m	35m	40m
Under 18	400m	10	76.2cm	45m	35m	40m

## Steeplechase

Age Group	Men		Women	
	Distance	Steeple Height	Distance	Steeple Height
Open	3 000m	91.4cm	3000m	76.2cm
Under 20	3 000m	91.4cm	3000m	76.2cm
Under 18	2 000m	84.0cm	2000m	76.2cm
Under 16	2 000m	76.2cm	2000m	76.2cm
Under 14	1500m	76.2cm	1500m	76.2cm

## Masters Specifications

### Hurdles Specifications

Age Group	Distance (m)	Hurdle Height (m)	No of Hurdles	To First Hurdle (m)	Between Hurdles (m)	To Finish (m)
<b>Women: Short</b>						
30-39	100	.840	10	13	8.5	10.5
40-49	80	.762	8	12	8.0	12
50-59	80	.762	8	12	7.0	19
60+	80	.686	8	12	7.0	19
<b>Women: Long</b>						
30-49	400	.762	10	45	35	40
50-59	300	.762	7	50	35	40
60-69	300	.686	7	50	35	40
70+	200	.686	5	20	35	40
<b>Men: Short</b>						
30-49	110	.991	10	13.72	9.14	14.02
50-59	100	.914	10	13	8.5	10.5
60-69	100	.840	10	12	8.0	16
70-79	80	.762	8	12	7.0	19
80+	80	.686	8	12	7.0	19
<b>Men: Long</b>						
30-49	400	.914	10	45	35	40
50-59	400	.840	10	45	35	40
60-69	300	.762	7	50	35	40
70-79	300	.686	7	50	35	40
80+	200	.686	5	20	35	40

**Note: 68cm Hurdles are only conducted at Woden.**



## Steeplechase Specifications

Women			Men		
Age	Distance	Height	Age	Distance	Height
30+	2 000m	0.762m	30-59	3 000m	0.914m
			60+	2 000m	0.762m

## Throwing Implements Specifications

	Hammer (kg)	Shot (kg)	Discus (kg)	Javelin (gm)	
<b>Women</b>					
30-49	4.00	4.00	1.00	600	
50-59	3.00	3.00	1.00	500	
60-74	3.00	3.00	1.00	500	
75+	2.00	2.00	0.75	400	
<b>Men</b>					
30-49	7.26	7.26	2.00	800	
50-59	6.00	6.00	1.50	700	
60-69	5.00	5.00	1.00	600	
70-79	4.00	4.00	1.00	500	
80+	3.00	3.00	1.00	400	