



ATHLETICS SA STATE TRACK AND FIELD CHAMPIONSHIPS

3RD – 5TH MARCH 2023

SA ATHLETICS STADIUM – MILE END

TECHNICAL REGULATIONS

It is important that all participating athletes as well as where relevant parents, coaches and para-guides/support personnel take the time to read and adhere to the rules and regulations below, to allow smooth conduct of the Championships.

These Championships will be conducted according to the rules of World Athletics, World Para Athletics, and Athletics Australia.

1. Uniforms

All athletes entered in these Championships must wear their approved Club uniform – and any variations or transition arrangements agreed between ASA and each club. Non Members are to wear neutral clothing (preferred black, navy or white – (No Fluro) without large logos or advertising.

The Athletics SA State Uniform MUST NOT be worn in any Athletics SA Club or State competition. This uniform is reserved for National Competitions only.

2. Athlete Check In

All athletes are required to check in for their event. Check in will be at the front gate. Athletes MUST check in for **TRACK AND FIELD** events.

Athletes are required to check-in no later than 45 minutes prior to the advertised start time of their event.

Check In will be open 90 minutes before the first competition of the day.

3. Scratching from an event

If an athlete fails to participate in an event after confirmation or does not compete in all rounds of an event for which s/he has qualified, s/he **WILL** not be permitted to compete further as outlined in World Athletics Rule TR 4.4. This rule does not apply to an athlete who having confirmed, then withdraws before the closure of the confirmation time for the first round of that event.

4. Competition Bibs

All athletes must wear the cloth 2022-23 Athletics SA Competition Bibs. Non-Members will be issued with one paper bib.

The competition bibs issued to athletes must be worn on the front and back (except for jumping events where athletes may choose to wear the bib on either the front or the back) of their competition uniform firmly attached with no less than four (4) pins. The entire bib including sponsorship information must be always visible and no part of the bib shall be folded under the uniform.

ATHLETICS SA WILL ENFORCE WORLD ATHLETICS RULE TR 5.9 & TR 5.11, WHICH RENDER AN ATHLETE LIABLE TO DISQUALIFICATION IF S/HE TAMPERS IN ANY WAY THE COMPETITION BIB.

5. **Entries – Age Groups**

Age groups may be combined to provide for more efficient running of the competition.

An athlete cannot compete in more than one age group when age groups are combined for an event.

Where age groups are combined for an event, an athlete must compete in their own age group, with the exception of athletes wanting to compete in the Open category in lieu of their own age group.

6. **Warm-up**

All Warm-ups must be conducted at the adjacent Warm-up Track. Athletes in Shot Put, Discus and Hammer will be given time at the event site to warm up when possible, due to the restrictions currently in place in the warm up area

7. **Call Room Procedures**

There will be a call room in operation. All athletes are required to report to the Call Room before all rounds of all events.

The call room is located beyond the 200m start area between the main track and the warm-up area.

Having previously checked in, all athletes must report to the call room on time with their competition bibs attached with no less than four (4) pins on the front and back of their competition uniform (except for jumping events where athletes may choose to wear the bib on either the front or the back).

In the Call Room, athletes will be expected to demonstrate that their competition uniform and bibs, shoes and other equipment comply with the competition rules. Track athletes will leave the Call Room ready to run.

In exceptional circumstances competition management may allow track athletes to take warm clothing to the start line. If this is allowed, it will be advised at the Call Room and the athletes will be responsible for retrieving their own clothing from the start line.

Mobile phones, iPods, iPads or MP3 Players are not permitted inside the competition area, during State Competitions. The competition area is defined as The Call Room, The Main Arena and the Check in Area

Athletes will proceed to the start of their event from the Call Room accompanied by an Official. Athletes who proceed to the event not accompanied by a judge or an official may not be allowed to start.

The final entry time to the Call Room are as follows (times are prior to the scheduled start time).

Event	Entry time to call room
Pole Vault	45 minutes
Discus, Javelin, Shot, Hammer	25 minutes
All other field events	20 minutes
Track events	10 minutes

This time allows for marshalling and movement to the competition site. The remainder of the time may be used to complete the warm-up at the competition site (where the competition site is not in use). Warm-ups are only to be conducted under the supervision of officials.

If an athlete is already or likely to be competing in another event at the designated call time the athlete must indicate this at the time of check-in.

8. AA Start Rule Dispensation - World Athletics Rule TR 16.7 & TR 16.8

Any competition (or part thereof) conducted exclusively for athletes competing in the under 14 age group and younger, one false start per race (not each athlete) shall be allowed without disqualification of the athlete making the false start. Any athlete(s), making further false starts shall be disqualified from the race. Where an athlete eligible for such an age group competes in an older age group, he/she will be subject to the rules applied to the older age group.

The effect of this dispensation for the Championships is that:

- a) For the Under 15 to Under 18 events inclusive, the World Athletics Rule will be applied.
- b) For the Under 14 age group the above dispensation will apply
- c) For the U15, U17 and U20 Para events, the start rule will be applied as per individual classification standards.

9. Progression Rules

Rules for progression and qualifying rounds are as follows. These are the numbers of athletes checked-in and over-ride the World Athletics Rules and remain subject to change by competition management.

Heats are seeded based on Athletics SA Rankings on the day of competition or times submitted for non Athletics SA athletes. The lane draw for a heat will be random.

Event	Confirmed athlete	Rounds
100m	1-10	Final only
90m/100m/110mHurdles	11-30	Two rounds
200m	1-9 (9 lane track)	Final only
	10-27 (9 lane track)	Two rounds
400m	1-9 (9 lane track)	Final only
	10-27 (9 lane track)	Two rounds
200mHurdles, 400mHurdles and 800m		Timed Finals only
1500m, 2000m SC, 3000m. Race Walks,		Final only
Field Events		Single round

At the discretion of the competition management the above regulations may be modified to suit the local requirements.

10. Track Progressions

For events up to and including 400 metres.

3 heats: First 2 in each heat plus the next 2 fastest to the final

2 heats: First 3 in each heat plus the next 2 fastest to the final

The 'next fastest' will be decided on times to 0.01 second. If the times are equal and there is space available, then both or all such athletes will be advanced. Where there is no space available then the highest placing in the round will determine who will progress to the next round. If athletes are still equal and no spare lane is available, the photo finish will be re-read to 0.001 second if possible. If further ties remain then there will be a coin toss.

The draw shall be made **30 minutes** before the advertised start time of the event. Where all scheduled rounds of a competition are not required then:

- the first round will be cancelled for events with two rounds.

11. Preferred lanes – FINALS only

The preferred lanes for events from 100m to 800m inclusive (including hurdles) are:

- 8 lane tracks: as per World Athletics rules, TR20.4.2
- 9 lane tracks: 4, 5, 6, 7 for the highest ranked, 8, 9 for the fifth and sixth ranked and 2 and 3 for the lowest ranked athletes (where 8 athletes progress).

12. Field Events

In throwing events (other than seated throws) and the horizontal jumps in the **U14, U15, U16, U17, O35 and O50** age groups, all athletes will have three (3) trials. At the conclusion of the **three (3) trials**, the top six (6) athletes will have **one (1)** further trial. The competition order will be changed after round 3.

In the **U18, U20 and Open** age group, all athletes will have three (3) trials. At the conclusion of the **3 trials**, the top six (6) athletes will have **three (3)**, further trials. The competition order will be changed after round 3 only.

The take-off boards to be used for triple jumping events are set out in Appendix 1.

For O35 and O50 athletes you must use the Athletics SA specifications.

13. Vertical Jumps

The starting heights and progression for vertical jumping events are set out in Appendix 2. Where an athlete does not believe they can achieve the listed opening height, they must contact the Event Manager by 2nd March for one additional height to be added below the listed starting height.

Pole Vault Rule Dispensation

For the Under 18 age group and lower for women and the U16 age group and lower for men, at the discretion of the Chief Judge at the event, a trial may be deemed valid where the athlete made a reasonable attempt to push the pole back in the direction of the runway, but the wind then caused the bar to be dislodged by the pole.

This dispensation shall apply for the relevant age groups at all meetings held in Australia.

14. Personal Implements

Athletes who wish to include their own throwing implements in the Championships equipment pool (which may be used by any athlete in the same competition), must lodge them with the Technical Manager at the **Technical/Equipment Room**, no later than **90 minutes**, before the scheduled start time of their event on the day of competition or on a previous day if the event starts prior to 10.00am.

Please note that World Athletics TR32.2 limits the number personal implements added to the pool per person to a maximum of 2.

The implements will be impounded until after the competition (meaning the last applicable event in which the athlete is competing) when athletes may collect them from the Technical/Equipment Room.

Athletes are to provide their own vaulting poles.

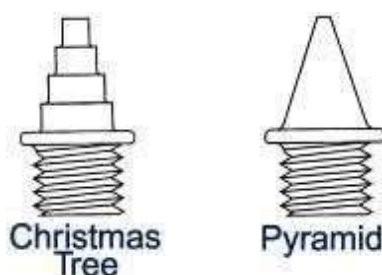
15. Starting Blocks

For able bodied events, starting Blocks must be used for all events up to and including the 400m and only those supplied by Athletics SA can be used. Private blocks will not be permitted. The use of blocks for Para athletes are in accordance with World Para Athletics Rules for each individual classification.

16. Shoes and Spikes

All athletes should be familiar with World Athletics Rule TR5.2 and World Athletics Shoe Regulations 10 and 11 (the most relevant provisions of which are set out below).

At this venue only Christmas Tree or Pyramid spikes are permitted. Needle spikes are banned and are not used under any circumstances. These will be checked in the Call Room. Spike length is a maximum of 7mm for track and 9mm for Javelin and Jumps.



10. Technical Requirements for Athletic Shoes

10.1 Unless specifically agreed by the Chief Executive Officer (or their nominee) in writing, any Athletic Shoe worn in Applicable Competitions must, at the points set out in Regulations 10.3 and 10.4, have a sole with a maximum thickness as set out in the table in 3 of the Regulations. For the avoidance of doubt, the maximum thickness of the soles excludes the thickness of an additional inner sole, other insertion or addition that are inserted in accordance with Regulation 7.

10.2 The sole of the shoe (including the part beneath the heel of the Athletic Shoe) may have grooves, ridges, indentations, or protuberances, provided these features are constructed of the same or similar material to the basic sole itself.

11. Athletic Shoes: Spikes

11.1 The sole of the shoe (including the part beneath the heel of the Athletic Shoe) may be so constructed as to provide for the use of up to 11 spikes.

11.2 Any number of spikes up to 11 may be used, but the number of spike positions must not exceed 11.

That part of each spike which projects from the sole or the heel will not exceed 9mm (for indoor 6mm) except in the High Jump and Javelin Throw, where it must not exceed 12mm. The spike must be so constructed that it will, at least for the half of its length closest to the tip, fit through a square sided 4mm gauge. **If the track manufacturer or the stadium operator mandates a lesser maximum, or prohibits the use of certain shaped spikes, this will be applied, and the Athletes notified accordingly.** The surface (outdoor or indoor) must be suitable for accepting the spikes permitted under Reg 11.

Inserts and Additions to the Shoe - Athletes may not use any appliance, either inside or outside the shoe, which will have the effect of increasing the thickness of the sole above the permitted maximum, or which can give the wearer any advantage.

For clarity, adding inner soles, other insertions and additions to an Athletic Shoe is allowed but only in the following circumstances:

- (a) the additional inner sole or insertion is a removable Orthotic (i.e. it cannot be permanently fixed inside the shoe); or
- (b) the addition is a heel raise or heel cap (e.g. to jumping shoes) or a brace or strap (e.g. to thrower shoes).

For the avoidance of doubt, the use of an Orthotic, a heel raise or heel cap as above does not fall within the maximum thickness for soles set out in the table in Appendix 3 of the World Athletics Shoe Regulations, with the intent that any other type of additional inner soles, insertions or additions are not permitted.

The full World Athletics Shoe Regulations can be accessed here:

<https://www.worldathletics.org/about-iaaf/documents/book-of-rules>

17. **Timetable Changes**

The timetable and any changes in the timetable or these regulations are available on the Athletics SA website - <https://www.athleticssa.com.au/events/169646/>

18. Medal Presentations

After finals, medal presentations will be made as soon as possible after the event. All placegetters are asked to assist with this procedure by going with an official at the completion of the event. Each athlete must wear either their competition singlet or tracksuit top for the presentation.

Medals (gold, silver, bronze) will be awarded to the first three (3) Athletics SA registered athletes in the event. If an interstate athlete places they will also receive a medal.

Non Members are not eligible for state medals.

19. Protests & Appeals

These must be lodged initially with the relevant Referee as per World Athletics Rules (WA TR8).

Appeals to the Jury can be made after a Protest to the Referee is dismissed, are to be made in writing on the appropriate form and lodged with the \$50 fee. Appeals may be lodged by either the athlete or athlete's representative and are to be lodged in the Results Room.

20. Para Athletics - Classification

An athlete intending to compete in a Para Athletics event must have a formally recognised National or International Level Classification.

21. Para Athletics - Baseline Performances

Baseline provides a simplified way for athletes, administrators, and coaches to compare performances in multi-class events across all athletes with an eligible classification. Baseline uses a base time/distance/height in each class for each contestable event and measures this as a percentage against the individual athletes' performance to generate a percentage score.

Athletics Australia (AA) may change or amend the Baseline guidelines and associated resources (including base performance) at any time. Baseline has replaced MDS for scoring for all events.

For further information on Baseline performance and the Baseline performance template please head to the Athletics Australia website.

22. Para Athletics - Secured Throws

All athletes in the secured (seated) throws will do their throws consecutively (four for U15, O35, O50 and 6 for U17 & Open).

Athletes will be allowed the allocated time to set their frame prior to their first throw.

- 4 minutes for F32-34 and F54-57
- 5 minutes for F31 and F51-53

All athletes will be allowed a re-adjustment time of 1 minute after the completion of three (3) throws.

Appendix 1

Take-off Boards for Triple Jumping Events

The following boards will be used for these Championships and will not be changed.

Age Group	Board
Open Women	9m or 11m
O35 Women	5m, 7m or 9m
O50 Women	5m, 7m or 9m
U20 Women	9m or 11m
U18 Women	7m, 9m or 11m
U17 Women	7m, 9m or 11m
U16 Women	7m, 9m or 11m
U15 Women	7m, 9m or 11m
U14 Women	7m, 9m or 11m
Open Men	11m or 13m
O35 Men	5m, 7m or 9m
O50 Men	5m, 7m or 9m
U20 Men	11m or 13m
U18 Men	9m or 11m
U17 Men	9m or 11m
U16 Men	9m or 11m
U15 Men	7m, 9m or 11m
U14 Men	7m, 9m or 11m

Appendix 2

Starting heights and progressions for vertical jumping events

Pole Vault - Women - Progressions

U16, U17 & O35 - 2.00m, 2.20m, 2.40m, 2.55m, 2.70m, 2.85m, 3.00m, 3.15m, 3.25m, 3.35m, 3.45m, 3.55m
U18, U20 & Open - 1.90m, 2.10m, 2.30m, 2.50m, 2.70m, 2.90m, 3.10m, 3.25m, 3.40m, 3.55m, 3.70m, 3.85m, 4.00m, 4.10m, 4.20m

Pole Vault – Men – Progressions

U14, U15 & O35- 2.00m, 2.20m, 2.40m, 2.55m, 2.70m, 2.85m, 3.00m, 3.15m, 3.25m, 3.35m, 3.45m, 3.55m
U17, U18 & U20 - 2.00m, 2.20m, 2.40m, 2.60m, 2.80m, 3.00m, 3.20m, 3.40m, 3.60m, 3.75m, 3.90m, 4.05m, 4.20m, 4.30m, 4.40m
Open – 3.00m, 3.20m, 3.40m, 3.60m, 3.80m, 4.00m, 4.20m, 4.40m, 4.55m, 4.70m, 4.85m, 5.00m, 5.15m, 5.25m, 5.35m, 5.45m

High Jump - Women - Progressions

U14, U16, U18 & U20 - 1.32m, 1.37m, 1.42m, 1.47, 1.52m, 1.55m, 1.58m, 1.61m, 1.63m, 1.65m, 1.67m
U15, U17 & Open – 1.26m, 1.31m, 1.36m, 1.41m, 1.46m, 1.51m, 1.54m, 1.57m, 1.60m, 1.63m, 1.66m, 1.69m, 1.71m, 1.73m, 1.75m
O35 – 1.10m, 1.15m, 1.20m, 1.24m, 1.28m, 1.32m, 1.35m, 1.38m, 1.41m, 1.44m, 1.47m, 1.49m, 1.51m

High Jump – Men - Progressions

U14, U15, U16, U20 & O35 – 1.27m, 1.32m, 1.37m, 1.42m, 1.47m, 1.52m, 1.57m, 1.62m, 1.66m, 1.70m, 1.74m, 1.78m, 1.82m, 1.85m, 1.88m, 1.91m, 1.94m
U17, U18 & Open – 1.51m, 1.56m, 1.61m, 1.66m, 1.71m, 1.75m, 1.79m, 1.83m, 1.87m, 1.90m, 1.93m, 1.96m, 1.99m, 2.02m, 2.04m, 2.06m, 2.08
O50 – 1.10m, 1.15m, 1.20m, 1.24m, 1.28m, 1.32m, 1.35m, 1.38m, 1.41m, 1.44m, 1.47m, 1.49m, 1.51m