

Athletics in the ACT

Rules of Competition for Under 14 - Under 18

Track and Field Championship

Athletics in the ACT Championship Events

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 Athletics ACT (AACT) or Little Athletics ACT (LAACT) rules.
2. All coaches and parents/guardian (one per athlete) will have to be registered, using the On-Line Entry system, in order to enter the venue in accordance with the event's COVID plan. Unfortunately, due to the limited numbers allowed in the venue, general spectators will not be permitted to register to enter the venue to watch the competition.
3. Athletes, (and their parent/guardian and coaches) may be required to exit the venue when not warming up for an event, or competing, in order to stay within the size limit of the event's COVID plan. Athletes may also be required to complete warm downs outside the venue on the adjacent ovals.

Entry

4. Entry to Athletics in the ACT Track and Field Championship events is open to all athletes who are registered and financial for the current season with:
 - AACT, through an affiliated Club;
 - LAACT, through an affiliated Centre;
 - A Club/Centre affiliated with another State/Territory Association that is, itself, affiliated with Athletics Australia or Australian Little Athletics; or
 - An overseas nation that has affiliation with the WA
5. Entry to each Championship event/s will be by an On-Line Entry system. Athletes without internet access, a credit/debit card should contact the Athletics in the ACT office for an alternative method of entry.
6. When entering a Championship event/s, athletes are required to enter a 'season best' performance (or best estimate of) for each event. For track events, this performance will affect the seeded Heat, lane or Timed Seeded Final that the athlete will be placed in. For events with Timed Seeded Finals (Long Hurdles, 400m, 800m and 1500m), athletes may be required to verify the submitted performance and the date of that performance. **Times can be submitted for events conducted from October 1st, 2019.**
7. Athletes that are only registered with a Little Athletics club cannot enter the following events as they are not offered by LAACT in their standard program of events.
 - Hammer Throw
 - Pole Vault
 - Steeplechase
 - 5km walk
 - 3km walk (unless in the U16 and U17 age groups at Little Athletics).
 - All Hurdles races- as the hurdles used at this event are not the same as those used at Little Athletics*.

* All Hurdle races for those in the LAACT age groups of U14 to U17 will be conducted at the U9 to U13 LAACT State Championships on 13th and 14th March. Details on how to enter these events will be sent out in February.

8. After the close of entries, a final programme of events will be made available on the Athletics in the ACT website. For events that involve Heats and Finals at the time of publication of the programme of events, if the final number of athletes after the close of check-in is only sufficient to support a single Heat, then the event will be run as a straight Final at the time that was scheduled for the Heats.
9. **Athletes, or their representatives, must check the final program of events as times may be different from the Draft program.**
10. All entries with accompanying payment must be **submitted by 4pm, Monday 22nd February.** There will be no late entries accepted, regardless of circumstance. There are no On-Day entries for this Championship.
11. Other than as detailed at point 36 below, entry fees are non-refundable, regardless of circumstance.

Age Groups

12. Events will be conducted in the Under 14, Under 15, Under 16, Under 17 and Under 18 age group, with age groups determined by age of the athlete as at 31 December of the year of the competition.

Please note this is different to standard LAACT age groups. Please see the table below for LA athletes. Athletes will still be competing with the same athletes as in normal competitions, just the name of the age group will have changed.

Year of Birth	2009	2008	2007	2006	2005	2004
LA Age Group	U12*	U13*	U14	U15	U16	U17
AGE GROUP FOR THIS EVENT	U14 Must be dual registered with AACT		U15	U16	U17	U18

*Under 12 and Under 13 LAACT athletes, who are Dual Registered, can compete in the Under 14 age group. If athletes are only registered with LAACT, their State Championships will be conducted at the LAACT U9 to U13 Championships held on 13th and 14th March.

13. Athletes are not able to compete in an older age group than the group that they are eligible for.

Starts and Starting Blocks

14. Athletes need to note that using Starting Blocks is NOT mandatory at these Championships, however, if proceeding onto the Athletics Australia Nationals, using Starting Blocks is mandatory.
15. All age groups will be allowed one false start before disqualification of the athlete responsible for the next, or subsequent, false starts.

Competition Uniforms

16. If athletes are registered only with a Little Athletics club, they must compete in that club's uniform.
17. If athletes are registered only with a Senior club, they must compete in that club's uniform.
18. If athletes are Dual Registered and competing in an event offered by both Little Athletics and Senior Athletics, then the athlete may compete in either centre/club's uniform.
19. If athletes are Dual Registered and competing in an event offered only by Senior Athletics (see point 5 on previous page), then the athlete must compete in the Senior club's uniform.

20. If, for contractual reasons, an athlete is required to wear a uniform that is approved under WA rule 143.1 and meets Athletics Australia uniform advertising regulations during the Athletics in the ACT Track and Field Championships, please advise these details by contacting the Athletics in the ACT office prior to the close of entries.

Check In

21. **Athlete Event Check-In closes 45 minutes before the start time of the events in that block unless otherwise stated on the final program. The check-in close-off time will be strictly enforced, regardless of circumstances.**
22. There will be no Call Room. Athletes are to report directly to their event site no later than 10 minutes before the scheduled start time for track events and 20 minutes for field events. Warm up for Pole Vault will commence approximately 45 minutes before the scheduled start time.
23. Athletes must wear the competition numbers including the sponsor logo supplied by Athletics in the ACT, (or in the occurrence they are not supplied, their current registration numbers) when competing in any of the Championship events. Little Athletics registered athletes must also wear their Coles patch on the front of their uniform.
24. Athletes supplying their own throwing implements for competition must have them lodged for checking no later than 2 hours before the event time at the Technical Room (located near the top of the front straight). A maximum of two implements per athlete, per event, will be allowed to be lodged.

Field Event Trials

25. In field events, except for the High Jump and Pole Vault, each Under 14, Under 15 and Under 16 athlete will be allowed three non-consecutive trials and the eight athletes in each age group with the best valid performances will be allowed a further one trial. Where there are eight athletes or fewer in that age group, each athlete shall be allowed four trials.
26. In field events, except for the High Jump and Pole Vault, each Under 17, and Under 18 athlete will be allowed three non-consecutive trials and the eight athletes in each age group with the best valid performances will be allowed a further three trials. Where there are eight athletes or fewer in that age group, each athlete shall be allowed six trials.
27. For the vertical jumps (High Jump and Pole Vault), ties for first place will result in joint winners. There will not be a jump off.

Event Clashes

28. If an athlete is entered in both a track and field event (or two field events) held at the same time, the track event takes precedence over the field event. The athlete must ensure that they, or their representative, reports to the Field Event Chief to have them recorded as participating in the event before the competition in the event starts. An athlete may be allowed to take a field trial in a different order to that shown on the recording sheets, except in the final round of competition. If a round has been completed inside the first three rounds, the athlete returning to the field event will be allowed to take that round unless the final rounds have already started.

Spikes

29. Spikes must be no longer than 9mm for High Jump and Javelin and must be no longer than 7mm for all other events. Because of the design of the track surface, only Christmas tree spikes and pyramid spikes are allowed for use. These spikes will not damage the track. Needle spikes, however, will damage the track. The thin-sharp pointed needle spikes allow the spike to penetrate the surface which can rupture and degrade the track over time. Referees can request athletes change their spikes if an Official has concerns about the spikes an athlete is using. Non-compliance can result in disqualification from the event.

Protests

30. The rules with regard to protests are in accordance with the WA and WPA Rules of Competition and apply to all athletes. The competition rules can be found on the www and, due to the number of rules, cannot be listed here.
31. A \$50 deposit must be lodged with each formal protest. Refund of the deposit is subject to decision by the Jury of Appeal. Where an athlete has been disqualified but wishes to compete under protest, they must first lodge a simple notice of protest to the relevant event Referee **and pay the \$50 deposit.**

Para Athletes

32. WPA athletes may enter either WPA events, or able-bodied events, but may not enter both in the same event.
33. Athletes do not have to have a National Classification to compete at this event. Please contact the Athletics in the ACT office if an athlete does not have a classification so that an appropriate classification can be assigned for this event only.
34. If athletes wish to compete at a National Championship, they will be required to obtain a National Classification.

Medals

35. Athletics in the ACT awards medals to the first three place getters in each event and the first three registered Athletics in ACT athletes in each event where they may not be one of the first three outright placegetters.

Timed Finals

36. Due to the timeframe of the Championships, Timed Finals (if necessary) occur in the following events:
 - 200m/400m Hurdles
 - 400m
 - 800m
 - 1500m

Athletes will be placed into seeded races based on seed times (these will be checked). Final Place getters will be calculated after all seeded finals are completed. For the 800m and 1500m, the size of the field in any seeded race will be at the discretion of the Competition Manager after consultation with the AACT Executive Officer and LAACT Executive Officer.

Sprints and Sprint Hurdles Field Sizes

37. The maximum field size will be 10 athletes in events on the front straight.

Interstate Hotspots

38. If an athlete enters these Championships from interstate which then subsequently is identified as a COVID hotspot at the time of the Championships, then the athlete, upon request, will be refunded their entry fee less a \$5 administration charge.

Hurdles (AACT registered athletes only)**Men**

Age Group	Distance	No of Hurdles	Hurdle Height	First Hurdle at	Between Hurdles	Last Hurdle to Finish
Under 17 & Under 18	110 m	10	91.4 cm	13.72 m	9.14 m	14.02 m
Under 15 & Under 16	100 m	10	84.0 cm	13.0 m	8.5 m	10.5 m
Under 14	90 m	9	76.2 cm	13.0 m	8.0 m	13.0 m
Under 17 & Under 18	400 m	10	84.0 cm	45.0 m	35.0 m	40.0 m
Under 14 & Under 15 & Under 16	200 m	10	76.2 cm	18.29 m	18.29 m	17.10 m

Women

Age Group	Distance	No of Hurdles	Hurdle Height	First Hurdle at	Between Hurdles	Last Hurdle to Finish
Under 17 & Under 18	100 m	10	76.2 cm	13.0 m	8.5 m	10.5 m
Under 15 & Under 16	90 m	9	76.2 cm	13.0 m	8.0 m	13.0 m
Under 14	80 m	9	76.2 cm	12.0 m	7.0 m	12.0 m
Under 17 & Under 18	400 m	10	76.2 cm	45.0 m	35.0 m	40.0 m
Under 14 & Under 15 & Under 16	200 m	10	76.2 cm	18.29 m	18.29 m	17.10 m

Steeplechase (AACT registered athletes only)

Age Group	Men		Women	
	Distance	Steeple Height	Distance	Steeple Height
Under 17 & Under 18	2 000 m	84.0 cm	2000 m	76.2cm
Under 15 & Under 16	2 000 m	76.2 cm	2000 m	76.2cm
Under 14	1500 m	76.2 cm	1500 m	76.2cm

Throwing Implements**Men**

	Shot	Discus	Javelin	Hammer (AACT only)
Under 17 & Under 18	5.00 kg	1.50 kg	700 g	5.00 kg
Under 15 & Under 16	4.00 kg	1.00 kg	700 g	4.00 kg
Under 14	3.00 kg	1.00 kg	600 g	3.00 kg

Women

	Shot	Discus	Javelin	Hammer (AACT only)
Under 17 & Under 18	3.00 kg	1.00 kg	500 g	3.00 kg
Under 15 & Under 16	3.00 kg	1.00 kg	500 g	3.00 kg
Under 14	3.00 kg	1.00 kg	400 g	3.00 kg

Para Implement Weights

Implement weights for athletes affected by a; Hearing Impairment (F01), Vision Impairment (F11-13), Intellectual Impairment (F20) or Transplant (F60);

F01, F11, F12, F13, F20, F60

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Hammer Men	Hammer Women
U18	1.75kg	1.0kg	6.0kg	4.0kg	800g	600g	6.0kg	4.0kg
U17	1.5kg	1.0kg	5.0kg	3.0kg	700g	500g	5.0kg	3.0kg
U16	1.5kg	1.0kg	5.0kg	3.0kg	700g	500g	5.0kg	3.0kg
U15	1.0kg	1.0kg	4.0kg	3.0kg	700g	500g	4.0kg	3.0kg
U14	1.0kg	1.0kg	4.0kg	3.0kg	700g	500g	4.0kg	3.0kg

Implement weights for athletes with a formal diagnosis of Trisomy 21 or Translocation Down Syndrome (F20 - II2);

F20 (II2)

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Hammer Men	Hammer Women
U18	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE
U17	1.0kg	750g	3.0kg	2.0kg	500g	400g	NE	NE
U16	1.0kg	750g	3.0kg	2.0kg	500g	400g	NE	NE
U15	1.0kg	750g	3.0kg	2.0kg	500g	400g	NE	NE
U14	1.0kg	750g	3.0kg	2.0kg	500g	400g	NE	NE

Implement weights for athletes affected by; Hypertonia, Athetosis or Ataxia F31-34 (Seated), F35-38 (Standing);

F31, F32, F33, F34, F35, F36, F37, F38

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Club Men	Club Women
U18	F31	NE	NE	NE	NE	NE	NE	397g	397g
	F32	1.0kg	1.0kg	2.0kg	2.0kg	NE	NE	397g	397g
	F33	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g	NE	NE
	F34	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F35	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F36	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F37	1.0kg	1.0kg	5.0kg	3.0kg	600g	600g	NE	NE
	F38	1.5kg	1.0kg	5.0kg	3.0kg	800g	600g	NE	NE
U17	F31	NE	NE	NE	NE	NE	NE	397g	397g
	F32	750g	750g	1.0kg	1.0kg	NE	NE	397g	397g
	F33	750g	750g	2.0kg	2.0kg	500g	500g	NE	NE
	F34	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F35	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F36	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F37	750g	750g	4.0kg	2.0kg	500g	500g	NE	NE
	F38	1.0kg	750g	4.0kg	2.0kg	600g	500g	NE	NE

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Club Men	Club Women
U16	F31	NE	NE	NE	NE	NE	NE	397g	397g
	F32	750g	750g	1.0kg	1.0kg	NE	NE	397g	397g
	F33	750g	750g	2.0kg	2.0kg	500g	500g	NE	NE
	F34	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F35	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F36	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F37	750g	750g	4.0kg	2.0kg	500g	500g	NE	NE
	F38	1.0kg	750g	4.0kg	2.0kg	600g	500g	NE	NE
U15	F31	NE	NE	NE	NE	NE	NE	397g	397g
	F32	750g	750g	1.0kg	1.0kg	NE	NE	397g	397g
	F33	750g	750g	2.0kg	2.0kg	500g	400g	NE	NE
	F34	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F35	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F36	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F37	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F38	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
U14	F31	NE	NE	NE	NE	NE	NE	397g	397g
	F32	750g	750g	1.0kg	1.0kg	NE	NE	397g	397g
	F33	750g	750g	2.0kg	2.0kg	500g	400g	NE	NE
	F34	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F35	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F36	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F37	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F38	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE

Implement weights for athletes affected by short stature (F40-41);

F40, F41

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Hammer Men	Hammer Women
U18	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE
U17	1.0kg	750g	3.0kg	2.0kg	500g	400g	NE	NE
U16	1.0kg	750g	3.0kg	2.0kg	500g	400g	NE	NE
U15	1.0kg	750g	3.0kg	2.0kg	400g	400g	NE	NE
U14	1.0kg	750g	3.0kg	2.0kg	400g	400g	NE	NE

Implement weights for athletes throwing from a standing position affected by limb deficiency, impaired PROM, impaired muscle power, leg length difference (F42-F46) & athletes affected by lower limb deficiency and/or leg length difference who use unilateral Prosthesis or bilateral Prostheses (F61-F64);

F42, F43, F44, F45, F46, F61, F62, F63, F64

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Hammer Men	Hammer Women
U18	1.5kg	1.0kg	6.0kg	4.0kg	800g	600g	6.0kg	4.0kg
U17	1.0kg	1.0kg	5.0kg	3.0kg	700g	500g	5.0kg	3.0kg
U16	1.0kg	1.0kg	5.0kg	3.0kg	700g	500g	5.0kg	3.0kg
U15	1.0kg	1.0kg	4.0kg	3.0kg	600g	400g	4.0kg	3.0kg
U14	1.0kg	1.0kg	4.0kg	3.0kg	600g	400g	4.0kg	3.0kg

Implement weights for athletes for athletes throwing from a seated position affected by limb deficiency, impaired PROM, impaired muscle power or leg length difference (F51-F57);

F51, F52, F53, F54, F55, F56, F57

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Club Men	Club Women
U18	F51	1.0kg	1.0kg	NE	NE	NE	NE	397g	397g
	F52	1.0kg	1.0kg	2.0kg	2.0kg	600g	600g	NE	NE
	F53	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g	NE	NE
	F54	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F55	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F56	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F57	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
U17	F51	750g	750g	NE	NE	NE	NE	397g	397g
	F52	750g	750g	2.0kg	2.0kg	500g	500g	NE	NE
	F53	750g	750g	2.0kg	2.0kg	500g	500g	NE	NE
	F54	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F55	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F56	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F57	1.0kg	750g	3.0kg	2.0kg	500g	500g	NE	NE
U16	F51	750g	750g	NE	NE	NE	NE	397g	397g
	F52	750g	750g	2.0kg	2.0kg	500g	500g	NE	NE
	F53	750g	750g	2.0kg	2.0kg	500g	500g	NE	NE
	F54	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F55	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F56	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F57	1.0kg	750g	3.0kg	2.0kg	500g	500g	NE	NE
U15	F51	750g	750g	NE	NE	NE	NE	397g	397g
	F52	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F53	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F54	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F55	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F56	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F57	750g	750g	2.0kg	2.0kg	500g	400g	NE	NE
U14	F51	750g	750g	NE	NE	NE	NE	397g	397g
	F52	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F53	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F54	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F55	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F56	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F57	750g	750g	2.0kg	2.0kg	500g	400g	NE	NE