

# Athletics in the ACT

## Rules of Competition for Track and Field Championship for Under 14 – Under 18 incorporating ACT Masters' events.

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### 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) and/or World Masters Athletics (WMA) Rules of Competition except as specifically varied by Athletics ACT (AACT) or Little Athletics ACT (LAACT) or ACT Masters Athletics Club (ACTMA) rules.
2. Athletes in Open and U20 track events compete under the AACT Summer Competition Rules.

### Entry

3. 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;
  - ACTMA
  - A Club/Centre affiliated with another State/Territory Association that is, itself, affiliated with Athletics Australia or Australian Little Athletics or Australian Masters Athletics
  - An overseas nation that has affiliation with WA
4. 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, or ACTMA for an alternative method of entry.
5. 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 1<sup>st</sup> in the previous season.**
6. 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 (collapsible) 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.
7. 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.
8. Athletes, or their representatives, must check the Final program of events as times may be different from the Draft program.
9. Athletes must check that they have entered their correct events and if an error is found, must email the Athletics in the ACT office, or ACTMA before entries close.

10. All entries with accompanying payment must be **submitted by 4pm on the Monday prior to the Championship**. There will be no late entries accepted, regardless of circumstance. There are no On-Day entries for this Championship.
11. 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 of 31 December of the year of the competition.

Please note this is different to standard LAACT age groups. Please see the table below for LAACT 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	2011	2010	2009	2008	2007	2006
LA Age Group	U12*	U13*	U14	U15	U16	U17
<b>AGE GROUP FOR THIS EVENT</b>	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.

13. Athletes are not able to compete in an older age group than the age group that they are eligible for.
14. Masters athletes compete in 5 year age groups starting from 30 years. Two or more age groups, males and females, may compete together, however, results will be separated into age groups,

### Starts and Starting Blocks

15. U14-U18 athletes need to note that using Starting Blocks, or the use of a crouch start, is NOT mandatory at these Championships.
16. If athletes are proceeding onto the Athletics Australia Nationals, the use of Starting Blocks is highly recommended at these Championships.
17. At these Championships, all age groups will be allowed one false start before disqualification of the athlete responsible for the next, or subsequent, false starts.
18. 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.
19. In any Masters race 400m or less, individual masters athletes who are charged with a false start, as determined by the Starter, shall be warned. Individual Masters athletes who are charged with their second false start in the same race, as determined by the Starter, shall be disqualified.

### Competition Uniforms

20. If athletes are registered only with a Little Athletics club, they must compete in that club's uniform.
21. If athletes are registered only with a Senior club, they must compete in that club's uniform.
22. If athletes are registered only with a Masters club, they must compete in that club's uniform.
23. 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.
24. If athletes are Dual Registered and competing in an event offered only by Senior Athletics (see Point 6 on previous page), then the athlete must compete in the Senior club's uniform

25. If Masters athletes are Dual Registered with a Senior athletics club, then the athlete may compete in either uniform.
26. 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

27. Check-in to all events will close 45 minutes prior to the event unless specifically notified on the program of events. The check-in close-off time will be strictly enforced, regardless of circumstances.
28. All that day's events sign-on sheets will be available at the start of each day and athletes are encouraged to sign on for all their events for that day when they first arrive.
29. 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.
30. Where possible, an announcement will be made over the PA re athletes reporting to event sites approximately 10 minutes before the event is due to start.
31. 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.

### Personal Implements

32. 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 on the back straight). A maximum of two implements per athlete, per event, will be allowed to be lodged.
33. If throwing field events on the last day of competition are starting before 9:30am, throwing implements must be lodged the day before. The implements will be impounded until after the competition when athletes may collect them from the Technical Room.
34. There should be no stickers on the discus. The ends of the hammer wire shall be covered by clear plastic tubing to prevent the wire unravelling during competition.

### Field Event Trials

35. 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.
36. 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.
37. In Masters throwing events, the best eight competitors after three rounds in each age group will be eligible for a further three trials. When there are eight or less competitors in an age group all will be eligible for six trials.
38. 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.
39. Athletes will be allowed one warm up throw for Throws Events.
40. Athletes will be allowed one run through, and one practice jump for Horizontal Jumps.

41. In High Jump and Pole Vault, the length of warm up will be determined by the Event Chief guided by the time the event is due to start.
42. The order of competition will be in accordance with the printed recording sheets. Where there are more than 3 rounds in Field events (does not apply to High Jump or Pole Vault), athletes will jump in reverse order (shortest to longest result) from the printed recording sheet after the 3<sup>rd</sup> round.

### Field Event Trials

43. The following starting heights and progressions will apply:

Event	Starting Height/Board	Progression
High Jump U14 M & F	1.10	By 5cm
High Jump U15 M & F	1.15	By 5cm
High Jump U16 M & F	1.20	By 5cm
High Jump U17 M & F	1.25	By 5cm
High Jump U18 M & F	1.30	By 5cm
All AGES Pole Vault	1.70	By 15cm
Triple Jump U14 M & F	5m/7m Board	
Triple Jump U15 M & F	7m/9m Board	
Triple Jump U16 M & F	7m/9m/11m Board	
Triple Jump U17 M & F	7m/9m/11m Board	
Triple Jump U18 M & F	7m/9m/11m Board	
All Masters Events	No specified starting heights or Boards	

### Event Clashes

44. 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/Flats

45. 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.
46. 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.
47. No shoes over 25mm thickness of sole/stack height are allowed on the track in events of 800m or longer. This rule does not apply to Masters athletes.

## Protests

48. The rules with regard to protests are in accordance with the WA, WMA and WPA Rules of Competition and apply to all respective athletes. The WA, WMA and WPA Competition Rules can be found on the World Athletics website under the 'Our Sport' tab or the World Para Athletics website under the 'Rules' tab and, due to the number of competition rules, cannot be listed here.
49. 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 and is allowed 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

50. Age groups will be combined for all Track and Field events if entry numbers require this to occur.
51. Para athletes may enter either WPA events, or able-bodied events, but may not enter both in the same event.
52. Para 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.
53. If Para athletes wish to compete at a National Championship, they will be required to obtain a National Classification.

## Medals

54. Athletics in the ACT medals will be presented 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.
55. Para athletes will be presented Athletics in the ACT medals to the first three place getters in each event, in each age group, and the first three registered Athletics in ACT Para athletes in each event where they may not be one of the first three outright placegetters.
56. ACTMA will award medals to the first three place getters in each event in each age group.

## Timed Finals

57. Due to the timeframe of these Championships, Timed Finals (if necessary) occur in the following events:
  - 200m/300m/400m Hurdles
  - 400m
  - 800m
  - 1500m

Athletes will be placed into seeded races based on seed times (these may 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 Championship Competition Manager after consultation with the Track Referee.

## Sprints and Sprint Hurdles Field Sizes

58. The maximum field size for sprints will be 10 athletes in events on the front straight. Events will not be switched to the back straight.
59. The maximum field size for Hurdles will be 8 athletes.

### **800m Laned Start**

60. In the 800m, athletes stay in their allocated lane until the 'cut in' on the back straight that will be clearly marked with bottles.

## Throwing Implements

	Men					Women				
	Shot	Discus	Javelin	Hammer	Weight Throw	Shot	Discus	Javelin	Hammer	Weight Throw
Under 17&18	5 kg	1.5 kg	700 g	5 kg	NA	3 kg	1 kg	500 g	3 kg	NA
Under 15&16	4 kg	1 kg	700 g	4 kg		3 kg	1 kg	500 g	3 kg	
Under 14	3 kg	1 kg	600 g	3 kg		3 kg	1 kg	400 g	3 kg	
Masters 30-49	7.26 kg	2 kg	800 g	7.26 kg	35 lb	4 kg	1 kg	600 g	4 kg	20 lb
Masters 50-59	6 kg	1.5 kg	700 g	6 kg	25 lb	3 kg	1 kg	500 g	3 kg	16 lb
Masters 60-69	5 kg	1 kg	600 g	5 kg	20 lb	Women 60-74 3 kg	1 kg	500 g	3 kg	12 lb
Masters 70-79	4 kg	1 kg	500 g	4 kg	16lb	Women 75+ 2 kg	750 g	400 g	2 kg	4 kg
Masters 80+	3 kg	1 kg	400 g	3 kg	12lb					

## Hurdles (AACT registered athletes only for junior age groups)

	Men			Women		
Age Group	Distance	No of Hurdles	Hurdle Height	Distance	No of Hurdles	Hurdle Height
Under 18	110 m	10	91 cm	100 m	10	76 cm
Under 16	100 m	10	84 cm	90 m	9	76 cm
Under 14	90 m	9	76 cm	80 m	9	76 cm
Masters 30-49	110 m	10	99 cm	Masters 30-39 100 m	10	84 cm
				Masters 40-49 80 m	8	76 cm
Masters 50-59	100 m	10	91 cm	80 m	8	76 cm
Masters 60-69	100 m	10	84 cm	Masters 60+ 80 m	8	68 cm
Masters 70-79	80 m	8	76 cm			
Masters 80+	80 m	8	68 cm			
Under 17&18	400 m	10	84 cm	400 m	10	76 cm
Under 14&15&16	200 m	10	76 cm	200 m	10	76 cm
Masters 30-49	400 m	10	91 cm	400 m	10	76 cm
Masters 50-59	400 m	10	84 cm	300 m	7	76 cm
Masters 60-69	300 m	7	76 cm	300 m	7	68 cm
Masters 70-79	300 m	7	68 cm	Masters 70+ 200 m	5	68 cm
Masters 80+	200 m	5	68 cm			

## Steeplechase (AACT registered/dual registered athletes only/Masters)

	Men		Women	
Age Group	Distance	Steeple Height	Distance	Steeple Height
Under 17&18	2000 m	84 cm	2000 m	76 cm
Under 15&16	2000 m	76 cm	2000 m	76 cm
Under 14	1500 m	76 cm	1500 m	76 cm
Masters 30-59	3000 m	91 cm	Masters 30+ 2000 m	76 cm
Masters 60+	2000 m	76 cm		