



AUSTRALIAN ATHLETICS CHAMPIONSHIPS

March 26 – April 2, 2017

Sydney Olympic Park Athletics Centre

TECHNICAL REGULATIONS

ATHLETES ARE REQUESTED TO READ THE FOLLOWING VERY CAREFULLY

These Championships will be conducted according to the rules of the IAAF, IPC and Athletics Australia.

1. UNIFORMS:

Junior - All athletes entered in the Championships must wear their approved Member Association uniform

Open - Athletes are encouraged to wear their Member Association, Institute/Academy of Sport, or First Claim Club uniform.

Open athletes may wear the uniform of their choice, however all uniforms must comply with the amended Athletics Australia advertising regulations. Further information is available [here](#).

2. COMPETITION BIBS

Competition bibs will be issued to competitors when they check in for their first event.

Collection of the bibs is from the **Technical Information Centre (TIC)**. All athletes must report to TIC, which is located in VIP room 1, with access from the concourse.

The competition bibs issued to competitors for these Championships must be worn on the front and back of your competition uniform firmly attached with not less than four (4) pin. The entire bib including sponsorship information must be visible at all times and no part of the bib shall be folded under the uniform.

ATHLETICS AUSTRALIA WILL ENFORCE IAAF RULE 143.8 & 143.11, WHICH RENDER AN ATHLETE LIABLE TO DISQUALIFICATION IF S/HE TAMPERS IN ANY WAY WITH THE COMPETITION BIB.

Hip numbers will be provided in the Call Room.

3. ACCREDITATION must be collected from the accredited entry point outside the main gate. Please note this is **not** Athlete Check in! Athletes will be required to wear their accreditation at all times

Accreditations are **NOT** transferable. Athletes will not be granted entry to the stadium without an Accreditation for any reason.

4. CONFIRMATION OF ENTRIES for each event is the responsibility of each individual athlete.

Athletes MUST report to the **Technical Information Centre (TIC)**, to advise their intention to compete, not later than **ONE HOUR (90 MINUTES for pole vault)** before the scheduled starting time of each event, otherwise they will be scratched from the event.

ATHLETES MUST ENSURE THAT TIC OFFICIALS CONFIRM OR SCRATCH EACH OF THEIR ENTRIES CORRECTLY.

Athletes are encouraged to confirm for all events at one time, as early as practical. After close of confirmation of events, heat allocations and lane draws will be conducted for track events. Draws for all events will be posted on notice boards as soon as they become available.

5. **SCRATCHINGS:** If an athlete fails to scratch from an event after confirmation or does not compete in all rounds of an event for which s/he has qualified, s/he may not be permitted to compete further as outlined in IAAF Rule 142.4.
6. **WARM UP & TRAINING:** Athletes may warm up on the Warm Up Track. Please note the venue will be available (free of charge) for training at the times outlined below. For other training availability, please [click here](#).

Friday 24 th March	3:00pm – 8:00pm
Saturday 25 th March	9:00am – 6:00pm
Sunday 26 th March	9:00am – 2:00pm
Monday 27 th March	2:00pm – 4:00pm
Tuesday 28 th March	2:30pm – 4:00pm
Wednesday 29 th March	Warm up track only
Thursday 30 th March	2:00pm – 4:00pm
Friday 31 st March	2:00pm – 4:00pm

Please note that due to the size of the Championships, the throwing cage on the warm-up track will be utilised for competition throughout the Championships. Please follow the direction of the officials and be aware of infield competition.

PLEASE FOLLOW ALL OFFICIALS DIRECTIONS FOR SAFETY OF ALL ATHLETES. General warm up will not be permitted elsewhere in the arena, except for field events once the previous event has finished and you have passed through the Call Room. Athletes will not have access to the main track other than when they are led out from the Call Room prior to their event. At the conclusion of your event, all athletes **must** leave the main track immediately via the Post Event Control Area.

7. CALL ROOM PROCEDURES:

There will be a call room in operation. This is located in the white tent above the 1500 start line. In addition to confirming their entries, all athletes are required to report in to the Call Room prior to their event.

Having previously checked in, ALL athletes must report to the call room on time with their competition bibs (provided at check in) attached with not less than four (4) pins on the front and back of their competition uniform.

In the Call Room athletes will be expected to demonstrate that their competition uniform, singlet and numbers, shoes and other equipment comply with the competition rules.

Athletes will proceed to the start of their event from the Call Room ACCOMPANIED BY A CALL ROOM JUDGE OR FIELD EVENT OFFICIAL. Athletes who proceed to the event not accompanied by a judge or official may not be allowed to start.

The closing Call Entry Times at the CALL ROOM are (prior to scheduled event starting times):

Pole Vault	70 minutes
Discus, Javelin, Hammer, High Jump	45 minutes
Long & Triple Jump, Shot Put	35 minutes
Hurdles, Wheelchair Track, Seated Throws	20 minutes
Other track events	15 minutes

This time allows for marshalling and movements 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 (under the supervision of the officials).

If an athlete is already or likely to be competing in another event at the designated call time the athlete or someone on his/her behalf must notify the Call Room of this prior to the designated call time.

Please note that Para wheelchair athletes will not be able to take their day chairs into the Call Room (except for those in seated throws).

8. **START RULE DISPENSATION:**

IAAF Competition Rule 162: Rules: 162.6 & 162.7 “Any competition (or part thereof) conducted exclusively for athletes competing in the under 14 age group and younger; only one false start per race 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 as applied to the older age group.

The effect of this dispensation for these Championships is that:

- (a) for the Under 15 to Under 20 events inclusive, the IAAF Rule will be applied, subject to the Australian Starting Guidelines (a copy of which is available on the AA web-site); and
- (b) for the Under 14 the above dispensation will be applied.
- (c) for the Under 16 and U20 para events, the start rule will be applied as per individual classification standards

9. **PROGRESSION TO FINALS (TRACK):**

Rules for progression and qualifying rounds are as follows. These are the numbers of athletes checked-in and over-ride the IAAF Rules, and remain subject to changes directed by the Competition Director or Competitions Manager of Athletics Australia.

- | | | |
|--|---------|-----------------|
| • 100m/400m/Sprint Hurdles & 400 Hurdles | 1-9 | Final only |
| | 10-27* | two rounds only |
| | over 27 | three rounds |
| • 200m & 800m | 1-9 | Final only |
| | over 9 | two rounds only |
| • 1500 metres | 1-15 | Final only |
| | over 15 | two rounds only |
| • Steeple, 5000m & 10000m Walk | | Final only |

* At the discretion of the Administration Delegate, up to 10 athletes may be included in the first round of the 100m or sprint hurdles, and up to 11 athletes may be included in 800 metres heats

** If the confirmed number of athletes is too large in the Steeple, 5000m and 10,000m Walk, the race may be divided and timed finals conducted

PROGRESSIONS

For 100m, 400m & 400 Hurdles (Women)

- | | |
|---------|---|
| 6 heats | First 3 per heat plus next 6 fastest to semi-finals |
| 5 heats | First 4 per heat plus next 4 fastest to semi-finals |
| 4 heats | First 3 per heat plus next 4 fastest to semi-finals |

For 200m, Sprint Hurdles, 400 Hurdles (Men), 800m

- | | |
|---------|---|
| 6 heats | First plus next 2 fastest to final |
| 5 heats | First plus next 3 fastest to final |
| 4 heats | First plus next 4 fastest to final |
| 3 heats | First 2 per heat plus next 2 fastest to final |
| 2 heats | First 3 per heat plus next 2 fastest to final |

For 100m, 400m, 400m hurdles

- | | |
|---------------|---|
| 3 semi-finals | First 2 per heat plus next 2 fastest to final |
| 2 semi-finals | First 3 per heat plus next 2 fastest to final |

For events of 1500 metres

- | | |
|---------|--|
| 4 heats | First 3 per heat plus next 3 fastest to final (ie 15 in final) |
| 3 heats | First 3 per heat plus next 3 fastest to final (ie 12 in final) |
| 2 heats | First 4 per heat plus next 4 fastest to final (ie 12 in final) |

The 'next fastest' will be decided on times to 0.01sec. If the times are equal then the highest placing in the round will determine who will progress to the next round if there is no spare lane available. 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 **one hour** before the advertised starting time of the event. Where all scheduled rounds of a competition are not required then the first round shall be cancelled, unless otherwise advised.

In the absence of extraordinary circumstances, IAAF Rule 166.3 and 166.4 will be used.

Where more than three heats are held for any Open 200m or 800m event, but no semi finals, a B final will be conducted as per the published program. B finals may also be held in other events at the discretion of the Competition Manager.

In such a case for 200 and 800 events only, should all 9 lanes not be otherwise required, 9 athletes will progress to the final.

10. PIT LANE

Athletics Australia will trial the Pit lane rule for the following walking events at the Australian Athletics Championships;

- Open (Male & Female)
- Under 20 (Male & Female)
- Under 18 (Male & Female)
- Under 17 (Male & Female)

Please see the attached memo on the rules and regulations for this rule/events

11. FIELD EVENTS

In throwing events and the horizontal jumps in the **U14, U15, U16 and U17** age groups, all athletes will have three (3) trials. At the conclusion of the **3 trials**, the best 8 athletes will have **one (1)** further trial. The competition order will be changed after round 3.

In the **U18, U20 & Open** age groups, all athletes will have three (3) trials and the best eight (8) thereafter, will have a further three (3) trials. The competition order will be changed after round 3.

PROGRESSION TO FINALS (FIELD): If qualifying rounds are required in field events then a qualifying mark shall be set and all athletes who better the performance shall proceed to the final or the top **10 athletes**, whichever is the greater number. *Qualifying marks will be made available on the Athletics Australia website: www.athletics.com.au.*

If qualifying rounds for field events other than those already indicated on the timetable are required all athletes entered for the event will be notified.

12. STARTING HEIGHTS: The following starting heights will apply:

Age Group	Pole Vault	High Jump
Open (Men)	4.60	1.85
Open (Women)	3.40	1.65
Under 14 (Men)	1.60	1.40
Under 14 (Women)	1.60	1.35
Under 15 (Men)	1.80	1.60
Under 15 (Women)	1.80	1.40
Under 16 (Men)	2.00	1.60
Under 16 (Women)	1.90	1.40
Under 17 (Men)	2.60	1.65
Under 17 (Women)	2.10	1.45
Under 18 (Men)	2.80	1.70
Under 18 (Women)	2.30	1.45
Under 20 (Men)	3.30	1.80
Under 20 (Women)	2.80	1.50

Progressions will be determined at the Technical Meeting

13. TRIPLE JUMP: The following boards will be used in the Triple Jump:

Age Group	Board
Open Men	13m Only
Open Women	11m Only
Under 14 (Men)	9/11m
Under 14 (Women)	9/11m
Under 15 (Men)	9/11m
Under 15 (Women)	9/11m
Under 16 (Men)	9/11m
Under 16 (Women)	9/11m
Under 17 (Men)	11/13m
Under 17 (Women)	9/11m
Under 18 (Men)	11/13m
Under 18 (Women)	9/11m
Under 20 (Men)	11/13m
Under 20 (Women)	9/11m

12. POLE VAULT RULE DISPENSATION:

AA Competition Rule 20.2.27: Rule 183.2 (a) – For the under 18 age group and lower for women and the under 16 age group and lower for men, this rule, at the discretion of the Chief Judge of the event, may not be applied to a particular trial, where in the opinion of the Chief Judge, a competitor 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.

13. VERTICAL JUMPS

IAAF Rules 181.8(d) and 181.9 – in these Championships in the normal course of events, jump-offs for first place in vertical jumps will be conducted. The Technical Delegate may only act under Rule 181.8(d) if the prevailing weather or light conditions justify the termination of the competition at that point.

14. PRIVATE IMPLEMENTS:

Athletes who wish to include their own throwing implements in the championships equipment pool (private implements may be used by any athlete in the competition) **MUST** lodge them with the Technical Manager at the **Technical/Equipment Room**, no later than **three hours** before the scheduled starting time of the particular event on the day of competition or on a previous day.

The implements will be impounded until after the competition when athletes may collect them from the Technical/Equipment Room.

Athletes are to provide their own vaulting poles. The Organising Committee will not provide poles. Poles must also be lodged at the Technical/Equipment Room no later than **3 hours** prior to the event.

15. STARTING BLOCKS must be used for all events up to and including 400m and only those supplied by the Organising Committee may be used. Private blocks will not be permitted. AWD athletes must use blocks as per the IPC rules.

16. SPIKES

All athletes should be familiar with IAAF Rule 143.2 to 143.6.

Number of Spikes

The sole and heel of the shoes shall be so constructed as to provide for the use of up to 11 spikes. Any number of spikes up to 11 may be used but the number of spike positions shall not exceed 11.

Dimensions of Spikes

When a competition is conducted on a synthetic surface, that part of each spike which projects from the sole or the heel shall not exceed 9mm except in the High Jump and Javelin Throw, where it shall 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

The Sole and the Heel

The sole and/or heel may have grooves, ridges, indentations or protuberances, provided these features are constructed of the same or similar material to the basic sole itself. In the High Jump and Long Jump, the sole shall have a maximum thickness of 13mm and the heel in High Jump shall have a maximum thickness of 19mm. In all other events the sole and/or heel may be of any thickness.

Note: The thickness of the sole and heel shall be measured as the distance between the inside top side and the outside under side, including the above-mentioned features and including any kind or form of loose inner sole.

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.

17. POST EVENT PROCEDURES:

At the conclusion of each event (including field events and heats and semi-finals) athletes must report immediately to **Post Event Control Centre** located at the finish line end of the track.

Doping control may be carried out. If athletes have other events or duties (such as interviews or presentations) they should sign the acknowledgement and ask the chaperone to wait.

18. MEDAL PRESENTATIONS:

After finals, medal presentations will be made as soon as possible after the event. All place getters 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 victory ceremony.

Medals will not be awarded to non-championship events, i.e. events with only 1 or 2 competitors at the close of entries as per the conditions of entry outlined in the waiver of the online entry process.

19. PROTESTS must be lodged initially with the Referee as per IAAF rules.

Appeals to the Jury are to be made in writing on the appropriate Appeal Form and lodged with the \$50 fee. Appeals can be made by either the athlete or Team Manager and should be lodged in the TIC where forms will be available.

20. CLASSIFICATION:

Any athlete intending to compete in a para-event must have a formally recognised National Level Classification.

21. PARA ATHLETES COMBINING CLASSES

All of the U16 & U20 para events conducted at the Championships will be in a combined class format. All classes will be combined (both Wheelchair and Ambulant) for the purposes of scoring. Official results will be determined based on the Multi Disability Scoring tables (described in more detail later in this document).

In the case of field events, since this competition is only conducted in Under 20 and Under 16 age groups, athletes may throw the weight for their two year age group. I.e, athletes that are 13 in 2017 may throw the implement weight for their classification in the Under 14 age group (despite competing as an Under 16 athlete)

22. PARA SCORING

JUNIOR - MULTI DISABILITY SCORING TABLES:

Results will be determined using Athletics Australia's Multi-Disability Standards (MDS). Athletics Australia AWD Statistician, Neil Fuller, has developed the MDS in consultation with a variety of people closely involved in athletics for people with a disability. The MDS enables a mathematical comparison of results between the classes contesting the event. The system is a modification of the % of World Record system that is used by Athletics Australia to combine the Open Classes at the Australian Para-athlete Championships.

The MDS system is necessary, as we do not have accurate/reliable World Records for the respective age groups and disability classes competing at the Championships. It also enables for adjustments to be made where "Open" World Records are significantly influenced by technology (e.g. underage beginners are unlikely to be running on "state of the art" prosthetic limbs).

OPEN – PERCENTAGE OF WORLD RECORD:

All Para events will be conducted in Ambulant and Wheelchair categories. Each athlete's performance will be compared to the Open World record for his or her classification and converted to a percentage to determine the finishing order in each event.

The world records used will be advertised prior to the commencement of the Championships and will remain in place for the whole Championships

23. DEAF ATHLETES:

Starting light systems are regarded as personnel equipment. However, AA will have access to a system supplied by Deaf Sports AUS. Athletes must notify Check-in Staff if they require starting lights)

24. GUIDES:

T11-12 Guide-runner

"All athletes in the T11 sport class run with a guide runner and are blindfolded."

F31-33: 51-54 one guide per athlete per event

F11 – 2 (two) Guides for jumping events

F11-12 1 (one) guide only for throwing events

25. SECURED THROWS:

All competitors in the secured (seated) throws will do their throws consecutively (4 for U1, 6 for U20 & Open).

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

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

and will be allowed a re-adjustment time of 2 minutes after the completion of 3 throws.

26. ADDITIONAL RULES FOR COMBINED EVENTS:

False Starts

The Combined Events competition will be conducted under the IAAF false start rule 162.7: Any athlete responsible for a false start shall be warned; only one false start per race shall be allowed without the disqualification of the athletes responsible for the false start. Any athlete responsible for further false starts shall be disqualified.

Starting Heights/Progressions

Will be determined by the Combined Event Referee and will be posted in the Combined Event Rest Area

Combined Event Rest Area

The combined event rest area will be located in the change rooms in the bottom level of the stadium.

27. PROGRAMME CHANGES: The revised timetable is available on the Athletics Australia website: www.athletics.com.au