



96th AUSTRALIAN ATHLETICS CHAMPIONSHIPS

February 15 – 18, 2018

Carrara Stadium, Carrara QLD

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:

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

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 will be located on Ground Level of the main grandstand.

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) pins, so the entire bib including sponsorship information can be easily read. 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 picked up from the accredited entry point outside of Gate 1. Please note this is **not** Athlete Check in!

Accreditations are **NOT** transferable. Athletes will not be granted entry to the stadium or Warm-Up Track without an Accreditation for any reason. Accreditation must also be worn at ALL times

Please note, that each athlete will receive 2 Warm-up Track passes when they collect their accreditation. These may be distributed as each wishes, but only these coaches will receive access to the Warm Up Track. Regular ticket holders will not have access to the Warm Up Track.

Note- These passes do not receive free gate entry, they simply provide access to Carrara Warm Up Track. Coaches must still buy tickets to access the gate.

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 **THREE HOURS** 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 Warm-Up Track will be available (free of charge) for training between 12pm-6pm on Wednesday 14th February. The Warm-up Track will remain open during the session breaks for training.

A separate Long Throws Warm-up is available, however please note the following sessions will be restricted to the following event groups:

Thursday 3:30pm – 4:00pm	Javelin
Thursday 4:00pm – 5:00pm	Hammer
Thursday 6:00pm - 7:00pm	Discus

Friday 8:00am – 9:00am	Hammer
Friday 10:00am – 11:00am	Javelin
Friday 3:00pm – 4:00pm	Discus
Friday 5:00pm – 6:00pm	Hammer
Friday 6:30pm – 7:30pm	Discus

Saturday 7:30am – 8:00am	Discus
Saturday 11:30am – 12:30pm	Javelin
Saturday 6:00pm - 7:00pm	Javelin

Sunday 9:00am – 10:00am	Javelin
Sunday 10:30am – 11:30am	Discus
Sunday 12:30pm – 1:30pm	Javelin

Irrespective, of the times above, Warm Up will always take precedent over Training.

Please note that long throws will not be permitted on the CAW infield, they must be completed at the Long Throws Area. Unfortunately, no Pole Vault or High Jump beds will be made available on the Warm up Track.

Please note only athletes and coaches with the correct pass will be able to access the Warm-up Track

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 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 between the Warm-up Track and the main Arena. 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. Please do not take unnecessary items into the call room like mobile phones, ipods etc as they will be confiscated.

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	75 minutes
Discus, Javelin, Hammer, High Jump	50 minutes
Long & Triple Jump, Shot Put	45 minutes
Hurdles, Wheelchair Track, Seated Throws	25 minutes
Other track events	25 minutes

Note, where heats are conducted, each individual heat will have its own start time and the call time above corresponds to the time of the heat the athlete is competing in. Athletes should check the heat they are competing in via the noticeboard at TIC or at the Warm Up Track.

Track athletes, will leave the Call Room, ready to run. They will not be allowed to take bags, track suits etc with them to the start line (subject to weather conditions). Field athletes will be allowed to take their bags to their respective event site.

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. 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/200/400m/Sprint Hurdles & 400 Hurdles | 1-8
10-24*
over 24 | Final only
two rounds only
three rounds |
| • 800m | 1-8
over 8 | Final only
two rounds only |
| • 1500 metres | 1-15
over 15 | Final only
two rounds only |
| • Steeple & 5000m | | Final only |

* At the discretion of the Technical Delegate up to 9 athletes may be included in the first round of the 100m or sprint hurdles, and up to 10 athletes may be included in 800 metres heats

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

PROGRESSIONS

For events with three (3) rounds. Rd1 to semi-finals.

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 semi-finals to Final	
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 with two (2) rounds.

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 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 2 hours 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 may be conducted as per the published program. B finals may also be held in other events at the discretion of the Technical Delegate/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.

- 9. 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 available on from TIC.*

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.

- 10. STARTING HEIGHTS:** The following starting heights will apply:

Open	
High Jump (Men)	1.85
High Jump (Women)	1.65
Pole Vault (Men)	4.60
Pole Vault (Women)	3.40

Jump offs will be held in vertical jumps, subject to any decision during the event by the Technical Delegate

- 11. TRIPLE JUMP:** The following boards will be used in the Triple Jump:

Open Men	13m Only
Open Women	11m Only

- 12. 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 **on the Warm Up Track**, 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.

13. FIELD EVENTS

All athletes will be given 3 trials with the top 8 awarded with a further 3 trials.

Competitors will be required to adhere to the new IAAF timing rules as follows:

Number of competitors left in the competition	High Jump	Pole Vault	Other
More than 3 (or for the very first trial of each athlete)	0.5min	1min	0.5min
2 or 3	1.5min	2min	1min
1	3min	5min	-
Consecutive trials	2min	3min	2min

Note: When calculating the number of athletes remaining in the competition, this shall include those athletes who could be involved in a jump off for first place.

14. 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. Para athletes must use blocks as per the IPC rules.

15. 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.

16. POST EVENT PROCEDURES:

At the conclusion of each event (including field events and heats and semi-finals) athletes must make their way up through the mixed zone to **Post Event Control Centre** located on level 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.

17. 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.

18. PROTESTS must be lodged initially with the relevant 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.

19. PARA RESULTS

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

The base line performances used to calculate the Para percentages are on the AA website.

20. SECURED THROWS:

All competitors in the secured (seated) throws will do their 6 throws consecutively.

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

- 2 minutes for Sport Classes F32-34 and F54-58
- 3 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.

21. 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 is located in the Call Room area.

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