

## TECHNICAL REGULATIONS

The Adelaide Invitational will be conducted in accordance with the rules and regulations of World Athletics, Oceania Athletics Association and Australian Athletics. The Adelaide Invitational is a World Athletics Continental Tour Bronze Meet.

### 1. Venue

The competition will be held at SA Athletics Stadium, 145 Railway Terrace, Mile End SA.

### 2. Entry to the Venue

Accredited entry will be via the main gate.

A list of athlete names will be available at this gate and all athletes will be required to provide their name and be checked against the entry list.

Athletes will receive one (1) Athlete accreditation pass which will provide entry into the venue.

Coaches that were listed by athletes on their nomination form will receive one (1) Coach accreditation pass which will provide entry into the venue.

### 3. Athlete Check In

**All athletes are required to check in no later than 90 minutes** prior to the advertised start time of their event when they will also collect their bib. If you need to withdraw or after the first event you need to withdraw from any further events, please report to Competition Management ASAP so the start lists can be adjusted as needed.

### 4. Competition Bibs

Athletes will receive one bib only displaying the athlete's name. In track events the bib must be worn on the front of the uniform, for field events 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.

Bib Collection will be at the stadium at the main entry gate.

Australian Athletics will enforce World Athletics Rules TR 5.9 & TR 5.11, which render an athlete liable to disqualification if s/he tampers in any way with the competition bib.

### 5. Call Room Procedures

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

The Call Room is located up the ramp from the 200m Start towards the warm-up area.

Having previously checked in, all athletes must report to the call room on time with their competition bib attached with no less than four (4) pins.

Hip numbers will be provided at the Call Room for those events that require them.

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.

Athletes will proceed to the start of their event from the Call Room accompanied by a Call Room Judge, Starter's Assistant or Field Event Official. Athletes who proceed to the event not accompanied by a judge or an official may not be allowed to start.

## TECHNICAL REGULATIONS

The call times allow 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.

Field athletes advised that “Confiscated Goods” are to remain in their bags and must not be taken out on the field of play. If they do, they are in danger of receiving a yellow/red card.

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
<b>Pole Vault</b>	<b>70 minutes</b>
<b>Discus, Javelin, Hammer, High Jump</b>	<b>45 minutes</b>
<b>Long &amp; Triple Jump, Shot Put</b>	<b>35 minutes</b>
<b>Hurdles, Wheelchair Track, Seated Throws, Relays</b>	<b>20 minutes</b>
<b>All other track events</b>	<b>15 minutes</b>

### 6. Warm-up

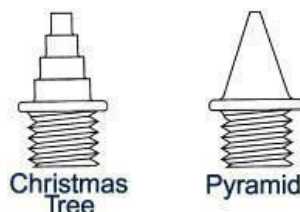
All warm-ups will be conducted on the warm-up track behind the 200m start. All athletes are reminded that the warm-up track is a shared facility and to be diligent and vigilant at all times.

## TECHNICAL REGULATIONS

### 7. Shoes and Spikes

All athletes should be familiar with World Athletics Rules relating to shoes and spikes, see the excerpts from the World Athletics Shoe regulations.

At this venue, only Christmas Tree or Pyramid (including any similar variations) 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.



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).

### 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 below, have a sole with a maximum thickness as set out in the table in Appendix 3. 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.
- 11.3 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 this Regulation 11.

*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).*

## TECHNICAL REGULATIONS

*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.*

[See the full World Athletics Shoe Regulations.](#)

Please also note:

### **New Sole Thickness Table – in force from 1 November 2024**

Event	Maximum thickness of the sole (as per Regulation 10.6 of the Regulations).	Further Requirement/Note
Track Events including hurdle and steeplechase events	20mm spike shoe or non-spike shoe	For relays, the rule applies to the distance of the leg being run by each athlete. For Track Race Walking Events, the maximum thickness of the sole is the same as that for Road Events.
Field Events	20mm spike shoe or non-spike shoe	For all Jumping Events, the sole at the centre of the athlete's forefoot must not be higher than the sole at centre of the athlete's heel referred to at Regulations 10.3 and 10.4 (i.e. at centre point of the shoe at 12% and 75% of the shoes internal length).

## 8. Field Events

All athletes will have three (3) trials. At the conclusion of the 3 trials, the top eight (8) athletes will have three (3), further trials. The competition order will be changed after round 3 only.

Where in field events there are Para athletes competing - they will be entitled to six attempts.

Starting Heights and Progressions	
Women's Pole Vault	3.70, 3.85, 4.00, 4.10, 4.20, 4.30
Men's Pole Vault	4.70, 4.90, 5.05, 5.15, 5.25, 5.35, 5.45

## TECHNICAL REGULATIONS

### 9. Personal Implements

Athletes who wish to include their own throwing implements in the equipment pool (which may be used by any athlete in the same competition), must lodge them with the Technical Manager at the **Technical Room**, no later than **three (3) hours**, before the scheduled start time of their event.

Any such implements will be impounded until after the competition when athletes may collect them from the Technical Room. If qualifying is held in field events and personal implements are lodged, and the athletes that lodged them make the final they will be impounded until the final is held.

Please note that World Athletics TR32.2 limits the number of personal implements added to the pool per person to a maximum of 2. There should be no **rough stickers** on the discus. **The ends of the hammer wire shall be covered by "clear plastic tubing to prevent the wire unravelling during competition."**

**Athletes are to provide their own vaulting poles.** Australian Athletics will not provide poles. Poles must be lodged at the Technical Room no later than **three (3) hours** prior to the event and be clearly labelled with the athletes NAME, CONTACT NUMBER and EVENT (& AGE GROUP).

### 10. 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 the venue can be used. Private blocks will not be permitted. The use of blocks for Para athletes is in accordance with World Para Rules for each individual classification.

### 11. Post Event Procedures

At the conclusion of each event athletes must report immediately to Post Event Control located near the finish line end of the track. Doping control may be conducted. If athletes have other events or duties (such as interviews or presentations) they should sign the acknowledgement and ask the chaperone to wait.

### 12. Prize Money

Prize Money will be paid to athletes **within 60 days of clearance from Sport Integrity Australia**. Clearance usually occurs in June. Athletes will be advised when we have clearance.

### 13. Physiotherapy and Massage

NASS athletes will have access to medical services as advised.

First Aid will also be available at the finish line.

### 14. Anti-Doping

A reminder this is a National level Australian Athletics event. Sport Integrity Australia can conduct anti-doping testing at any event or competition.

It is your responsibility to ensure you are aware of your obligations to clean sport.

All **Australian** athletes are required to complete online [Sport Integrity Australia eLearning](#) prior to the event:

- Anti-Doping Fundamentals
- 2025 Annual Update

All **International** athletes are required to complete equivalent Anti-Doping online [WADA online eLearning](#) prior to the event

Competitors are aware:

- of medications and supplements not allowed within competition.
- [Sport Integrity Australia App](#) & [Global Dro Australia APP](#) helps provide some product search assistance.
- testing and certification of sports supplements cannot provide athletes a 100% safety guarantee
- if they fit the criteria to apply for an in advance [Therapeutic Use Exemption \(TUE\)](#)

## TECHNICAL REGULATIONS

### 15. Withdrawal

If you need to withdraw from the competition, please email [competitions@athletics.org.au](mailto:competitions@athletics.org.au).

If the withdrawal is on the day of the competition please also advise

Peter Hamilton by text at Mob: +61 407 892 596

In making the decision to not compete please be aware of [the World Athletics Continental Tour Regulations](#). These regulations clearly state “Once an Athlete (or an Athletes’ Representative or Member Federation on their behalf) has accepted a starting place in a Meeting, and subsequently withdraws for any reason 5 days or less before the Meeting, the athlete cannot compete in a World Rankings Competition (including a Continental Tour or Diamond League meet) for 5 days following the date of the originally accepted Meeting. For the avoidance of doubt, Organisers must not invite an athlete subject to the 5-day period. If an Organiser discovers they have invited such an athlete and are still within the 5-day period, then they must withdraw their invitation.”

### 16. Venue Map

