



AUSTRALIAN SHORT TRACK CHAMPIONSHIPS

TECHNICAL REGULATIONS

22 January 2026

Australian Athletics seeks to provide competition opportunities for its athletes so they may benefit from higher scoring meets in the same way as northern hemisphere countries do. To do this Athletic Australia is continuing with the Australian Short Track Championships in 2026.

World Athletics has approved the conduct of the Australian Short Track Championships as a D category world rankings competition. To fully meet the requirements of World Athletics, all events must be conducted where suitable facilities are available (that is all those not requiring a banked 200m track).

The Championships in Australia are conducted according to the rules of World Athletics and Australian Athletics.

1 Timetable Changes

The timetable and any changes in the timetable or these regulations are available on the [Australian Athletics website](#). The timetable was updated on 22 January 2026.

2 Events

MEN	WOMEN
60 metres	60 metres
60 metres Hurdles [5 hurdles @ 1.067m, 13.72m/9.14m/9.72m]	60 metres Hurdles [5 hurdles @ 0.838m, 13m/8.5m/13m]
High Jump	High Jump
Pole Vault	Pole Vault
Long Jump	Long Jump
Triple Jump	Triple Jump
Shot Put [7.26kg]	Shot Put [4.00kg]

3 Entries

Australian Athletics will receive and process all championships entries directly. Athletes will not be charged until their entry is accepted. Athletes should pay the fee when accepted.

There will be a target entry number for each event:



Event	Target Entry Number	Automatic Qualification (since 1 January 2025) See below for additional entries
60 metres	24	Men: 6.80 at 60m or 10.35 at 100m Women: 7.40 at 60m 11.55 at 100m
60 metres Hurdles	24	Men: 7.75 at 60m or 14.90 at 110m Women: 8:20 at 60m or 14.00 at 100m
High Jump	8	Men: 2.12m Women: 1.81m
Pole Vault	8	Men: 5.20m Women: 4.00m
Long Jump	8	Men: 7.60m Women: 6.30m
Triple Jump	8	Men: 15.80m Women: 12.50m
Shot Put	8	Men: 16.00m Women: 14.00m

For those athletes who wish to enter and have not met the automatic qualification standard above (in legal wind conditions) then those accepted will be determined by the World Athletics Top List since 1 January 2025. For the 60 metres and 60 metres hurdles events the 100 metres / 100 metres Hurdles / 110 metres Hurdles lists will also be used.

As the competition period is very short no athletes should enter more than one field event (if qualified). As the field sizes are small, we do not want athletes withdrawing so please enter one only.

Entries from athletes who are not eligible to compete in Australian Championships will be considered upon request.

Entries will close at: 17:00 AEDT Wednesday 21 January 2026.

4 Uniforms

Athletes are encouraged to wear their Member Association, or First Claim Club uniform. All uniform must comply with the [Australian Athletics advertising regulations](#).

Particular attention is drawn to the Nike Pro and similar instances with other manufacturers, where oversize branding around the top bands of lower body garments is prevalent. Athletes will not be permitted to compete in those items which do not comply with the advertising regulations. Taping or the turning down of such non-compliant items will not be allowed. To avoid stress on arrival at the competition site athletes are asked to ensure that they are not wearing these garments for on-field warm-up or competition purposes.



5 Athlete Check In

For the Open and Junior (Under Age) Championships athletes are required to check in no later than 90 minutes prior to the advertised start time of their event. Check-in is only required for the first round of each individual event (not any subsequent rounds). Athletes are encouraged to check in at their earliest convenience. Athletes are encouraged to use the available app for check-in (using same account as used for entry).

Any competitors who have difficulty with the check in, please report to notify the Technical Information Centre (TIC) / Competition Management Room as soon as possible to assure your participation in the competition.

6 Scratching from an event

If an athlete fails to participate in an event after confirmation (checkin) 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 World Athletics Rule TR 4.4. This rule does not apply to an athlete who having confirmed, then withdraws before the closure of the confirmation (check in) time for the first round of that event.

7 Competition Bibs

Collection of the bibs is from the Technical Information Centre (TIC) (last room on the concourse). All athletes must report to the TIC immediately on arrival at the venue.

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.

AUSTRALIAN ATHLETICS WILL ENFORCE WORLD ATHLETICS RULE TR 5.9 & TR 5.11, WHICH RENDER AN ATHLETE LIABLE TO DISQUALIFICATION IF S/HE TAMPERS IN ANY WAY THE COMPETITION BIB.

8 Call Room Procedures

There will not be any call room in operation.

Athletes should go directly to their competition site within a suitable time frame, i.e. no later than:

- 10 minutes before the start of any track event
- 20 minutes before the start of any field event

Athletes in track events should arrive and be ready to run.



9 Rounds to be contested

Rules for progression and qualifying rounds are as follows. These are the numbers of athletes checked- in and over-ride the World Athletics Rules and remain subject to change by competition management.

Where less rounds are scheduled, the scheduled rounds will be the maximum which will apply (unless exceptional circumstances)

Event	Confirmed athletes	Rounds
Open 60m & 60m hurdles	1-9	Final only
	10-27	Two rounds
Open Field events	1-14	Single round

10 Track Progressions

3 heats: First 2 in each heat plus the next 3 fastest to the final

2 heats: First 3 in each heat plus the next 3 fastest to the final

Next Fastest

The 'next fastest' will be decided on times to 0.01 second. If the times are equal and there is space available, then both or all such athletes will be advanced. Where there is no space available then the photo finish will be re-read to 0.001 second if possible. If further ties remain then there will be a coin toss.

11 Seeding Performances

The seeding performance to be used are considering all performances from 1 January 2025 (as there is an expectation that many athletes will not have performance from 2026).

12 Replacements

Where an athlete withdraws from a final after the initial round, the athlete can be replaced by the next most qualified athlete. This will only be done where sufficient time is available to notify and prepare the next athlete. The competition will not be delayed for the incoming athlete. Athletes who, after the initial round, do not plan to take any further part in the competition are encouraged to notify the TIC as soon as possible to enable the procedure to be completed.

The replacing athlete will take lane/position of the withdrawn athlete (assuming the withdrawal takes place after the draw is completed)

Athletes who do withdraw are still subject to World Athletics TR4.4.

13 Preferred Lanes

The draw for preferred lanes for finals in track events will be (in order):

- Lanes 4, 5, 6
- Lanes 3 and 7
- Lanes 2 and 8
- Lanes 1 and 9



14 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.

15 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 two (2) hours, before the scheduled start time of their event on the day of competition.

Any such implements will be impounded until after the competition when athletes may collect them from the Technical Room.

Please note that World Athletics TR32.2 limits the number of personal implements added to the pool per person to a maximum of 2.

Athletes are to provide their own vaulting poles. Australian Athletics will not provide poles. Poles should be taken directly to the event site by the athletes.

16 Take-off Boards for Triple Jump events

The following boards will be used for Championships and will not be changed.

Age Group	Board
Open Women	11m
Open Men	13m

17 Starting Blocks

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.



18 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.

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).*

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](#)

[and the online tool to check your shoes.](#)



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).

19 Medal Presentations

After the championship finals, medal presentations will be made as soon as possible after the event. All placegetters 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 presentation.

International athletes will be awarded a medal if they finish in the first three.



20 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 \(TUE\)](#)



21 Protests & Appeals

These must be lodged initially with the relevant Referee as per World Athletics Rules (WA TR8).

Appeals to the Referee Review Panel can be made after a Protest to the Referee is dismissed, are to be made in writing on the appropriate form and lodged with the \$50 fee. Appeals may be lodged by either the athlete or athlete's representative (usually the Team Manager) and are to be lodged in the TIC.

The Referee Review Panel (replacing the Jury of Appeal) will operate as below:

A Referee's Decision Review Panel comprising two (2) persons, shall hear any appeal made in accordance with the applicable World Athletics Rules. For the avoidance of doubt, this Panel will act in place of the Jury of Appeal and no Jury of Appeal shall be appointed for these competitions. Two panel members shall hear any appeal. Panel members will be nominated by the Technical Delegate(s) (or the Competition Director if Delegate(s) are unavailable) from amongst the other referees appointed for the competition, provided that any such person is not involved in the matter which is the subject of the appeal.

The Referee's Decision Review Panel shall discharge its duties in accordance with the World Athletics Rules applicable to Juries of Appeal and any variations prescribed by or arising from these General Rules. A member of the Referee's Decision Review Panel shall make a report to the Competition Director detailing any appeals heard and the decisions made.

If at least one Member of the Panel agrees with the original decision of the Referee, such decision shall prevail. If both members disagree, they shall make a decision which shall be substituted for the original decision. Alternatively, the Panel may request the Referee to make a new decision with which they agree.

For out of stadia championships, trials or World Ranking Competition or World Athletics Label Race conducted under the direct jurisdiction of Australian Athletics, where no other referees have been appointed, no appeal shall be allowed, and the decision of the Referee shall prevail. In accordance with World Athletics Rules, where new evidence becomes available such Referee shall fully review their original decision.

Eligibility protests under World Athletics Technical Rule 8.1 shall be dealt with by the Technical Delegate(s). Any appeal shall be dealt with by the relevant governing body – for national events, Australian Athletics and for events below national level, by the relevant Member Association under whose jurisdiction the event is being conducted.

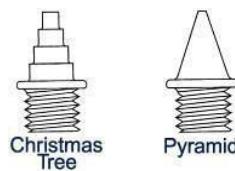


22 Appendices – Competition Specific Information

22.1 Appendix 1 - Permitted Spikes

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.

- Track events need to be 7mm and Pyramid/Christmas Tree
- Long Jump/Triple Jump need to be 9mm and Pyramid / Christmas Tree
- Javelin/High Jump Jump spikes must not exceed 11mm.
- All spikes must be Christmas Tree, Pyramid or Blanks as per the graphic below.



22.2 Appendix 2 - Starting heights & progressions in high jump and pole vault

Event	Men	Women
High Jump	1.88m , 1.93m, 1.98m, 2.03m, 2.08m, 2.12m, 2.16m, 2.19m, 2.22m	1.60m , 1.65m, 1.70m, 1.75m, 1.79m, 1.83m, 1.86m, 1.88m, 1.90m
Pole Vault	4.48m , 4.68m, 4.88m, 5.03, 5.18m, 5.28m, 5.38m	3.40m , 3.60m, 3.80m, 3.95m, 4.05m, 4.15m, 4.25m