

QA SHIELD MEETS COMPETITION RULES



All competitions will be conducted under the rules of World Athletics (WA), World Para Athletics (WPA), Athletics Australia (AA) and Queensland Athletics (QA).

1. Eligibility to Compete

Athletes must be currently registered with Queensland Athletics/Qrun under one of the following membership categories.

- Platinum Membership
- Gold Membership
- Base Membership
- Qrun Recreational Running Membership

Unregistered athletes are not permitted to compete. Athletes registered through Athletics North Queensland (ANQ), or Athletics Australia (through another State Association) are eligible to compete (ANQ athletes pay gold level entry, other states pay Base level entry). Athletes registered overseas may also compete provided relevant clearance (in the form of an approval letter from the General Secretary of the Member Federation).

2. Minimum age for Competition

Qld Athletics allows athletes of all ages to participate in our competition, but please note the age limitations in Item 7. Age is always taken from the 31st December in the year of competition.

3. Uniform

Whilst there is no specific uniform rule within Queensland, we strongly encourage the wearing of club apparel. Athletes on the field of play must be fully attired.

4. Athlete Bibs

No athlete bibs are used at QA Shield Meets.

5. Shoes

Athletes competing in the Open and Under 20 age groups must comply with the World Athletics Shoe regulations. Athletes not wearing shoes that comply will be marked as exhibition and not score points for clubs and cannot get National qualifiers.

Athletes can wear spikes from 10 years of age. Athletes can wear one shoe, two shoes or no shoes. Spikes must be a max of 7mm for track and 9mm for all other events. These must be pyramid, Christmas tree or half spikes. Needles are not permitted as they are not suitable for any track for any track in Queensland.

Approved Shoe List <https://certcheck.worldathletics.org>

To claim a record at any age group (able bodied and para), athletes must comply with the shoe regulations.

6. Age Group Eligibility

Athletes must compete in their own age group (or the next age group up if an event is not conducted in their own age group) subject to age limitations. Note: Athletes may only compete once in an event or similar event on any one day of competition.

7. Minimum ages for events

The following minimum ages apply to specific events. Age is taken as at 31 December in the year the competition is conducted.

- 6 years: 100m, 200m, 800m
- 10 years: 400m, 1500m, Discus, Shot Put, High Jump (flop only), Long Jump
- 12 years: 3000m, all Hurdles, Steeplechase, Javelin, Pole Vault, Triple Jump, Hammer
- 14 years: 5000m, 5000m Walk
- 16 years: 10000m, 10000m Walk

8. Protests & Appeals

Protests and appeals concerning the eligibility of athletes to compete or concerning the result or conduct of any event must be made in accordance with World Athletics Rule TR8.

Appeals to the Jury of Appeal must be accompanied by \$50AUD cash. If the appeal is lost the cash will not be returned.

9. Starting Blocks

Athletes must use starting blocks and a crouch start (or a crouch start without blocks for athletes under the age of 12) for all events up to and including 400m and 4x400m.

For Masters and Para-athletes the use of blocks and a crouch start shall be in accordance with the relevant Masters or WPA rules. T01, T11-13 and T20 must use blocks.

Only starting blocks supplied by the organisers or the venue may be used.

10. Event Entry

Entry to events is by submitting an entry on the approved entry system for the relevant competition. No event will be delayed because an athlete has not submitted an entry by the closing time for entries.

Entries may be rejected at the discretion of the Competition Manager and/or Technical Delegate if they do not contain all information requested or are illegible.

Athletes that do not provide verifiable entry performances will be placed in the last heat / division of all events.

11. Event Starting Times

Events shall start at the scheduled starting time and shall not be delayed for missing athletes. No event shall commence more than 10 minutes ahead of the scheduled start time. This is because athletes should be at the start area 15 minutes prior to the scheduled start time and 25 minutes for field events.

12. Lanes

Laned starts shall be used for all events up to and including 400m. 800m will use a lane start except at the discretion of the Technical Delegate where there are more entries than lanes available.

13. False Starts

World Athletics Rules will be applied to all Shield Meets.

In the case of any competition (or part thereof) conducted exclusively for athletes competing in the Under 14 age group and younger, the rule of one false start for the race will be applied.

Where an Under 14 athlete competes in a higher age group the dispensation does not apply.

15. Hurdles, Steeplechase and Implement Speciation

As listed on the Queensland Athletics website.

16. Warm up

Warm up may be done on the back straight when not in use. If using blocks or hurdles, please remove these once done.

17. Personal Implements

Athletes who wish to include their own throwing implements in the equipment pool MUST lodge them with the Technical Manager at the Technical Room **no later than 90mins** before the scheduled starting time of the event on the day of competition. The implements will be impounded until after the competition when athletes may collect them from the Technical Room on production of the appropriate receipt.

For QA Shield meets only one personal implement may be submitted by an athlete. It is the responsibility of the athlete to ensure the implement will meet competition specification. It is not up to our volunteer officials to repair implements.

Any personal implements submitted by an individual becomes part of the event pool and can be used by any athlete in that event.

Pole Vault - Athletes are expected to provide their own vaulting poles. No poles will be provided by the event organiser.

Discus – Discus are supplied with manufacturer's stickers on one or both faces. These stickers and any adhesive should be removed as otherwise the edges of the stickers fray quickly causing a roughness contrary to the last sentence of World Athletics TR 34.1.

Hammer – tape is not allowed on hammer wires, clear plastic/rubber tubing shall be used.

The Technical Room at each venue will be designated by signage. At the State Athletics Facility the Technical Room will be the green shed located near the 200m start outside the field of play on the back straight. At the Main Stadium the Technical Room will be on located on the access road near the finish line.

18. Number of Attempts

For all Shield meets, athletes will receive four (4 attempts) with no reverse order.

19. Field of Play

Safety is of primary importance, particularly on the Field of Play. The only persons permitted on the Field of Play during competition are Technical Officials, athletes competing in current events, accredited medical personnel and other persons specifically approved by the Competition Director, including media, venue personnel and the like.

Coaches, non-competing athletes, spectators and non-accredited personnel are not permitted to enter the Field of Play at any time during competition or warm-up periods without the express approval of the Competition Director or Meeting Manager. Should such unauthorised incursions occur the Competition Director or Meeting Manager shall cause competition to cease until all such persons have vacated the Field of Play.

Competitors making their way to event sites and start lines must not cross the Field of Play, but must move around the outside of the running track for safety reasons.

20. Para Athletes

Para-athletes competing in QA Shield Meets are to use their implements specified for their class and age group.

21. Delay of Competition or Cancellation

Competition may be delayed or cancelled by the Competition Director in consultation with the Technical Delegate and/or the Referees. The AA Weather policy will be applied if required.

22. Records and Qualifying Performances

Athletes may only claim a record or qualifying performance when achieved at a QA Shield Meet. Athletes must also be current financial members of Queensland Athletics at the time the performance was achieved.

23. Variations to Rules

Any variations to the above rules, except for rules relating to age limitations, shall be at the discretion of the Technical Delegate and/or the Competition Director.

24. General Conduct

As with all sports and participatory events there is an expectation that everyone competes and treats each other fairly and courteously. As such, swearing and any display of bad sportsmanship will not be tolerated. Athletes, coaches or parents who contravene this rule will be issued with a warning by a Yellow Card or exclusion from the competition by a Red Card.

This includes Athletes, Coaches, Parents and Spectators.