

COMPETITION RULES

- General Track and Field Rules Page 1
- Queensland Track & Field Championships Rules Page 5
- Queensland Relay Championships Rules Page 7

All competitions will be conducted under the rules of World Athletics (WA) with any modifications approved by Queensland Athletics and Athletics Australia as permitted under **World Athletics Rule TR1**.

GENERAL TRACK AND FIELD RULES

The General Rules apply to all Queensland Athletics competitions except where varied in the specific rules of a particular competition.

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 has been provided by their National Association.

2. MINIMUM AGE

Qld Athletics allows athletes of all ages to participate in our competition, but please note the age limitations in Item 7.

Championship event age groups begin at Under 14 (must be turning 12 as at the 31st of December of that year).

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 at all times (no removing shirts after finishing a race, etc).

4. COMPETITION NUMBERS

As of October 2019 Qld Athletics competitions do not require bib numbers. Visitors from Athletics North Qld or interstate are more than welcome to wear their competition bib.

Event-specific bibs may occasionally be used (Qld Track Classic, State Championship, etc) and when designated for use within that specific event then the World Athletics Rules TR5 will be upheld.

5. FOOTWEAR

Athletes must compete with footwear. Any footwear and spikes shall be in accordance with **World Athletics Rule TR5**.

Eligibility for State Medals and National/International Qualifying.

Under 20 & Open Athletes will be required to have their shoes checked post event and signed off by the relevant Referee to be eligible for State level Medals and for National/International qualification.

Notification will need to be outlined on the results. U14-U18 Athletes will not be required to have their shoes checked unless looking to compete in an U20 event.

It is recommended that ALL athletes wear shoes from the approved World Athletics Shoe list if possible (see links below)

State & National Records

Shoe type will become a compulsory section of the application process for All State/National Records and international qualifying performances:

List of World Athletics Rules can be found at <https://www.worldathletics.org/about-iaaf/documents/book-of-rules> under Book C: Competition

Approved Shoe list can be found at <https://www.worldathletics.org/about-iaaf/documents/technical-information> under Manuals/Guidelines

6. AGE GROUP ELIGIBILITY

Athletes must compete in their correct 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. EVENT AGE LIMITATIONS

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, Hurdles, Steeplechase, Javelin, Pole Vault, Triple Jump
- 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**, except that in the case of appeals to the Jury of Appeal the accompanying deposit shall be **AUD\$50**.

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 events up to and including 400m and for the first leg of any relay starting with a sprint. For Masters and Para-athletes (athletes with a disability) the use of blocks and a crouch start shall be in accordance with the relevant Masters or IPC Rules. 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 if they do not contain all information requested or are illegible.

11. TRACK FINISH PROCEDURES

All finishers in track events shall remain on the track until directed to leave by the Referee.

12. EVENT STARTING TIMES

Events shall start at the scheduled starting time and shall not be delayed for missing athletes. No event shall commence significantly earlier than the advertised time, unless all entered athletes are present and in agreement.

13. TRACK EVENT SIZE LIMITS

The following limits shall generally apply in track events unless exceptional circumstances apply at the absolute discretion of the Competition Director:

- Events up to and including 800m - One athlete per lane

- Events over 800m up to and including 1500m - 15 athletes per race
- Events over 1500m up to and including 10,000m - 30 athletes per race

Laned starts shall be used for all 800 metres events where possible at the discretion of the Competition Manager.

14. NO FALSE STARTS

World Athletics Rule TR16.7 will be applied to all competitions sanctioned by Queensland Athletics, with the following dispensation:

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

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

15. LIMITS ON HEIGHTS OR TRIALS IN VERTICAL JUMPS

As provided in **World Athletics Rule TR25** the organisers may determine that vertical jumps competitions be held in a different format including limiting the total number of heights or trials which an athlete may attempt. In such cases competitors shall be advised in advance of the competition. This variation shall not apply to Individual State Championships but may apply for State Relay Championships

16. HURDLE HEIGHTS, WEIGHTS AND MEASURES

Hurdle heights, weights and measures as specified elsewhere in the handbook apply to all competitions.

17. WARM UP

Warming up for all track and field events shall be done only in the designated area. No warm-ups will be permitted on the Field of Play except as provided for in the Rules or approved by the Competition Director where no warm-up area is available.

18. PERSONAL IMPLEMENTS

As per World Athletics TR 32.2 personal implements can only be accepted if that particular model is not available in the pool provided by Qld Athletics.

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 particular 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.

NOTE: 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 TR 34.1.

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

The Technical Room at each venue will be denoted by signage. At the State Athletics Facility the Technical Room will be located at the green sheds on the back straight. At the Main Stadium the Technical Room will be on located on the access road near the finish line.

Starting blocks are always provided by the venue and as such personal blocks are not permitted.

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/MULTI-CLASS (ATHLETES WITH A DISABILITY)

Para-athletes are eligible to compete in Queensland Athletics competitions in accordance with rule 1. Para-athletes competing in Queensland Athletics competitions, with the exception of relays and championships (other than specific AWD Championships), shall be allowed to use implements specified for their disability.

Secured throws are available by request and upon approval from the Competition Manager prior to the competition date (not on the day).

21. DELAY OR CANCELLATION OF COMPETITION

Competition may be delayed or cancelled by the Competition Director in consultation with the Technical Delegate and/or the Referees.

22. RECORDS & QUALIFYING PERFORMANCES

Athletes may only claim a record or qualifying performance when achieved at a Queensland Athletics/Athletics Australia sanctioned competition where officiating and timing conditions have been met. Athletes must also be current financial members of Queensland Athletics at the time the performance was achieved.

Records and qualifying performances may only be achieved in events advertised on the competition program and within the limit of trials/rounds permitted under the competition rules for the event.

23. VARIATIONS TO RULES

Any variations to the above rules, with the exception of rules relating to age limitations and rules 1-4 and 9, shall be at the discretion of the Technical Delegate and the Competition Director. Requests for any variations to rule 7 must be made well prior to the event in question through the Queensland Athletics CEO.

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.

QUEENSLAND TRACK & FIELD CHAMPIONSHIPS RULES

The General Rules (see above) apply to all Queensland Track and Field Championships except as varied hereunder.

1. AGE GROUPS

The age groups for the Queensland Track & Field Championships will be Open; Under 20; Under 18; Under 17; Under 16; Under 15; Under 14. Multi-Class Age Groups are Open; Under 20; Under 17; Under 15 & Under 13. Athletes may compete in their own age group and the Open Age Group. Age will be as for the Australian Championships, ie – Age as at 31st December in the year of the Championships.

2. ENTRIES

Entries will only be accepted from currently registered athletes. Entries must be submitted via the online entry system, accompanied by the entry fee, by the advertised closing date.

3. CLOSING DATES FOR ENTRIES

The closing dates for acceptance of entries for each Queensland Championship will be progressively listed on the Queensland Athletics website – www.qldathletics.org.au

4. ENTRY FEES

The entry fees for each Queensland Championship will be progressively listed on the Queensland Athletics website – www.qldathletics.org.au

5. REFUNDS

Once entries have closed, no refunds will be issued unless a specific medical request accompanied by a medical certificate is provided. Prior to the close of entries, any refunds will be at the discretion of Queensland Athletics and may incur a transaction fee. Entry fees are GST inclusive.

6. LATE ENTRIES

Late entries are subject to approval by the Queensland Athletics Competitions Manager and/or the appointed technical delegate and may be accepted under the following conditions:

- (a) A late fee of \$10 per event for the event(s) in question is paid in addition to the Event entry fee; and
- (b) Providing that acceptance of such entries will not cause the scheduling of additional heats or rounds in track events or cause the number of entries in field events to exceed twelve (12).

Late entries will not be accepted on the day of the Championships.

7. TIMETABLE

The list of events to be conducted on each day of the Championships will be available prior to the opening of entries. The Organising Committee will prepare the Final Timetable after entries have closed and the requirements for heats and qualifying rounds have been determined. Generally the Final Timetable will be published in the week prior to the first day of the respective Championship.

8. CHECK-IN / CONFIRMATION OF ENTRIES

Confirmation of entries for each event is the responsibility of each individual athlete. Athletes MUST report to the Check-in Centre to advise their intention to compete NO LATER THAN 60 MINUTES PRIOR to the scheduled starting time for their event/s (90 minutes for Pole Vault). Athletes are encouraged to confirm for all events in which they are competing on that day at the same time and must sign to confirm their entries. The Check-in Centres at each venue will be denoted by signs. The Check-in Centre at the State Athletics Facility will be on the grandstand side of the Competition Control Room.

ATHLETES WILL BE WITHDRAWN FROM THEIR EVENTS IF THEY ARRIVE LATE FOR CHECK-IN.

Athletes may only be reinstated into their events at the sole discretion of the Admin Delegate.

Where heats are not required after close of confirmations, finals will be held at the scheduled final time UNLESS that final is on another day of the Championship. Where entries in field events are considered excessive by the Competition Director a qualifying round may be scheduled.

9. EXCLUSION FROM FURTHER PARTICIPATION

In accordance with **World Athletics Rule TR4** - If an athlete fails to scratch from an event after confirmation or does not compete in all rounds of an event for which he/she has qualified, he/she shall be excluded from all other events in the Championships including Relays.

Note: The provision of a medical certificate endorsed by a medical officer approved by the Organising Committee, may be accepted as sufficient reason to accept that the athlete became unable to participate after confirmations closed or after competing in a previous round but will be able to compete in further events on a subsequent day of the competition.

10. CALL ROOM PROCEDURES (When a Call Room is in operation)

ALL ATHLETES MUST REPORT TO THE CALL ROOM PRIOR TO THEIR EVENT. Athletes only are permitted in the Call Room (No coaches, parents, etc.). The Call Rooms at each venue will be denoted by adequate signage. 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. Side (hip) numbers will be provided as required.

Athletes will proceed to their event from the Call Room accompanied by an official. ATHLETES PROCEEDING TO EVENTS UNACCOMPANIED BY AN OFFICIAL, OR NOT HAVING BEEN THROUGH THE CALL ROOM, MAY NOT BE ALLOWED TO COMPETE.

The closing marshalling times at the CALL ROOM (prior to scheduled event starting times) are as follows:

- Pole Vault: 60 minutes
- All other Field Events: 40 minutes
- Track Events & Relays: 15 minutes

NOTE: Athletes competing in the Combined Events Championships need only report to the Call Room at the appropriate time prior to their first event on each day of the Combined Events Championships.

These times allow for marshalling and movements to the event sites. The remainder of the time may be used to complete the warm-up at the event site under the supervision of the officials where the event site is not in use.

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

11. PROGRESSIONS

In events where heats are necessary, progression to subsequent rounds shall be in accordance with **World Athletics Rule TR20**.

12. STARTING HEIGHTS IN VERTICAL JUMPS

Starting heights for individual High Jump and Pole Vault events will be determined by the Referee and Chief Judge in consultation with the Technical Delegate and Competition Director. Starting heights in Combined Events Championships shall be determined by the Combined Events Referee prior to each event in consultation with the competitors.

13. HEATS AND FINALS

Where insufficient competitors have signed in for their heats and there is provision for the heat to go straight to a final, then a public announcement will be made and that event will be run at the final time with the competitors that have signed in.

14. PERSONAL IMPLEMENTS

As per World Athletics TR 32.2 personal implements can only be accepted if that particular model is not available in the pool provided by Qld Athletics.

In addition to #18 of the general competition rules for private 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 2 hours** before the scheduled starting time of the particular event on the day of competition. If the event is scheduled for early in the morning then we welcome check-ins the day/night before (when competition is in play). The implements will be impounded until after the

competition when athletes may collect them from the Technical Room on production of the appropriate receipt.

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

Starting blocks are always provided by the venue and as such personal blocks are not permitted.

QUEENSLAND RELAY CHAMPIONSHIP RULES

The General Rules and the Queensland Track & Field Championships Rules apply to all Queensland Relay Championships except as varied hereunder.

1. TEAM COMPOSITION

Teams must consist of four athletes for track relays and three athletes for field event relays (or as stipulated in competition details). The athletes in the team must be registered with the same club and be eligible to compete in the age group entered. Female athletes are permitted to compete in male teams.

Incomplete teams (with less than the required number of athletes) will not be permitted to start in any event.

2. RESERVES

Each relay team may also name up to two (2) reserves. Once the team has been confirmed at check-in, any two team members may be replaced, but only from the original six (five for field) competitors named.

3. AGE GROUP ELIGIBILITY

The competing team must include at least one athlete from the age group for which that event is being conducted. The remaining team members may come from that age group or a younger age group (subject to age limitations).

When two or more teams from a club are competing in the same age group in an event, athletes may only compete for one team in that event. However, athletes may compete in two or more teams in the same event, if those teams are in different age groups and competing at a different time.

Should events be combined in the timetable, a team will only be eligible to compete in one age group in that event (age group originally entered).

4. INDIVIDUAL LIMITATIONS

- (i) Competitors may only compete in a maximum of five (5) relay events on each day of competition.
- (ii) An individual competitor may only compete for one team in any one event and may not run more than one leg for that team.
- (iii) Competitors may only compete with one club in the Championships.

5. LATE ENTRIES

Late entries are subject to approval by the Queensland Athletics Competitions Manager and/or the appointed Technical Delegate and may be accepted under the following conditions:

- (a) A late entry fee of twice the normal entry fee for the event(s) in question is paid; and
- (b) Providing that acceptance of such entries will not cause the scheduling of additional heats or rounds in track events or cause the number of teams in field events to exceed eight (8).

Note - Late entries are NOT accepted on the day of the Championships.

6. CHECK-IN PROCEDURE

A club representative must report to the Check-in Tent no later than 60 minutes before the scheduled starting time of an event to confirm that their teams will be competing.

Alterations to the final composition of a team, including the specific running order, may be made at the check-in centre up until 60 minutes before the start time of an event.

7. MARSHALLING

(i) Athletes in track events must report to the Marshalling Area no later than fifteen (15) minutes before the scheduled starting time for that event.

(ii) Athletes in all field events must report to the field event competition area no later than 15 minutes before the scheduled starting time of that event.

8. FINAL TIMES

When it is found that heats are not required, the final will be run at the scheduled heat time.

9. FIELD EVENT TRIALS

Teams will be limited to three (3) trials in field event relays, with the exception of High Jump.

In the High Jump, athletes are permitted four (4) trials only and may choose when to use these jumps during the course of the competition. Unless previously determined by the Organising Committee, starting heights and increments will be determined by the Referee prior to the start of the competition.

10. MEDALS/AWARDS

Medals or other suitable awards will only be awarded to competing athletes of the teams placed in finals. Where teams in field events tie for a place, relevant medals/awards will be awarded to all teams tying for that place.