



TECHNICAL RULES AND NOTES



Team Managers and athletes are requested to read the following carefully.

The Championships will be conducted according to the rules of the IAAF, WPA, Athletics Australia and Athletics Northern Territory.

1. UNIFORMS:

All athletes must wear their correct club or cluster uniform.

2. AGE GROUPS:

- School Sport Northern Territory age groups (calculated based on the age an athlete is on December 31, 2019) 9 years, 10 years, 11 years, 12 years.
- Athletics Northern Territory age groups (based on an athlete being under that age as at December 31) under 14, under 16, under 18, under 20, Open, Masters; e.g. if an athlete turns 10 on August 14, then they are in the 10 years age group. If an athlete turned 15 on February 12, 2019, then the athlete is in the under 16 age group.
- Medals will be provided to Masters in each AMA 5 year age category, beginning with 30-34 year age group. Age for Masters is calculated as at 31st December 2019 due to this being an All Ages Meet. Masters age groups for Throws Championships will be 30-44, 45-59, 60+. Results will then be worked out based on the % of world record.

3. EVENT CLASHES:

If an athlete is likely to be competing in another event at the designated marshalling time, the Team Manager must notify the TIC (located in NTIS staffroom) of this 1 HOUR before the event is scheduled to begin. A "Clash of Events" notification sheet will be filled out for the athlete to take to the Call Room with a copy for both event Officials. Athletes will be escorted by an Official to their next event. Events will not be held up where clashes occur. Failure to compete due to the clash of events will not be grounds for appeal or protest.

4. CALL ROOM:

Athletes will be required to be in the Call Room located near the 100m start line

- **Field events –25 minutes**
- **Track events – 15 minutes**

prior to the event start time. Athletes will be taken by an Official to their event site.

5. CONFIRMATION OF EVENTS:

All athletes are deemed to be confirmed. Team Managers are encouraged to make scratching's as soon as possible. This should be done by the Team Manager at the TIC, no later than **one hour** before the scheduled starting time of each event. After the close of confirmation for each event, heat allocations and lane draws will be conducted for those events.

6. SCRATCHINGS:

If an athlete fails to scratch from an event by the time required under Regulation 5 above or does not compete in all rounds of an event for which they have qualified, they may not be permitted to compete in any other event/s in the championships, including relays (IAAF Rule 142.4).

7. WARMING UP:

Athletes will be able to warm up on the main arena up to 45min prior to the start of the first event of each session. After this, athletes will be able to warm up on the back straight or the grassed area near NT Gymnastics adjacent to the stadium. When warming up on the back straight, all athletes need to be aware of when circular events are being conducted.

8. PHOTO FINISH AND RESULTS ROOM:

Photo Finish and Results Officials and Competition Management are the only personnel permitted to enter. **Athletes and/or coaches are not permitted to enter this area, unless requested to enter and accompanied by a Team Manager.**

9. 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 Athletics NT.

100m/200m/hurdles	1-8	Final only
	Over 8	Two rounds only
400m	1-8	Final only
	Over 8	Timed Finals
800m	1-10	Final only
	Over 10	Timed Finals
1500m/3000m/5000m/steeple		Final only
Walks		Final only

Where scratchings reduce the field to not require heats, the event will be run at the scheduled **FINAL TIME** in the program.

For events up to and including 200m

- 3 heats: first 2 per heat plus next 2 fastest to final
- 2 heats: first 3 per heat plus next 2 fastest to final

The 'next fastest' will be decided on times. If the times are equal, then the highest placing in the round will determine who will progress to the final, unless there is more available space in the final for all athletes involved in the tie. If a tie still remains, times will be read to .001 seconds. Any remaining tie will be resolved by a coin toss between the athletes.

Reserves will not be placed in finals where a withdrawal occurs.

The draw shall be made one hour before the advertised starting time of the final.

10. PROGRESSION TO FINALS (FIELD):

At the conclusion of three rounds, the best eight at the completion of the trials will be entitled to -

- a) **9, 10, 11, 12 years, U14, U16 events** – one additional trial
- b) **U18, U20, Open and Masters events** – three additional trials

11. VERTICAL JUMPS:

- Starting heights are indicated in the events specification at the end of this document. Height progressions will be provided at the Technical Meeting.
- Bar rises shall be 5 cm until a maximum of six (6) competitors remain then 3 cm. If the field comprises of less than eight (8) competitors, the increments are at the discretion of the Chief Judge in consultation with the Field Referee. After an athlete has won the competition, the height or heights to which the bar is raised shall be decided by the athlete, in consultation with the Chief Judge or Referee.
- Jump offs will be held where there is an equal first place after the application of the relevant count-back rules, unless the Jumps Referee after consultation with the Competition Director/Technical Delegate determines that the prevailing conditions justify the termination of the event at that or any subsequent point.

12. NT THROWS CHAMPIONSHIPS:

The throws competition is for OPEN and MASTERS aged athletes. Events will be Shot Put, Discus, Javelin, Hammer, and Weighted Throw. (Masters Only) Each discipline will have 4 trials, with the best trial counted towards the Throws Pentathlon (masters only) score. Age groups for Throws Championships will be 30-44, 45-59, 60+. Results will then be worked out based on the % of world record.

13. PRIVATE IMPLEMENTS:

Athletes who wish to use their own throwing implements during the Championships MUST lodge them with the Technical Manager at the Technical/Equipment Room, no later than two (2) hours before the scheduled starting time of that particular event on the day of competition or on a previous day. The implements will be impounded until after the event or events for which they are submitted, at which time athletes may collect them from the Technical/Equipment Room. Private implements are able to be used by all athletes in the event.

14. STARTS:

U16 and above: IAAF Start Rule (Rule 162) will apply.

Age groups 9 - U14: Athletics Australia rules - on the first false start, a warning will be given to all competitors; any subsequent false start will result in the offending athlete being disqualified.

15. SPIKES and STARTING BLOCKS:

PERMITTED at Arafura Athletics Stadium

Track Events	6mm & under	pyramid or needle
Long Jump	6mm & under	pyramid or needle
High Jump & Javelin	9mm (12mm for heel spikes)	pyramid or needle

Spikes may only be worn in the arena and must be carried to and from the event.

- 9 years & over — laned events up to 400m.
- 12 years & over 800m plus (except walks).
- 9 years & over Long/ Triple Jump
- 10 years & over High Jump
- 11 years & over Javelin

Athletes U14 & older are recommended to use starting blocks in all track events up to 400m. Only those supplied by the Organising Committee may be used. Private blocks will not be permitted.

16. RELAYS:

Relay entries are to be submitted at the beginning of each session (i.e. by 6pm). Scratchings can be made up to one hour prior to the scheduled start time. Entries are to be handed into the TIC.

17. PARA-ATHLETES:

Track events are 100m, 200m and 400m. If there are sufficient entries, there will be a race for each gender. Final places will be determined using the Athletics Australia MDS scoring system.

Para-athletes competing in field events will compete with their relevant age group using the appropriate weight for their classification as per WPA specifications. Final places will be determined using the Athletics Australia MDS scoring system.

18. MEDAL PRESENTATIONS:

Presentations will be made as soon as possible after the final of each event. No one, including Team Managers, is to approach the Presentation Officials or Announcer under any circumstances. Any enquires must be directed to the NT Championships Competition Manager.

19. PROTEST:

Protests must be made initially with the Referee at the event by the athlete. After the Referee has made a decision, only then can an appeal be made in writing and lodged with the \$20 appeal fee. Appeals can only be made by the Team Manager and should be lodged at the TIC. An approved Team Official may be present to assist an athlete whenever an athlete is being addressed or questioned by a Referee or the Jury of Appeal. Appeals MUST address the relevant IAAF, Athletics Australia or Athletics NT rule/s involved in the appeal. The appeal fee will be forfeited for all appeals that are unsuccessful.

20. EXIT FROM THE FIELD OF PLAY:

All athletes must exit the Field of Play through the double gates at the Hockey Field end of the stadium. Athletes will be directed to this area by the Officials. **Athletes MUST NOT exit the Field of Play other than through this area, unless escorted by an Official.**

21. ILLICIT DRUGS:

Athletics Northern Territory does not allow the use, distribution or selling of illegal drugs by any club member or any visitors within our clubs jurisdiction. This policy reflects our commitment to protecting the health, safety and wellbeing of all persons associated with Athletics Northern Territory and all persons in attendance at Athletics Northern Territory activities.

22. TECHNICAL MEETING:

The Team Managers meeting will be held in the NTIS conference room on Thursday 15th of August commencing at 3.30pm. A representative from each Club/Cluster is required to be in attendance.

23. EVENT SPECIFICATIONS

THROWS

Age group	Discus	Hammer	Shot Put	Javelin	
9 Years	Women – 500g Men – 500g	N/A	Women – 2kg Men – 2kg	N/A	
10 Years	Women – 500g Men – 500g	N/A	Women – 2kg Men – 2kg	N/A	
11 Years	Women – 750g Men – 750g	N/A	Women – 2kg Men – 3kg	Women – 400g Men – 400g	
12 Years	Women – 750g Men – 750g	N/A	Women – 3kg Men – 3kg	Women – 400g Men – 600g	
Under 14	Women – 1kg Men – 1kg	Women – 3kg Men – 3kg	Women – 3kg Men – 3kg	Women – 400g Men – 600g	
Under 16	Women – 1kg Men – 1kg	Women – 3kg Men – 4kg	Women – 3kg Men – 4kg (U15) Men – 5kg (U16)	Women – 500g Men – 700g	
Under 18	Women – 1kg Men – 1.5kg	Women – 3kg Men – 5kg	Women – 3kg Men – 5kg	Women – 500g Men – 700g	
Under 20	Women – 1kg Men – 1.75kg	Women – 4kg Men – 6kg	Women – 4kg Men – 6kg	Women – 600g Men – 800g	
Open	Women – 1kg Men – 2kg	Women – 4kg Men – 7.26kg	Women – 4kg Men – 7.26kg	Women – 600g Men – 800g	
Masters	Women - various Men - various	Women – various Men - various	Women - various Men - various	Women - various Men - various	Women - various Men – various

HIGH JUMP START HEIGHTS AND PROGRESION

Age group	Starting height	Progressions
9 Years	Women – 0.95m Men – 1.00m	To be advised at the Technical Meeting
10 Years	Women – 1.05m Men – 1.15m	To be advised at the Technical Meeting
11 Years	Women – 1.15m Men – 1.25m	To be advised at the Technical Meeting
12 Years	Women – 1.20m Men – 1.30m	To be advised at the Technical Meeting
Under 14	Women – 1.25m Men – 1.35m	To be advised at the Technical Meeting
Under 16	Women – 1.30m Men – 1.40m	To be advised at the Technical Meeting
Under 18	Women – 1.40m Men – 1.45m	To be advised at the Technical Meeting
Under 20	Women – 1.40m Men – 1.45m	To be advised at the Technical Meeting
Open	Women – 1.50m Men – 1.50m	To be advised at the Technical Meeting
Masters	Women – 1.00m Men – 1.20m	To be advised at the Technical Meeting

NOTE: The Jumps Referee may at their discretion lower the starting height if it is deemed that an athlete/s will not be successful in clearing the starting height.

HURDLES SPECIFICATIONS

Age group	Distance	Number & height of hurdles	To first hurdle (m)	Between hurdles (m)	To finish (m)
Open Men Masters Men (30-49)	110m	10 x 106.7cm	13.72m	9.14m	14.02m
Under 20 Men	110m	10 x 99.1cm	13.72m	9.14m	14.02m
Under 18 Men	110m	10 x 91.4cm	13.72m	9.14m	14.02m
Masters Men (50-59)	100m	10 x 91.4cm	13m	8.5m	10.5m
Under 16 Men Open & U20 Women Masters Women (30-39)	100m	10 x 84cm	13m	8.5m	10.5m
Masters Men (60-69)	100m	10 x 84cm	12m	8m	16m
Under 18 Women	100m	10 x 76.2cm	13m	8.5m	10.5m
Under 16 Women Under 14 Men	90m	9 x 76.2cm	13m	8m	13m
Under 14 Women 12 Years Boys & Girls	80m	9 x 76.2cm	12m	7m	12m
Masters Women (40-49)	80m	8 x 76.2cm	12m	8m	12m
Masters Women (50-59)	80m	8 x 76.2cm	12m	7m	12m
Masters Men (70-79)	80m	8 x 76.2cm	12m	7m	19m
Masters Women (60+) Masters Men (80+)	80m	8 x 68.6cm	12m	7m	19m
12 Years Boys & Girls	60m	6 x 68cm	12m	7m	13m
10 Years & 11 Years Boys & Girls	60m	6 x 60cm	12m	7m	13m
9 Years Boys & Girls	60m	6 x 45cm	12m	7m	13m

STEEPLECHASE SPECIFICATIONS

Age group	Distance	Barrier heights
Open & Under 20 Men Masters Men (30-59)	3000m	91.4cm
Open & Under 20 Women	3000m	76.2cm
Under 18 Men	2000m	91.4cm
Under 16 Men Under 18 & Under 16 Women Masters Women (30+) Masters Men (60+)	2000m	76.2cm