



# ATHLETICS

## TECHNICAL RULES AND NOTES

Produced By: Athletics NT  
Current: 13/4/2019  
Version 2.0

# ATHLETICS 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 (2018/2019), World Para Athletics (2018/2019), Athletics Australia and Athletics Northern Territory.

**1. UNIFORMS:**

All athletes must wear their correct national and/or representative uniform.

**2. AGE GROUPS:**

- The event is open to all athletes who will be between the ages of 16 and 19 years as at December 31, 2019

**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 Technical Staff (located in main athletics office) 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 scratchings as soon as possible. This should be done by the Team Manager at the Main Office, 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 and move off the track to allow these events to be 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 override 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  | Two rounds only |
| 800m                      | 1-10    | Final only      |
|                           | Over 10 | Two rounds only |
| 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) **U21 and Para**– three additional trials in reverse order

**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.
- 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. 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 on the day, 90 minutes prior to competition beginning.** 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.

|   |       |                |               |
|---|-------|----------------|---------------|
| Technical/Equipment Shed hours will be: | Day 1 | 7.30am-1.00pm  | 3.30pm-9.00pm |
|   | Day 2 | 7.30am-1.00pm  | 3.00pm-9.00pm |
|   | Day 3 | 7.00am-11.00am | 3.00pm-9.00pm |

**13. STARTS:**

IAAF Start Rule (Rule 162) will apply.

**14. SPIKES and STARTING BLOCKS:**

PERMITTED at Arafura Athletics Stadium

|                     |                            |                   |
|---------------------|----------------------------|-------------------|
| Track Events        | 7mm & under                | pyramid or needle |
| Long Jump           | 7mm & under                | pyramid or needle |
| High Jump & Javelin | 9mm (12mm for heel spikes) | pyramid or needle |

**All Athletes are required to use starting blocks in all track events up to 400m.** Starting blocks must be used for all events up to and including 400m and only those supplied by the Organising Committee may be used. Private blocks will not be permitted.

**15. RELAYS:**

Relay entries are to be submitted at the technical meeting prior to the beginning of the Games. Scratchings can be made up to one hour prior to the scheduled start time. Entries are to be handed into the Main Office.

The mixed hybrid relay will consist of 2x100m (1 male, 1 female), 1x200m (male) and 1x400m (female).

**16. PARA-ATHLETES**

Track events are 100m, 200m, 400m, 800m and 1500m. 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.

Field events are long jump, triple jump, high jump, shot put, discus and javelin.

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

**17. MEDAL PRESENTATIONS:**

Presentations will be made as per the advertised schedule. No one, including Team Managers, is to approach the Presentation Officials or Announcer under any circumstances. Any enquires must be directed to the Director of Competition.

**18. 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. Appeals can only be made by the Team Manager and should be lodged at the Main Office. A time limit of 30 minutes post event will be applied. 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.

**19. 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. ONLY athletes competing/warming up for events are allowed on the Field of Play. **Athletes MUST NOT exit the Field of Play other than through this area, unless escorted by an Official.**

**20. TECHNICAL MEETING:**

The Team Managers meeting is To Be Advised. All relay entries must be submitted at this meeting.

## 21. EVENT SPECIFICATIONS

### THROWS

| Age group        | Discus                      | Hammer                      | Shot Put                    | Javelin                    |
|------------------|-----------------------------|-----------------------------|-----------------------------|----------------------------|
| Age 19 and under | Women – 1kg<br>Men – 1.75kg | Women – 4kg<br>Men – 6kg    | Women – 4kg<br>Men – 6kg    | Women – 600g<br>Men – 800g |
| Open             | Women – 1kg<br>Men – 2kg    | Women – 4kg<br>Men – 7.26kg | Women – 4kg<br>Men – 7.26kg | Women – 600g<br>Men – 800g |

### HIGH JUMP START HEIGHTS AND PROGRESSION

| Age group | Starting height              | Progressions                           |
|-----------|------------------------------|--|
| Open      | Women – 1.40m<br>Men – 1.60m | 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) |
|-----------|----------|----------------------------|---------------------|---------------------|---------------|
| U20 Men   | 110m     | 10 x 99.1cm                | 13.72m              | 9.14m               | 14.02m        |
| U20 Women | 100m     | 10 x 84cm                  | 13m                 | 8.5m                | 10.5m         |
| U20 Men   | 400m     | 10 x 91.4cm                | 45m                 | 35m                 | 40m           |
| U20 Women | 400m     | 10 x 76.2cm                | 45m                 | 35m                 | 40m           |

### STEEPLECHASE SPECIFICATIONS

| Age group      | Distance | Barrier heights |
|----------------|----------|-----------------|
| Under 20 Men   | 3000m    | 91.4cm          |
| Under 20 Women | 3000m    | 76.2cm          |