

## TECHNICAL RULES AND NOTES

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1. The Championships will be conducted according to the rules of the IAAF and Athletics Australia.
2. The **events** to be conducted are:  
  
**Men:** 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m Walk, 110m Hurdles, 400m Hurdles, 2000m Steeplechase, 4 x 100m, 4 x 400m, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus Throw, Hammer Throw, Javelin Throw.  
  
**Women:** 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m Walk, 100m Hurdles, 400m Hurdles, 2000m Steeplechase, 4 x 100m, 4 x 400m, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus Throw, Hammer Throw, Javelin Throw.
3. The age of competitors must be Under 18 years as at 31<sup>st</sup> December 2013.
4. Teams will consist of 30 athletes (15 male, 15 female) to cover all the events. Athletes may only contest two individual events (there is no limit to the number of relays to be completed).
5. **Uniforms:** Each international athlete will wear the uniform of their appropriate Federation. Each Australian athlete will have a designated uniform according to their team to which they are selected for.
6. **Competition Numbers** will be given to the Team Managers, who will be responsible for issuing both numbers to all athletes within their team. The competition numbers issued to competitors for these Championships must be worn firmly attached with not less than four (4) pins, so the entire number and sponsorship information can be easily read. NO part of the number shall be folded.  
  
ATHLETICS AUSTRALIA WILL ENFORCE IAAF RULE 143.8, WHICH DISQUALIFIES AN ATHLETE FROM COMPETING IF S/HE TAMPERS IN ANY WAY WITH THE COMPETITION NUMBER.  
  
Hip numbers will be provided by an official at the start for events requiring them.
7. All events will be conducted as straight finals with eight competitors.
8. **Confirmation** of each team member and their events is the responsibility of the Team Managers. The team **MUST** be confirmed by the Technical Meeting and any changes must be brought to the Administration room no later than **one hour** prior to the event.

After the Technical Meeting all athletes will be considered confirmed and will be required to marshall at the event at the appropriate time (see marshalling times below). Final draws for the event will be posted on the notice board as soon as they become available.

9. If an athlete fails to scratch from an event after confirmation, s/he may not be permitted to compete in any other event in the Championships including relays. (See IAAF Rule 142.4)
10. **Warm up** may be completed on the warm up track located at the southern end of the main track beyond the hill. This facility contains all necessary warm up requirements.
11. **Marshalling Procedures:** All athletes are required to report to the event area prior to the event. Access to the arena and event areas is to the athletes only and no access will be given to coaches, parents or friends.

The marshalling times are (prior to the scheduled event starting times):

- Pole Vault 60 minutes
- Discus, Javelin, Hammer, High Jump 35 minutes
- Long & Triple Jump, Shot Put 25 minutes
- Hurdles 15 minutes
- Other track events 10 minutes

This time may be used to complete the warm-up at the competition site, if the site is not in use from another event.

If the athlete is already competing in another event at the designated marshalling time, the Team Manager must notify the Administration Room in order to allow the notification of the event area at least one hour prior to the event.

12. All athletes in field events will complete six trials (excluding Pole Vault and High Jump).
13. **Starting Heights:** Starting heights for the High Jump and Pole Vault will be announced at or prior to the Technical Meeting. Progressions will also be determined at the Technical Meeting.
14. The distances to be used for boards is at the discretion of the athlete:

**Men:** Either 11m or 13m boards are acceptable ONLY.

**Women:** Either 9m or 11m boards are acceptable ONLY.

15. **Private Implements:** Athletes who wish to use their own throwing implements during the Championships MUST lodge them with the Technical Manager at the equipment room by 12pm on the day of competition in which their event is to be held. The implements will be impounded until after the competition when athletes may collect them from the equipment room. Any competitor may use all implements in the pool.

Athletes are expected to provide their own vaulting poles. The organising committee will provide no poles.

16. **Starting Blocks** must be used for all events up to and including the 400 metres. These will be supplied by the venue. No private blocks will be permitted.

17. **Spikes** in shoes for track events must be 7mm maximum and should be pyramid or needle type. For field events spike length shall not exceed 7mm except in the high jump and javelin where they shall not exceed 9mm. All athletes should be familiar with IAAF Rules 143.2 to 143.6.
18. **Relay Forms** must be completed by the Team Manager. The relay cards will be available at the Technical Meeting and should be completed by the first track event each day (approximately two hours prior to the relay) and handed to the Administration Room. Relay teams should marshal at the start and finish line. 4x100m competitors will then be taken to their appropriate change over zone.
19. **Medal Presentation:** 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. Athletes must wear either their competition uniform or tracksuit for the ceremony. Team Managers are requested to assist in ensuring athletes are readily available and correctly addressed.
20. **Protests** must be lodged initially with the Referee at the event as per IAAF rules. Appeals to the Jury are to be made in writing (and on the appropriate Appeal Form where possible) and lodged with \$100 fee (cash). Appeals can be made by either the athlete or the Team Manager and should be lodged in the Administration Room.
21. **Team Competition:** Based on an eight-team competition, points are awarded as follows for each event (both individual and relay): 9, 7, 6, 5, 4, 3, 2, 1. The winning team will be the team with the highest number of points at the conclusion of the final event. A count back based on the number of first places and so on will be conducted if necessary.