

2021 Combined Athletics NT and Sport Education NT

NT Track & Field Championships

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 - World Athletics (WA), World Para Athletics (WPA), Athletics Australia (AA), World Masters Athletics (WMA), School Sport Australia (SSA) and Athletics Northern Territory.

1. TECHNICAL MEETING:

The Team Managers meeting will be held in the NTIS conference room on **Thursday 2nd September, commencing at 3.30pm**. A representative from each Club/Region is required to be in attendance.

2. RULES OF COMPETITION:

U9-Little Athletics Australia.
U10-U12 – School Sport Australia.
U14-Open – World Athletics.
30+ - World Masters Athletics.
Para Athletes – World Para Athletics.

3. PHOTO FINISH AND RESULTS ROOM:

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

4. UNIFORMS:

All athletes must wear their correct Club or Region uniform.

5. COMPETITION NUMBERS

Club athletes are required to wear their **RED** issued competition number. All other athletes will be issued a competition number which is to be collected from the **Team Manager** or the **Technical Information Centre (TIC)** prior to the athlete's first event. (Located in NTIS staffroom)

Coles badges – Club athletes up to and including U16 **MUST** have a Coles badge attached to their competition singlet. This is a requirement of the Coles sponsorship through Little Athletics Australia. Clubs have been provided with the badges to issue to their athletes.

6. AGE GROUPS:

- Sport Education Northern Territory age groups (calculated based on the age an athlete is on December 31, 2021) 9 years, 10 years, 11 years, 12 years.

- Athletics Northern Territory age groups (based on an athlete being under that age as of 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, 2021, then the athlete is in the under 16 age group.
- Medals will be provided to Masters in the following age groups 30–49, 50-69 and 70+. Age for Masters is calculated as at 31st December 2021 due to this being an All Ages Meet.

7. PRIVATE IMPLEMENT:

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

8. 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. Under no circumstances are athletes to warm up on the infield for safety reasons.

9. RELAY NOMINATIONS:

Team Managers will be required to provide a list of up to six (6) athletes for each age group relay their Club/Region will be competing in over the course of the competition. This list is to be handed in at the Team Managers meeting.

10. CONFIRMATION OF EVENTS:

All athletes are deemed to be confirmed. Team Managers are encouraged to make withdrawals 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.

11. WITHDRAWALS:

If an athlete fails to withdraw from an event by the time required under Regulation 10 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 (TR4 Page 89 of the World Athletics Competition and Technical Rules 2020 Edition).

12. 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 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.

13. CALL ROOM:

Athletes will be required to be in the Call Room located near the 100m start line prior to the event start time.

- **Field events –30 minutes**
- **Track events – 15 minutes**

Shoes WILL be checked for appropriate type and length spikes. Athletes will be escorted by

an Official to their event site.

14. 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 WA Rules, and remain subject to changes directed by the Competition Director or Athletics NT.

100m/200m	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		Final only
1100/1500 Walks		Final only

Where withdrawals reduce the field to not require heats, the event will be run at the scheduled HEAT 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 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.

15. PROGRESSION TO FINALS (FIELD):

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

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

16. VERTICAL JUMPS:

- Starting heights are indicated in the events specification at the end of this document.
- 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.

17. TIME ALLOWED FOR TRIALS:

The official responsible shall indicate to an athlete that all is ready for the trial to begin, and the period allowed for this trial shall commence from that moment.

If the time allowed elapses after an athlete has started their trial, that trial is valid.

If after the time for a trial has begun, an athlete decides not to attempt that trial, it shall be considered a failure once that period allowed for the trial has elapsed.

The following times shall not be exceeded. If the time is exceeded, unless a determination is made under Rule 25.18 of the Technical Rules, the trial shall be recorded as a failure:

Individual Events	High Jump	Other Events
More than 3 athletes (or for the very first trial of each athlete)	1 min Masters – 30 seconds	1 min Masters – 30 seconds
2 or 3 athletes	1.5 min	1 min
1 athlete	3 min	-
Consecutive trials	2 min	2 min

18. SPIKES and STARTING BLOCKS:

PERMITTED at Arafura Athletics Stadium

Track Events	7mm & under	Xmas tree
Long Jump	7mm & under	Xmas tree
High Jump & Javelin	9mm (12mm for heel spikes)	Xmas tree

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
- 11years & over Javelin

The use of blocks for Para athletes are in accordance with World Para Athletics Rules for each individual classification.

U9, U10 and Masters athletes are not required to use starting blocks, or a crouch start or have both hands in contact with the track.

Athletes may 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.

19. STARTS:

U9 and Masters – Any athlete who commits a false start shall be warned. If an athlete is reasonable for 2 false starts shall be disqualified from the event.

U10 to U14 - Any athlete who commits a false start shall be warned and the field will also be warned. Any athlete making a false start after this, shall be disqualified from the event.

U16 - Open – NO false start rule will apply. (TR16 Page 118 of the World Athletics Competition and Technical Rules 2020 Edition).

20. RELAYS:

Relay entries are to be submitted at the beginning of each session. Withdrawals can be made up to one hour prior to the scheduled start time. Entries are to be handed into the TIC. Relay Team members must compete in a minimum of one (1) other event throughout the championships.

21. MULTI CLASS 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 Baseline scoring system.

Multi Class 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 Baseline scoring system.

22. MEDAL PRESENTATIONS:

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

23. PROTESTS:

These must be lodged initially with the Referee. Appeals to the Jury can be after a Protest to the Referee is dismissed, are to be made in writing on the appropriate form and lodged with a \$20 fee. Appeals can be made by either the athlete or Team Manager and be lodged in the TIC. The appeal fee will be forfeited for all appeals that are unsuccessful.

24. 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.**

25. ILLICIT DRUGS:

Athletics Northern Territory does not allow the use, distribution or selling of illegal drugs by any club member or any visitors within the club's 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.

26. FIRST AID

Athletics Northern Territory will provide a sports trainer and St. John ambulance personnel for athletes and spectators.

27. EVENT SPECIFICATIONS – 9yrs Little Athletics. 10-12yrs School Sport Australia. U14+ Athletics Australia. Masters - World Masters Athletics.

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 – 2kg	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	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 – 30-49 1kg 50-59 1kg 60-74 1kg 75+ 750g Men - 30-49 2kg 50-59 1.5kg 60+ 1kg	Women – 30-49 4kg 50-59 3kg 60-74 3kg 75+ 2kg Men - 30-49 7.26kg 50-59 6kg 60-69 5kg 70-79 4kg 80+ 3kg	Women – 30-49 4kg 50-59 3kg 60-74 3kg 75+ 2kg Men - 30-49 7.26kg 50-59 6kg 60-69 5kg 70-79 4kg 80+ 3kg	Women – 30-49 600g 50-59 500g 60-74 500g 75+ 400g Men - 30-49 800g 50-59 700g 60-69 600g 70-79 500g 80+ 400g

HIGH JUMP START HEIGHTS AND PROGRESION

Age group	Starting height	Progressions
9 Years	Women – 0.85m Men – 0.90	Bar increments shall be 5 cm for first 3 rises. 3cm increments thereafter.
10 Years	Women – 0.95m Men – 1.05m	Bar increments shall be 5 cm for first 3 rises. 3cm increments thereafter.
11 Years	Women – 1.05m Men – 1.15m	Bar increments shall be 5 cm for first 3 rises. 3cm increments thereafter.
12 Years	Women – 1.10m Men – 1.20m	Bar increments shall be 5 cm for first 3 rises. 3cm increments thereafter.
Under 14	Women – 1.25m Men – 1.35m	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
Under 16	Women – 1.30m Men – 1.40m	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
Under 18	Women – 1.40m Men – 1.45m	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
Under 20	Women – 1.40m Men – 1.45m	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
Open	Women – 1.50m Men – 1.50m	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
Masters	Women – 1.00m Men – 1.20m	Bar increments shall be 5 cm for first 3 rises. 3cm increments thereafter.

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.