

RULES OF COMPETITION (As of 14/01/2019)

1. **Competition:** all events shall be conducted in accordance with the rules of the IAAF and Athletics Victoria.
2. **Age determination:** age group calculation is taken from the **31st December 2019**. Overage athletes (40+, 50+, 60+) age group calculation will be taken from the first day of competition, **26th January 2019**.

Age Group	Year of Birth
Under 14	2006, 2007, 2008
Under 16	2005, 2004
Under 18	2003, 2002
Under 20	2001, 2000

4. **Similar Events:** an athlete cannot enter the same or similar event in more than one (1) Underage/Overage division. Athletes may enter the Open division and their Overage or Underage division.
Note: for example, the following are classified as similar events - 1500m Walk, 3000m Walk & 5000m Walk; 110m Hurdles, 100m Hurdles, 90m Hurdles, 80m Hurdles; 200m Hurdles, 300m Hurdles & 400m Hurdles; 2000m Steeplechase & 3000m Steeplechase.
5. **Mixed Competition:** both male and female athletes must compete in their own gender events including Relays. No athlete will be permitted to compete in another gender event at any Athletics Victoria Championship events (IAAF rule 145).
6. **Distance Event:** athletes in the 10,000m **MUST** be 16 years of age or older on the day of competition.
7. **Entry Numbers:** only one (1) entry is required for an event to be included on the program. However, to provide competition, events may be combined with a similar event if available.
8. **Simultaneous Events:** when an athlete has entered both Open and Age Group event which are conducted simultaneously as one (1) event, the athlete will be entitled to one (1) set of performances only, provided that the specifications for the Age Group event are the same as the Open event. These performances will be used to determine the placing's in both events.
9. **Track Events:** all Track events will be conducted as Timed Finals
10. **Field Attempts:** U14, U16, U18 and Masters age groups will have three (3) attempts with the top eight (8) receiving one (1) additional attempt.

Open and U20 age groups will have three (3) attempts with the top eight (8) receiving three (3) additional attempts.

Note: in the event of a tie in the High Jump and Pole Vault events, jump off will be used to determine first placing if athletes are still tied after a countback.

11. **Pole Vault and High Jump - Starting Heights**

Age Group	Girls HJ	Girls PV	Boys HJ	Boys PV
Under 14	1.05m	1.40m	1.10m	1.40m
Under 16	1.25m	1.60m	1.30m	1.60m
Under 18	1.35m	1.60m	1.45m	2.10m
Under 20	1.35m	1.60m	1.45m	2.60m
Open	1.35m	2.20m	1.45m	2.60m
40+	1.05m	1.40m	1.25m	1.60m
50+	1.05m	1.40m	1.10m	1.60m
60+	1.00m	1.40m	1.10m	1.60m

12. **Clash of Events:** if an athlete has a 'Clash of Events', they will need to report to the competition area of their second event and report to the Official that they will be late marshalling to that event due to a clash with another event.

13. **Check-In:** athletes must report to the **ATHLETE TIC AREA** no later than **60 minutes prior** to the start time of the first round of each event they have entered and sign in. Failure to do so may result in disqualification.

If you believe you will be running late for your Check-In time, please call Athletics Victoria on the following number **0447 202 160**.

14. **Scratching:** any athlete who competes in a round of an event in the Championships and qualifies for the subsequent round and then withdraws from that event, without a medical certificate, **WILL NOT** be permitted to compete in any other event during the Championships, including Relays.

15. **Call Room:** there will be **NO** call room in operation at the Victorian Country Athletics Championships. Thus, all athletes must marshal directly to the competition area by the time indicated below. Athletes are to ensure that they bring all required clothing and footwear as they will not be permitted to leave once they have marshalled.

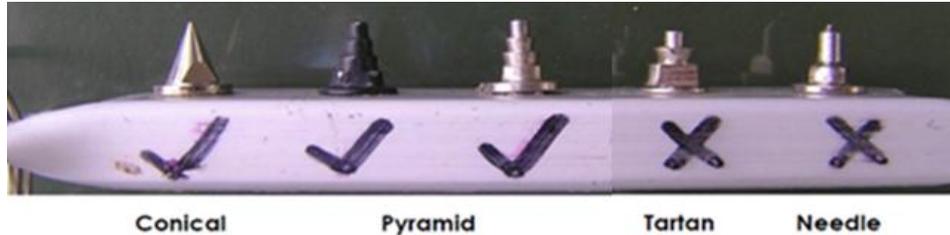
The closing times for marshalling are:

Event	Time	Event	Time
Pole Vault	45 min	Discus, Shot Put, Javelin & High Jump	20 min
Hammer	30 min	Hurdles & Steeplechase	20 min
Long Jump & Triple Jump	25 min	All other track events	15 min

16. **Uniforms:** athletes **MUST** be attired in their official registered club uniform with their current Athletics Victoria registration numbers firmly affixed (refer IAAF rule 18). Athletes competing by invitation **MUST** compete in their club, state or national uniform.

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17. **Footwear:** track spikes must be of IAAF approved shape (conical is preferred) and be no greater than 7mm in length for track events. Spikes for javelin and high jump events must be conical in shape and a maximum of 9mm.



18. **Private Implements:** only implements provided and previously tested by the Technical Officer may be used. Athletes wishing to use private implements must lodge them with the Technical Officer on duty at least **2 hours prior** to the scheduled starting time of the event. The implement will be retained until the completion of that event and will be available for all athletes in that event to use.
19. **Starting Blocks:** the use of starting blocks is compulsory for all Open and Underage athletes competing in events up to and including 400m. Overage athletes will be permitted a crouch or standing start for all events.
20. **Hip Numbers:** athletes in events 800m or longer will be required to wear hip numbers. Hip numbers must be worn on the right side of the right leg on the athlete's shorts, low enough so their top doesn't cover it. Hip numbers will be distributed at the start line during the marshalling period.
21. **Relays:** entries for relays **MUST** be completed online by Clubs. This can be done via the club portal the same way Clubs entered the Victorian Track Relay Championships.

Team Mangers **MUST** to submit Relay Team Sheets (up to 6 athletes) to Administration by **7:00pm Sunday 27th January** – only teams as per entered at the close of entries – no late or on the day entries will be accepted. Team sheets can be collected from Administration.

Relay Team Forms Check-in: this must be done **60 minutes prior** to the scheduled event start time. During the Check-In process they will be required to submit team sheets outlining the athletes in each team with their correct bib numbers and in correct running order.

Substitutions can be made by using the correct Substitution Form and submitting it to Administration no later than **30 minutes prior** to the event scheduled starting time.

The four competing members of a disqualified team will be ineligible to compete further in that event, regardless if they are an emergency of another team.

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22. **Protests:**

- (i) Any enquires regarding entries; check-in or reporting at the Championships on the days of competition shall be made to the Administration Delegate or Competition Manager.
- (ii) Any protest regarding the competition, shall in the first instance, be made orally to the Referee by the athlete or by a person acting on his/her behalf, within 30 minutes of the official announcement of the result.

The Referee may decide on the protest or may refer the matter to the jury of appeal. If the Referee makes a decision, the athlete may appeal to the jury within 30 minutes.

Appeals must be in writing, signed by the athlete (or a responsible adult on behalf of the athlete) and submitted to the Administration Manager located in Administration. The protest must be accompanied by a deposit of \$50.00 which may be forfeited should the protest be considered frivolous (IAAF rule 146). Protest/appeal forms are available at Administration.

23. **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 to the Presentation Area. Each athlete must wear either their competition singlet or tracksuit top for Presentations. Medallions will be presented to competitors placed first, second and third. Victorian Country Championship medallions shall be reserved for the best three (3) placed Victorian Country Athletes. Invitational medals will be given to any metro or interstate athletes who compete and place in the Top 3 before country athletes.
24. **Records:** all athletes wishing to break a record, **must** report this to the Administration **2 hours prior** to the event.
25. **Athletics Victoria Contact Information:** please contact AV for any questions regarding the Victorian Country Athletics Championships on 8646 4500 or summer@athsvic.org.au.