

## RULES OF COMPETITION (as at 21/04/2021)

1. **Competition:** all events shall be conducted in accordance with the rules of the World Athletics and Athletics Victoria unless otherwise stated.
2. **Age determination:** age group calculation is taken from the first day of competition, **24<sup>th</sup> April 2021**.
3. **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.
4. **Track Events:** All Track events will be conducted as Timed Finals
  - a. In events where athletes are required to **run** a set World Athletics distance, athletes must show a distinct effort to complete the distance based on the premise that it is a running event. Athletes who walk for prolonged periods will be asked to remove themselves from the track.
  - b. If an event is scheduled as a Timed Final, athletes will be seeded based on recent seasons best performances. Seed times can be provided on the day when signing in.
  - c. **Start Rules**
    - i. Masters athletes are not required to use starting blocks and do not need to start from a crouched position or have both hands in contact with the track
    - ii. In any race, athletes who are charged with a false start, as determined by the Head Starter, shall be warned. Athletes who are charged with a second false start in the same race shall be disqualified
    - iii. Two or more age groups, men and women, may compete together provided there are separate results for each group
  - d. **Hurdles:** competitors in hurdling events must hurdle with a continuous motion thus ensuring that both feet are off the ground for at least an instant
  - e. **Steeplechase:** competitors may hurdle or vault the barriers or step on the top rail in continuous motion but may not climb them. Athlete's hands or feet may only touch the top surface of the barrier, with no other part of the body touching any part of the barrier.
5. **Field Attempts:** all athletes 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.

  - a. Two hands must be used to throw the Hammer and Weight Throw

### 6. Pole Vault and High Jump - Starting Heights

Pole Vault	High Jump
<2.30m	<1.20m
>2.30m	>1.20m<1.40m
	>1.40m

- a. Both feet must be off the ground during the vault or jump

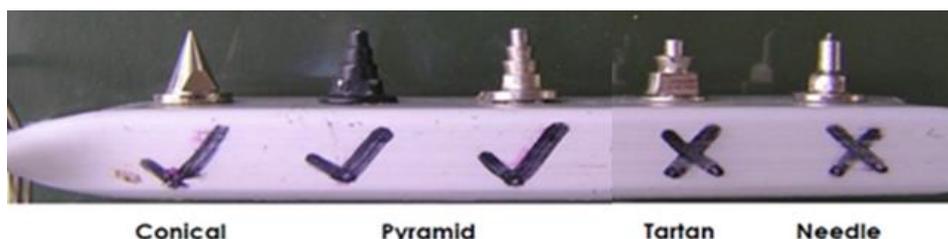
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- b. Masters' competitors can touch the landing area before clearing the bar but may not use the landing area to any advantage as determined by the Field Judge
  - c. When a High Jump or Pole Vault competition includes competitors in different age groups and there is only one competitor left in an age group, that competitor shall have the right to have the height of the bar raised in terms of applicable World Athletics Rules, even though other competitors in other age groups may still be competing. Said competitors must continue in the normal progression and may not jump at these special heights.
  - d. Only one number is required to be worn by competitors in the High Jump and Pole Vault events
  - e. Competitors will be split based on their seasons best as provided at entry. Athletes from the same age group may compete at various times of the day. As such, medals will be not given until all competitors in that age group have finished competing.
7. **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.
  8. **Check-In:** Athletes must check in **60 minutes prior** to the start time of the first round of any *TRACK* event they have entered and sign in. Check-in will be located at the Administration Room located at the end of the home straight.

Athletes competing in *FIELD* events do not have to check in for their field event. They are to marshal at the event site **15 minutes prior** to the event start time. *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 **8646 4526**

9. **Call Room:** there will be **NO** call room in operation at the Victorian Masters Track & Field Championships. Thus, all athletes must marshal **15 minutes prior** to the competition area. Athletes are to ensure that they bring all required clothing and footwear as they will not be permitted to leave once they have marshalled.
10. **Uniforms:** athletes must wear their club/affiliate or Masters Athletic uniform
11. **Footwear:** track spikes must be of World Athletics 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. All shoes must comply with World Masters Athletics Technical Rule 5.13.3.



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12. **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.
13. **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.
14. **Lap Scorers:** athletes competing in any event that is 3000m or longer **must** provide a lap scorer for the duration of their race.
15. **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 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 (World Athletics rule 146). Protest/appeal forms are available at Administration.
16. **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.
17. **Weather Policy:** in the event of inclement weather during the weekend, Athletics Victoria may modify the program for the safety of athletes, officials and spectators. If this occurs, Athletics Victoria will communicate this as soon as possible via the AV website, social media and email.
18. **Records:** all athletes wishing to break a record, **must** report this to the Administration **2 hours prior** to the event.
19. **Athletics Victoria Contact Information:** please contact AV for any questions regarding the Victorian Country Athletics Championships on 8646 4526 or [sportdelivery@athsvic.org.au](mailto:sportdelivery@athsvic.org.au).