2026 VSAC ASSOCIATION CHALLENGE
TECHNICAL REGULATIONS

(As at 08/10/2026)

1. Competition

1.1. All events shall be conducted in accordance with the rules of the World Athletics (WA), World Para Athletics (WPA) and Athletics Victoria (AV).

2. Age determination

2.1. All age group calculations are taken are taken from the 31 December 2026 and there are three age categories

Age Group	Year of Birth
Senior (16 & over)	2010 & before
Intermediate (15 & under)	2011 & after
Junior (13 & under)	2013 & after

3. **Entry Fee:** $275 per team

4. Team Composition, Events & Number of Athletes

4.1. There is no maximum number of athletes per team, but teams will be restricted by the number of athletes that can compete in any one event & number of events an athlete can compete in.

4.2. Athletes may compete in a maximum of five (5) events inclusive of relays.

4.3. The following table lists the events and maximum number of athletes that will be able to compete in each event for each team for each age group:

Event Type	Event	Maximum # of Athletes per team
Track	100m	2 per team
	200m	1 per team
	400m	1 per team
	800m	2 per team
	1500m	2 per team
	4x100m Relay	1 per team
	Medley Relay (800m, 400m, 200, 200m)	1 per team
Field	High Jump	1 per team
	Long Jump	1 per team
	Triple Jump	1 per team
	Shot Put	1 per team
	Discus	1 per team

4.4. The following events are available for Para (Multiclass) athletes in any age group:

Event Type	Event
Track	100m
	200m
	800m
Field	Long Jump
	Shot Put

4.4.1. There is no maximum number of Para (Multiclass) athletes per event.

4.4.2. Para (Multiclass) athletes do not count towards number of competitors in each event or team scoring.

5. Athlete Eligibility

5.1. All athletes must be bona fide students at the schools within the relevant association for 2026.

5.2. Para athletes must have an Australian Athletics National or Provisional classification to compete.

6. Team Eligibility

6.1. An athlete can only compete in their gender specific teams.

6.2. An athlete may only compete in a single team and in a single division (i.e., students may not compete across two or more teams in the same division; or compete in two or more divisions).

6.3. An athlete cannot change teams once competition has started.

6.4. An athlete may compete up an age group, however they must only compete in that age group for the entirety of the competition

6.5. An athlete may be substituted by another athlete from the same team in an event once the competition has started. Substitutions can be made at the Administration room, 45 minutes prior to the event start time. Substitution forms are then to be taken by the athlete to the field event site.

6.6. All results will be verified once competition has concluded and prior to presentations. If an athlete has competed in the incorrect team (see Rules 4 & 5), that team will be disqualified and will not be eligible for awards.

7. **Uniforms**

7.1. Association/School athletics/sports uniform must be worn. No club uniforms to be worn. If no Association/School athletics/sports uniform exists, a plain white or black-shirt is to be worn.

8. Call Room

8.1. A Call Room will not be used for this competition; however, all athletes must marshal at least fifteen (15) minutes prior to the scheduled event start time and listen to announcements over the PA for any changes

9. Hip numbers

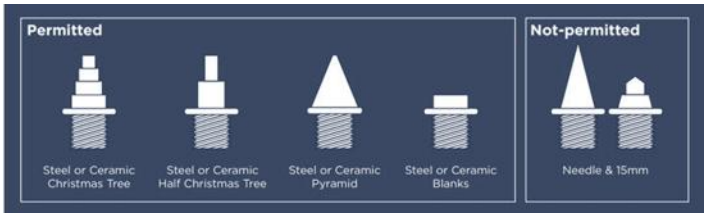
9.1. will be worn for the following events: 800m, 1500m and relay events. Hip numbers must be worn on the right side of the right leg on the athlete's shorts, low enough so their top does not cover it. Hip numbers will be distributed to athletes at the start line or relevant relay takeover location

10. The use of mobile phones or similar devices in the competitions area is not permitted. (refer to WA Rule TR6.3.2)

11. An athlete can be suspended from the competition by the event Referee for an infringement of the rule above. The competitions area is defined as the Call Room and Main Arena. Athletes will be notified if any other areas are being used for competition.

12. **Permitted Spikes**

12.1. The venue ruling for Lakeside Stadium is a maximum spike length of 7mm for all track events and 9mm for all field events. Only Conical & Pyramid (Christmas tree) allowed:



13. Private implements

13.1. No private implements will be accepted for this competition.

14. Track Events

Starting Blocks and Start Rules

14.1. The World Athletics Rule will be applied for all age groups i.e. there will be no dispensation for a false start. Any athlete responsible for a false start shall be disqualified by the Starter (refer to WA Rule TR 16.9).

14.2. Only those starting blocks supplied by the venue can be used. Private blocks are not permitted.

14.3. All athletes must do a crouch start for events 400m and below, including the 4x100m relay. Athletes do not need to use blocks when performing a crouch start

Relays

14.4. For all relays there is no acceleration zone. Athletes must start from inside the takeover zone.

14.5. Relay batons will be provided by the venue and must be used. Teams should provide their own batons for training.

14.6. **4x100m Relay:** Takeover Zones will be 30m

14.7. **Medley Relay:** The order of distances for the medley relay is 800/400/200/200.

14.7.1. First runner (800m) – will start on the 800m curved start line.

14.7.2. 1st change (800m to 400m runner) – Takeover zone: 20m. Runner 2 will be placed on track based on Runner 1 placing as they enter the last bend (200m start area)

14.7.3. 2nd change (400m to 200m runner) – Takeover zone: 20m. Runner 3 will be placed on track based on Runner 2 placing as they enter the last bend (200m start area)

14.7.4. 3rd change (200m to 200m runner) – Takeover Zone: 30m. Runner 4 will be placed on track based on Runner 2 (400m runner) placing as they enter their last bend (200m start area)

15. Field Events

15.1. Warm up for field events may not be allowed in the competition area if the timetable does not allow.

15.2. In throwing and horizontal jump events each athlete will receive three (3) trials only.

15.3. In High Jump, three consecutive failures, regardless of the height at which any of such failures occur, will disqualify an athlete from further jumping. There will be no jump offs for first place.

15.4. In High Jump, the bar shall be uniformly raised by 5cm throughout the competition.

Note: Where an athlete believes they cannot clear the start height listed in the following table (Rule 15.5) they may request the bar be set at a lower height to record a valid performance (in 5cm decrements). Where there is more than one athlete request, this one height will be the lowest height requested. The bar will then be raised to the start height listed in the above table for the second height recorded, regardless of the bar height increase.

15.5. The following table lists the vertical jumps starting heights and triple jump take-off boards:

Age Group	Male		Female	
	HJ	TJ	HJ	TJ
Senior	1.30m	13m/11m/**9m**	1.25m	11m/**9m/7m**
Intermediate	1.25m	13m/11m/**9m**	1.15m	11m/**9m/7m**
Junior	1.20m	11m/9m/**7m**	1.15m	11m/9m/**7m**

Note: Subject to change by Field Referee and Competition Director

15.6. **Wind Gauge:** No wind gauge will be used for horizontal jumps.

15.7. Refer to Rule 22 for throwing implement specifications for each age group.

16. Protests

16.1. Any enquires regarding entries; shall be made to the AV Competition Manager located in Administration at the top of the Main Grandstand.

16.2. 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.

16.3. 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 of the Referees decision.

16.4. 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 (World Athletics Rule TR 8). Protest/appeal forms are available at Administration.

17. Scoring

17.1. For each age group in each event the scoring system for the Association Challenge will be as follows:

Position	Points
1st	30
2nd	25
3rd	20
4th	10
5th	8

Position	Points
6th	6
7th	4
8th	3
9th	2
10th +	1

17.2. Para (Multiclass) events will not score towards a team's age group or overall placing, however, are eligible for individual event awards (see Rule 18).

18. Awards

18.1. **Individual Events:** The top three from each event in each competition will receive a ribbon

18.1.1. For Para (Multiclass) athletes, placings will be awarded once performances have been scored against the current Australian Athletics Baseline tables.

18.2. **Team:** Each member from the winning team will receive a ribbon.

18.3. The overall highest scoring Association for Boys and the overall highest scoring Association for Girls will receive a perpetual shield to retain for the year.

19. Officiating Helpers

19.1. Associations are required to provide helpers to assist with track or field events for a set period throughout the day. This will be indicated via an Association helper timetable distributed to all Associations.

Event Site	Association	Of Helpers Reqd
Marshalling	ACC	2
	CGSAV	2
Relay Change Over	ACS	3
Discus	AGSV	2
	SACCS	2
Shot Put	BAS	2
	ICCES	2
Long Jump	CSEN	2
	SEISA	2
Triple Jump	EISM	2
	SIS	2
High Jump	GISSA	2
	GSV	2

20. Additional Notes

All Children/Young People have the right to feel safe and protected from all forms of abuse, harm, and neglect. Children/Young People have the right to take part in sport in a safe, positive, and enjoyable environment. Athletics Australia is committed to safeguarding and promoting the welfare of Children/Young People in Athletics by providing a safe and inclusive environment and by ensuring that everyone involved in Athletics is aware of their rights and responsibilities in relation to Children/Young People.

Safeguarding Children & Young People Policy & Code of Conduct

21. Extreme Weather

21.1. In the event of extreme weather occurring during the competition, Athletics Victoria may modify the program for the safety of athletes, officials, and spectators. Athletics Victoria will communicate any decision made as soon as possible via the AV website, social media, and email to all participants.

22. Throwing Implement Specifications

(i) THROWING IMPLEMENT WEIGHTS – Able Bodied

Male		
Age Group	**Shot**	**Discus**
Senior	5kg	1.5kg
Intermediate	4kg	1kg
Junior	3kg	1kg

Female		
Age Group	**Shot**	**Discus**
Senior	3kg	1kg
Intermediate	3kg	1kg
Junior	3kg	1kg

(i) THROWING IMPLEMENT WEIGHTS – Para

F01, F11, F12, F13, F20, F60

Age	Discus		ShotPut		Javelin	
	Male	Female	Male	Female	Male	Female
U20	1.75kg	1.0kg	6.0kg	4.0kg	800g	600g
U17	1.5kg	1.0kg	5.0kg	3.0kg	700g	500g
U15	1.0kg	1.0kg	4.0kg	3.0kg	700g	500g

F21(II2)

Age	Discus		ShotPut		Javelin	
	Male	Female	Male	Female	Male	Female
U20	1.0kg	750g	4.0kg	3.0kg	600g	400g
U17	1.0kg	750g	3.0kg	2.0kg	500g	400g
U15	1.0kg	750g	3.0kg	2.0kg	500g	400g

F31, F32, F33, F34, F35, F36, F37, F38

Age	Class	Discus		ShotPut		Javelin		Club	
		Male	Female	Male	Female	Male	Female	Male	Female
U20	F31	NE	NE	NE	NE	NE	NE	397g	397g
	F32	1.0kg	1.0kg	2.0kg	2.0kg	NE	NE	397g	397g
	F33	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g	NE	NE
	F34	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F35	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F36	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F37	1.0kg	1.0kg	5.0kg	3.0kg	600g	600g	NE	NE
	F38	1.5kg	1.0kg	5.0kg	3.0kg	800g	600g	NE	NE
U17	F31	NE	NE	NE	NE	NE	NE	397g	397g
	F32	750g	750g	1.0kg	1.0kg	NE	NE	397g	397g
	F33	750g	750g	2.0kg	2.0kg	500g	500g	NE	NE
	F34	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F35	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F36	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F37	750g	750g	4.0kg	2.0kg	500g	500g	NE	NE
	F38	1.0kg	750g	4.0kg	2.0kg	600g	500g	NE	NE
U15	F31	NE	NE	NE	NE	NE	NE	397g	397g
	F32	750g	750g	1.0kg	1.0kg	NE	NE	397g	397g
	F33	750g	750g	2.0kg	2.0kg	500g	400g	NE	NE
	F34	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F35	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F36	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F37	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F38	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE

F40, F41

Age	Discus		ShotPut		Javelin	
	Male	Female	Male	Female	Male	Female
U20	1.0kg	750g	4.0kg	3.0kg	600g	400g
U17	1.0kg	750g	3.0kg	2.0kg	500g	400g
U15	1.0kg	750g	3.0kg	2.0kg	400g	400g

F42, F43, F44, F45, F46, F61, F62, F63, F64

Age	Discus		ShotPut		Javelin	
	Male	Female	Male	Female	Male	Female
U20	1.5kg	1.0kg	6.0kg	4.0kg	800g	600g
U17	1.0kg	1.0kg	5.0kg	3.0kg	700g	500g
U15	1.0kg	1.0kg	4.0kg	3.0kg	600g	400g

F51, F52, F53, F54, F55, F56, F57

Age	Class	Discus		ShotPut		Javelin		Club	
		Male	Female	Male	Female	Male	Female	Male	Female
U20	F51	1.0kg	1.0kg	NE	NE	NE	NE	397g	397g
	F52	1.0kg	1.0kg	2.0kg	2.0kg	600g	600g	NE	NE
	F53	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g	NE	NE
	F54	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F55	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F56	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F57	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
U17	F51	750g	750g	NE	NE	NE	NE	397g	397g
	F52	750g	750g	2.0kg	2.0kg	500g	500g	NE	NE
	F53	750g	750g	2.0kg	2.0kg	500g	500g	NE	NE
	F54	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F55	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F56	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F57	1.0kg	750g	3.0kg	2.0kg	500g	500g	NE	NE
U15	F51	750g	750g	NE	NE	NE	NE	397g	397g
	F52	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F53	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F54	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F55	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F56	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F57	750g	750g	2.0kg	2.0kg	500g	400g	NE	NE

Association Challenge Event Sites

