COMPETITION RULES

1.0 COMPETITION RULES

1.1 The program will be conducted under the I.A.A.F. Competition Rules 2014-15 except as varied by the Association as indicated here or elsewhere.

1.2 Events for athletes with disabilities will, additionally, be conducted according to the IPC Official Rules and Regulations for IPC Athletics Competitions.

2.0 ASSISTANCE TO ATHLETES

2.1 Team Managers are, in particular, referred to Rule 144:3(b) of the I.A.A.F. rules.

2.2 For the purpose of this rule, the following shall be considered assistance and are therefore not allowed: possession of or use of video and cassette recorders, radios, CD players, radio transmitters, mobile phones or similar devices in the call room or competition arena.

2.3 Contravention of this rule may result in disqualification of the athlete from the event.

3.0 DRESS

3.1 The Region will determine the uniform to be worn by athletes from the region.

3.2 If compression garments are worn, a complete official regional competition uniform (top and bottom) must still be worn over the compression garment unless the compression garment is an official part of the regional uniform and is in regional colours.

3.3 Athletes are to wear the allocated competition number bibs on the front and the back of the uniform. Number bibs must be pinned at all 4 corners so that the entire number, association name and sponsorship details are easily read. Number bibs are not to be folded or altered in any way. Pins for these number patches will NOT be supplied. The wearing of numbers by each competitor is compulsory in all events, including the field events.

3.4 Lane numbers (and pins in this case) will be provided for attachment to shorts or briefs.

3.5 Competitors not correctly attired, if detected by an official, may be withdrawn from the event.

4.0 ATHLETE CHECK-IN PROCEDURE

4.1 Athletes for all events (track and field) must check in with their regional manager in sufficient time to allow the team manager to confirm entry in the event. It is suggested that athletes check in with the team manager immediately on arrival at the venue.

4.2 Athletes should be aware that entries are confirmed or scratchings made no later than ONE (1) HOUR prior to the advertised starting time for the event (or 90 minutes in the case of Pole Vault).

4.3 SCRATCHINGS: If an athlete has failed to be scratched from an event or does not compete in all rounds of an event for which he/she has qualified, he/she may not be permitted to compete in any other event in the championships, including relays.

4.4 Athletes are to collect their competition number (race bib) from the regional team manager at the time of check-in.

5.0 CONFIRMATION OF ENTRIES

5.1 Team Managers are to withdraw athletes from an event or confirm entries for an event no later than ONE (1) HOUR prior to the advertised time for the event (90 minutes for Pole Vault).

5.2 Team Managers can confirm entries or make scratchings in the room adjacent to the Call Room (marshalling area). This room will be open each day one (1) hour before the scheduled starting time for the first event.

5.3 Team Managers are encouraged to make scratchings as soon as possible and not wait for the one hour time line.

5.4 Athletes who have progressed to Semi-Finals and Finals in track events do not have to have their entry confirmed again. However they must comply with marshalling procedures as per section 6.0 below.

5.5 SCRATCHINGS: If an athlete has failed to be scratched from an event or does not compete in all rounds of an event for which he/she has qualified, he/she may not be permitted to compete in any other event in the championships, including relays.

5.6 Track Events - Withdrawal from semi-finals and finals
Any athlete qualifying from a heat to a semi-final or final must notify officials of the withdrawal from the semi-final or final at least 60 minutes before the advertised starting time for the event. Failure to do so may result in withdrawal from any other event or final for which the athlete has qualified.

5.7 A track event may be re-seeded if the number of withdrawals requires that such an action to be taken.

6.0 CALL ROOM (MALLSHALLING) PROCEDURES

6.1 All athletes will be required to report to the Call Room (Marshalling Area) prior to their event.

6.2 Athletes must be dressed in competition uniform and have their number bibs attached when reporting to the call room.

6.3 Athletes will proceed to the start of their event from the Call Room (marshalling area) ACCOMPANIED BY A CALL ROOM OFFICIAL.

6.4 Competitors may not be admitted to the event if they report to the start line (track) or the competition area (field) instead of to the call room area.

6.5 The call room (marshalling) times for events when the athletes will proceed to the start of the event are:

<table>
<thead>
<tr>
<th>Event Type</th>
<th>Time Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Track Events</td>
<td>20 minutes before the scheduled start time</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>60 minutes before the scheduled start time</td>
</tr>
<tr>
<td>Other field events</td>
<td>40 minutes before the scheduled start time</td>
</tr>
</tbody>
</table>

Athletes not present when the call room official accompanies the athletes to the start of the event may be denied entry to the event.

NOTE: It is the responsibility of managers and athletes to comply with these times as athletes will no longer be called to each event by the announcer.

6.6 Failure to report for Semi-Finals and Finals will be considered to be a withdrawal and the athlete may be penalised by being withdrawn from all subsequent events.

6.7 Where a student is competing in another event, the team manager (or representative) should advise the official at the call room of the intention of the athlete to compete within the prescribed time.

7.0 COMPETITORS AND OFFICIALS ONLY IN THE ARENA

Coaches and managers are not permitted to take up positions inside the competition area. The attention of coaches and managers is drawn to IAAF Handbook Rule 144 Assistance to athletes. Competitors must leave the competition area immediately at the conclusion of their event.

8.0 EQUIPMENT

8.1 Throwing Implements

Throwing implements will be provided by the Organising Committee.

Competitors may use their own implements provided these are checked and marked as approved by the Organising Committee at least 1½ hours prior to the commencement of the event and are made available to all competitors.

Implements checked and marked will be retained by the Organising Committee until the completion of the event.

8.2 Pole Vault

Competitors are to provide their own poles. No competitors shall be allowed to use any other competitor’s pole except with the consent of the owner.

8.3 Starting Blocks

All athletes will be required to use the starting blocks provided. Athletes are requested to know settings for their own use so that any alterations that need to be made can be done so as quickly as possible.

9.0 TRACK EVENTS

9.1 Qualifying to the Final

9.1.1 In track events conducted over distances of 800 metres or less (including hurdles), eight (8) athletes will qualify from the heats (or semi-finals) to the final.

9.1.2 In 1500 metre events twelve (12) athletes will qualify to the final.

9.2 100 metre and 200 metre events – Heats

Where more than 27 nominations are received, semi-finals may be conducted.

9.3 Qualifiers - 100 metre and 200 metre events

Two heats - 3 from each heat shall qualify for the final with other qualifiers being decided according to their times.

Three heats - 2 from each heat shall qualify for the final with other qualifiers being decided according to their times.
Four or more heats - 3 from each heat shall qualify for the semi-finals with other qualifiers being decided according to their times.

Semi-finals - 3 from each semi-final shall qualify for the final finals with other qualifiers being decided according to their times.

9.4 Qualifiers - 400 metres and all Hurdle events
Two heats - 3 from each heat shall qualify for the final with other qualifiers being decided according to their times.
Three heats - 2 from each heat shall qualify for the final with other qualifiers being decided according to their times.
Four heats - 1 from each heat shall qualify for the final with other qualifiers being decided according to their times.

9.5 Qualifiers - 800 metres
9.5.1 Two heats - 3 from each heat shall qualify for the final with other qualifiers being decided according to their times.
Three heats - 2 from each heat shall qualify for the final with other qualifiers being decided according to their times.
9.5.2 A maximum of 3 heats will be run for all 800 metre events. Where the number of nominations exceed the number of lanes for any one event, heats in that event will be started with 2 competitors in lanes as required for the first curve or from a curved start line.

9.6 Qualifiers - 1500 metres
9.6.1 Two heats - 4 from each heat shall qualify for the final with other qualifiers being decided according to their times.
Three heats - 3 from each heat shall qualify for the final with other qualifiers being decided according to their times.
9.6.2 If 16 or fewer nominations are received, or if 16 or fewer athletes check in for the event, the event will be conducted as a final at the time scheduled for the final in the program.

9.7 Lane Allocation
Lanes will be allocation according to IAAF Rule 166; Ranking and Composition of Heats.
Refer to Appendix 1

9.8 The following events shall be run as finals only.

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>3000 metres</td>
<td>3000 metres</td>
</tr>
<tr>
<td>5000 metres</td>
<td>5000 metres</td>
</tr>
<tr>
<td>2000 metres steeplechase</td>
<td>2000 metres steeplechase</td>
</tr>
</tbody>
</table>

9.9 Starting
Managers should ensure that competitors are familiar with the I.A.A.F. Rule re the start. (Rule 162)
(Appendix 2)
Points to note
a. Starting instructions for races up to and including 400 metres, and for races longer than 400 metres.
b. Crouch starts must be used for all races and in all age groups up to and including 400 metres (including hurdles).
c. Starting blocks, as provided, must be used for all races up to and including 400 metres for all ages.
d. Disqualification rule for false starts.

Consideration will be given to AWD athletes in relation to the points b and c above

10.0 FIELD EVENTS

10.1 In field events (except events for athletes with disabilities and vertical jumps) all athletes will compete in the first three (3) rounds of competition. After the first 3 rounds the top eight (8) athletes will compete in a further three (3) rounds of competition.

10.2 In field events for athletes with disabilities all athletes will compete in three (3) rounds of competition only.

10.3 An athlete who has been competing in another event at the same time as the field event may be allowed to take a trial within the one round in an order other than that drawn and indicated in the program. To be eligible for this the athlete must

- report to the chief judge before leaving the competition area
- indicate the other event in which he/she will be competing
- verify participation in the other event
- return to the field event immediately after the completion of the track event
• report to the chief judge immediately on returning to the competition area.

10.4 Certificate of Competence / Qualification

Competitors in hammer throw and pole vault events are required to produce a Certificate signed by an accredited coach in these events (minimum Level 2 Advanced Coach - Event Group Specific (Jumps/Throws)) stating that the competitor has achieved the state qualifying standard.

Competency, for the purposes of this certification, means that the student can execute the technique at a standard that is not likely to cause an unreasonable risk to the safety of either themselves, other competitors, or officials.

If a certificate is not supplied the athlete will be assessed during the warmup by the Chief Judge and will be withdrawn from the event if deemed not competent.

Copies of the certificate are attached. Please submit one for each nominating student.

10.5 High Jump

Increments - 2 increments of 5cm each, subsequent increments of 3cm each.

An athlete who is competing in another event at the same time as the high jump competition may, upon returning to the high jump competition, be given three trials at the height at which the bar is set, provided that the competitor

. reports to the high jump chief judge before leaving the competition area
. indicates the other event in which he/she will be competing
. reports to the high jump chief judge immediately on return to the high jump competition area
. has not had three consecutive failures

10.6 Pole Vault

The minimum starting height for all pole vault events will be 2.00 metres. This is determined by the minimum height at which the pole vault equipment in use at QSAC can be set.

Competitors must supply their own poles for this event.

11.0 WARM UP FOR EVENTS

11.1 In all field events athletes will be permitted 2 warm up throws/jumps at the competition area prior to the commencement of the event.

11.2 Competitors in field events will move from the call room (marshalling) area to the field event competition area 40 minutes before the scheduled starting time for the events for warm ups, except for Pole Vault where the time shall be one (1) hour.

11.3 Team Managers are advised that athletes are NOT PERMITTED TO WARM UP FOR THROWING EVENTS other than at the Competition Area UNLESS ORGANISED AND SUPERVISED BY THE TEAM MANAGERS

11.4 THE USE OF THE STATE ATHLETIC CENTRE SHALL BE RESTRICTED DURING THE HAMMER THROW COMPETITION TIMES (THIS APPLYING TO BOTH TRACK AND FIELD EVENTS) OR IF THE STATE ATHLETIC CENTRE IS BEING HIRED BY ANOTHER ORGANISATION.

12.0 PROTESTS

12.1 Any protest, in the first instance, shall be made orally by the team manager to the relevant referee within 10 minutes of the completion of the event.

12.2 The Referee may decide on the protest or may refer the matter to the Jury. If the Referee makes a decision, there shall be a right of appeal to the Jury of Appeal.

12.3 An appeal to the Jury must be made in writing within 30 minutes of the announcement of the decision made by the Referee and shall be accompanied by a deposit of ten dollars ($10.00) which shall be forfeited if the protest is not upheld.

12.4 Managers should make themselves familiar with the I.A.A.F. Competition Rules, Rule 146 Protests and Appeals.

13.0 ATHLETES WITH A DISABILITY COMPETITION

13.1 All events will be conducted as multi-disability events.

13.2 All track events will be conducted as ‘timed finals’.

13.3 In field events all athletes will compete in three (3) rounds of competition only.

14.0 MEDALS

Competitors placed first, second, and third in a field event or track final will receive a medal. The presentation will take place immediately after the conclusion of the event at the time of the announcement of the result. Medal winners are to remain in the vicinity of the presentation area until the presentation has been made.
Appendix 1  
IAAF RULE 166  
Seedings, Draws and Qualification in Track Events

**Ranking and Composition of Heats**

3. For the first round, the athletes shall be placed in heats using the zigzag distribution with the seeding determined from the relevant list of valid performances achieved during the predetermined period.

After the first round, the athletes shall be placed in the heats of subsequent rounds in accordance with the following procedures:

(a) for events of 100m to 400m inclusive, and relays up to and including 4x400m, seeding shall be based upon placings and times of each previous round. For this purpose, athletes shall be ranked as follows:

- Fastest heat winner
- 2nd fastest heat winner
- 3rd fastest heat winner, etc.
- Fastest 2nd place
- 2nd fastest 2nd place
- 3rd fastest 2nd place, etc.

(Concluding with)

- Fastest time qualifier
- 2nd fastest time qualifier
- 3rd fastest time qualifier, etc.

(b) for other events, the original performance lists shall continue to be used for seeding, modified only by improvements in performances achieved during the earlier round(s).

The athletes shall then be placed in heats in the order of seeding in a zigzag distribution, e.g. three heats will consist of the following seedings:

A 1 6 7 12 13 18 19 24  
B 2 5 8 11 14 17 20 23  
C 3 4 9 10 15 16 21 22

In all cases, the order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.

**Draw for Lanes**

4. For events 100m to 800m inclusive, and relays up to and including 4x400m, where there are several successive rounds of a race, lanes will be drawn as follows:

(a) In the first round and any preliminary qualification round as per Rule 166.1, the lane order shall be drawn by lot.

(b) For the following rounds, athletes shall be ranked after each round in accordance with the procedure shown in Rule 166.3(b)(i), or in the case of 800m, 166.3(b)(ii)

Three draws will then be made:

(i) one for the four highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6;

(ii) another for the fifth and sixth ranked athletes or teams to determine placings in lanes 7 and 8, and

(iii) another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 2.

Note (i): When there are fewer or more than 8 lanes, the above system with the necessary modifications should be followed.

Note (ii): In competitions under Rules 1.1(d) to (j), the 800m event may be run with one or two athletes in each lane, or with group start behind an arced line. In competitions under Rules 1.1(a), (b), (c) and (f), this should normally be applied only in the first round, unless because of ties or advancement by the Referee, there are more athletes in a heat of a subsequent round than were anticipated.

Note (iii): In any 800 metres race, including a final, where for any reason there are more athletes competing than lanes available, the Technical Delegate(s) shall determine in which lanes more than one athlete will be drawn.

Note (iv): When there are more lanes than athletes, the inside lane(s) should always remain free.
Appendix 2  Start Rule for Queensland Secondary School Championships

IAAF RULE 162

The Start

1. The start of a race shall be denoted by a white line 50mm wide. In all races not run in lanes, the start line shall be curved, so that all the athletes start the same distance from the finish. Starting positions in events at all distances shall be numbered from left to right, facing the direction of running.

Note (i): In the case of events starting outside the stadium, the start line may be up to 0.30m in width and maybe of any colour contrasting distinctively with the surface of the start area.

Note (ii): The 1500m start line may be extended out from the outside bend lane to the extent that the same synthetic surface is available.

2. At all International Competitions, except as noted below, the commands of the Starter shall be given in his own language, in English or in French.

(a) In races up to and including 400m (including 4 × 200m, the Medley Relay as defined in Rule 170.1 and 4 × 400m), the commands shall be “On your marks” and “Set”.

(b) In races longer than 400m (except 4 × 200m, the Medley Relay and 4 × 400m), the command shall be “On your marks”.

All races shall be started by the report of the Starter’s gun held upwards.

Note: In competitions under Rules 1.1(a), (b), (c), (e) and (i), the commands of the Starter shall be given in English only.

3. In races up to and including 400m (including the first leg of 4 × 200m, the Medley Relay and 4 × 400m), a crouch start and the use of starting blocks are compulsory. After the “On your marks” command, an athlete shall approach the start line, assume a position completely within his allocated lane and behind the start line. An athlete shall not touch either the start line or the ground in front of it with his hands or his feet when on his mark. Both hands and at least one knee shall be in contact with the ground and both feet in contact with the foot plates of the starting blocks. At the “Set” command, an athlete shall immediately rise to his final starting position retaining the contact of the hands with the ground and of the feet with the foot plates of the blocks. Once the Starter is satisfied that all athletes are steady in the “Set” position, the gun shall be fired.

4. In races longer than 400m (except 4 × 200m, the Medley Relay and 4 × 400m), all starts shall be made from a standing position. After the “On your marks” command, an athlete shall approach the start line and assume a starting position behind the start line (completely within his allocated lane in races started in lanes). An athlete shall not touch any part of the ground with his hand or hands and/or the start line or the ground in front of it with his feet when on his mark. Once the Starter is satisfied that all athletes are steady in the correct starting position, the gun shall be fired.

5. On the command “On your marks” or “Set”, as the case may be, all athletes shall, at once and without delay, assume their full and final starting position. If, for any reason, the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks, he shall order all athletes to withdraw from their marks and the Starter’s Assistants shall assemble them again (See also Rule 130). Where an athlete in the judgement of the Starter,

(a) after the command “On your marks” or “Set”, and before the report of the gun, causes the start to be aborted, for instance by raising a hand and/or standing or sitting up in the case of a crouch start, without a valid reason, (such reason to be evaluated by the relevant Referee); or

(b) fails to comply with the commands “On your marks” or “Set” as appropriate, or does not place himself in his final starting position after a reasonable time; or

(c) after the command “On your marks” or “Set” disturbs other athletes in the race through sound or otherwise, the Starter shall abort the start.

The Referee may warn the athlete for improper conduct (disqualify in case of a second infringement of the Rule during the same competition), according to Rules 125.5 and 145.2. In this case, or when an extraneous reason was considered to be the cause for aborting the start, or the Referee does not agree with the Starter’s decision, a green card shall be shown to all the athletes to indicate that a false start was not committed by any athlete.

False Start

6. An athlete, after assuming a full and final starting position, shall not commence his start until after receiving the report of the gun. If, in the judgement of the Starter or Recallers, he does so any earlier, it shall be deemed a false start.

When an IAAF approved false start control apparatus is in use, the Starter and/or an assigned Recaller shall wear headphones in order to clearly hear the acoustic signal emitted when the apparatus indicates a possible false start (i.e. when the reaction time is less than 0.100 second). As soon as the Starter and/or an assigned Recaller hears the acoustic signal, and if the gun was fired, there shall be a recall and the Starter shall immediately examine the reaction times on the false start control apparatus in order to confirm which athlete(s) is/are responsible for the recall.

Note (i): Any motion by an athlete that does not include or result in the athlete’s foot / feet losing contact with the foot plate(s) of the starting blocks, or the athlete’s hand / hands losing contact with the ground, shall not be considered to
be the commencement of his start. Such instances may, if applicable, be subject to a disciplinary warning or disqualification.

Note (ii): As athletes starting races in a standing position are more prone to over-balance, if such a movement is considered to be accidental, the start should be regarded as “unsteady”. If an athlete is pushed or jostled over the line before the start, he should not be penalised. Any athlete causing such interference may be subject to a disciplinary warning or disqualification.

Note (iii): When an IAAF approved false start control apparatus is in operation, the evidence of this equipment shall normally be accepted as conclusive by the Starter.

7. Except in Combined Events, any athlete responsible for a false start shall be disqualified.

In Combined Events, any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified. (See also Rule 200.8(c).)

8. In case of a false start, the Starter’s Assistants shall proceed as follows:

Except in Combined Events, the athlete(s) responsible for the false start shall be disqualified and a red and black (diagonally halved) card shall be raised in front of him and a corresponding indication shown on the respective lane marker(s).

In Combined Events, in case of a first false start, the athlete(s) responsible for the false start shall be warned with a yellow and black (diagonally halved) card raised in front of him and a corresponding indication shown on the respective lane marker(s). At the same time, all the other athletes taking part in the race shall be warned with the yellow and black card raised in front of them by one or several Starter’s Assistants in order to notify them that anyone committing further false starts will be disqualified. In case of further false starts, the athlete(s) responsible for the false start shall be disqualified and the red and black card shall be raised in front of him and a corresponding indication shown on the respective lane marker(s). The basic system (to raise a card in front of the athlete(s) responsible for the false start) will also be followed in case lane markers are not being used.

Note: In practice, when one or more athletes make a false start, others are inclined to follow and, strictly speaking, any athlete who does so has also made a false start. The Starter should warn or disqualify only such athlete or athletes who, in his opinion, were responsible for the false start. This may result in more than one athlete being warned or disqualified. If the false start is not due to any athlete, no warnings shall be given and a green card shall be shown to all the athletes.

9. The Starter or any Recaller, who is of the opinion that the start was not a fair one, shall recall the athletes by firing a gun.

1000m, 2000m, 3000m, 5000m and 10,000m

When there are more than 12 athletes in a race, they may be divided into two groups with one group of approximately two thirds of the athletes on the regular arced start line and the other group on a separate arced start line marked across the outer half of the track. The other group shall run as far as the end of the first bend on the outer half of the track, which shall be marked by cones or flags as described in Rule 160.1.

The separate arced start line shall be positioned in such a way that all the athletes shall run the same distance.

The breakline for 800m described in Rule 163.5 indicates where the athletes in the outer group in 2000m and 10,000m may join the athletes using regular start. The track shall be marked at the beginning of the finish straight for group starts in 1000m, 3000m and 5000m to indicate where athletes starting in the outer group may join the athletes using the regular start. This mark may be a 50mm x 50mm mark on the line between lanes 4 and 5 (lanes 3 and 4 in a six-lane track) immediately before which a cone or flag is placed until the two groups converge.

An EXCEPTION TO THE RULE 162 will be implemented for the Queensland Secondary School Track & Field Championships.

This will apply to the section on the False Start and will apply to events designated for athletes 13 years, 14 years and 15 years of age and all AWD events. The rule shall be modified to allow the athlete responsible for the first false start to be warned, with athletes responsible for further false starts being disqualified as is the case for ‘Combined Events’.

Section 7 above will be modified as follows:

7. Except in Combined Events and events designated for athletes 13 years, 14 years and 15 years of age and all AWD events, any athlete responsible for a false start shall be disqualified.

In Combined Events and events designated for athletes 13 years, 14 years and 15 years of age and all AWD events, any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified.

Section 8 will be modified accordingly.

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