



ATHLETICS VICTORIA

AVSL Members Guide to Participating

Athletics Victoria Sport Delivery
sportdelivery@athsvic.org.au

Introduction & Important Updates

To those who are new, a very warm welcome to Athletics Victoria, and the Athletics Victoria Shield League. For those returning, welcome back!

We are excited to be kicking off again, and to assist you we have produced a Member's Guide designed to give you all the information you will need to know going into the 2022-23 season.

What is AVSL?

Contested during the summer season, this year from October 2022 to March 2023, the Athletics Victoria Shield League (AVSL) is Athletics Victoria's summer track and field competition. With over 50 clubs and five AVSL divisions, clubs battle it out across ten rounds of AVSL to see who makes it to the AVSL Playoffs in March and, to decide promotion and relegation from each of the divisions.

Each athlete can register for and compete in as many events as they wish. Athletes will be scored based on a performance scale, with their best three individual events (Plus one relay) counting towards their club's overall score. Full competition rules can be found on the [AVSL Event Page](#) on the Athletics Victoria website.

2022/23 AVSL CHANGES

AVSL PRELIMINARY ROUNDS

AVSL 2022/23 will take place across ten (10) preliminary rounds of track and field competition held across five (5) regions/venues. The AVSL competition will culminate with two (2) rounds/weekends of virtual AVSL Playoffs.

The final position at the end of the preliminary rounds (i.e. rounds 1-10) will either see club's playoff for the glory of holding the coveted AVSL division shield and or gain promotion or alternatively look to avoid relegation to the lower divisions for the 2023-2024 season.

AVSL PLAYOFFS

AVSL Playoffs this year will take place across 2 consecutive weekends held at 5 venues (3 Country & 2 Metro) across Victoria allowing athletes to compete and contribute points in their nominated events.

Each club and athlete will have something to play for during the AVSL Playoffs this year with the top 5 teams in each division playing off for the AVSL divisional Shield. The bottom 5 teams in Division 1 through to 4 will competing to avoid relegation.

Across the two weekends of playoffs, athletes will be able to contribute points in 3 individual events and 1 relay on weekend 1 and weekend 2. This new format of Playoffs will allow greater opportunity for participation and incentive to compete for success, survival or relegation!

AVSL ENTRY TIME

To allow greater ease of access for athletes and parents who may be at school or work to enter as entries open, AVSL Round entries will now at 5pm rather than 2pm.

They will continue to open the Wednesday the week prior to the AVSL Round (usually 10 days prior to competition) on the AV Member Portal.

70+ SCORING & IMPLEMENT CHANGES

As we continue to look to increase and encourage participation across the sport, the AVSL committee unanimously agreed to the inclusion of a new 70+ scoring opportunity together with 70+ implements and specifications.

The included implements and specifications are based on the current available implements and specifications at AV events and venues. We are unfortunately unable to provide all implements and all specifications as per Australian Masters Athletics due to equipment and track markings available at Victorian venues so please be advised that requests for AMA specifications will not be implemented for 2022-23.

Please take the time to read over the AVSL Rules. Rule 4.4 in particular categorises implements and specifications for all age groups.

HIGH JUMP CHANGES

Two changes have occurred for High Jump this season to provide more opportunity for athletes to qualify for the Australian National T&F Championships.

The first change is that High Jump start heights will be modified on a 3-week rotation to allow athletes to reach different progressions throughout the AVSL season.

For 2022-23 the Competition Manager at each venue, and relevant event officials, will offer participants additional attempts to the top three (3) male and female athletes if time permits. These additional jumps will be recorded and ratified for National qualification and record purposes but will not be eligible for AVSL Points. Please see Rule 4.13.

POLE VAULT CHANGES

Two changes have been implemented for Pole Vault competition this season to provide more opportunity for athletes across the season.

The first change is that the Pole Vault start heights will be modified on a 3-week rotation to allow athletes to reach different progressions throughout the AVSL season. Start heights will be advertised in each timetable published.

Changes will also occur to the running of Pole Vault at AVSL. The time allowed between jumps will be minimised to ensure that Pole Vault can continue to be held at AVSL meets. Please see below for allocated timings.

AVSL Time allowed for Pole Vault

More than 3 athletes or first trial in the event	1 minute
2 or 3 athletes	1.5 minutes (Down from 2 minutes)
1 athlete or consecutive trials	3 minutes (Down from 5 minutes)

**Please note these timings are for AVSL competition only.*

There will also be a height cap for certain sheets. These height caps will be listed with the start heights on each timetable.

WALK CHANGES

Following an availability review, AVSL race walking events will now be held at one Metro venue each week in line with all other track events. This will ensure quality competition and for our walkers with the required number of Walk Judges.

Pre-Event

Full competition rules can be found on the [AVSL Event Page](#) on the Athletics Victoria website.

Timetables

Draft timetables for each round of AVSL are now available on the [AVSL Event Page](#) on the Athletics Victoria website. Please note that following close of entries, timetables may be amended to reflect entry numbers.

Entering the Event

There will be five venues offering AVSL with two metropolitan venues and three regional venues. To compete at a round of AVSL, a member must preregister via the [Athletics Victoria Member's Portal](#) (Metropolitan and Geelong), or via the specified links below (Ballarat and Bendigo.)

- Entry for Ballarat will be available at the [Ballarat Regional Athletic Centre Webpage](#).
- Entry for Bendigo will be available at the [Athletics Bendigo Webpage](#).

Whilst Athletics Victoria do not take registrations for these two regional venues, there will be a linked page provided to each round in the Member's Portal.

- If you have an AVSL package, no payment will be required for registration at an AVSL round, but please ensure you complete the check-out process and receive a confirmation email for your entries.
- If you do not have an AVSL package a compulsory individual round entry fee of \$26 will need to be purchased with your AVSL event entries.
- Please ensure once you complete the check-out process you receive a confirmation email for your entries.

Entries for all AVSL Rounds, including the playoffs, will open at 5:00pm, and will close at 11:59am (Midday) on the dates specified below.

Round	Date	Venues	Entries Open	Entries Close
1	8 th Oct	Metro - Aberfeldie, Knox Country - Ballarat, Bendigo, Geelong	5pm, Wed 28 th Sept	Midday, Wed 5 th Oct
2	15 th Oct	Metro - Doncaster, Glenhuntly Country - Ballarat, Bendigo, Geelong	5pm, Wed 5 th Oct	Midday, Wed 12 th Oct
3	22 nd Oct	Metro - Aberfeldie, Knox Country - Ballarat, Bendigo, Geelong	5pm, Wed 12 th Oct	Midday, Wed 19 th Oct
4	12 th Nov	Metro - Doncaster, Glenhuntly Country - Ballarat, Bendigo, Geelong	5pm, Wed 2 nd Nov	Midday, Wed 9 th Nov
5	19 th Nov	Metro - Meadowglen, Casey Country - Ballarat, Bendigo, Geelong	5pm, Wed 9 th Nov	Midday, Wed 16 th Nov
6	3 rd Dec	Metro - Doncaster, Yarra Ranges Country - Ballarat, Bendigo, Geelong	5pm, Wed 23 rd Nov	Midday, Wed 30 th Nov
7	17 th Dec	Metro - Aberfeldie, Casey Country - Ballarat, Bendigo, Geelong	5pm, Wed 7 th Dec	Midday, Wed 14 th Dec
8	21 st Jan	Metro - Doncaster, Glenhuntly Country - Ballarat, Bendigo, Geelong	5pm, Wed 11 th Jan	Midday, Wed 18 th Jan
9	4 th Feb	Metro - Aberfeldie, Yarra Ranges Country - Ballarat, Bendigo, Geelong	5pm, Wed 25 th Jan	Midday, Wed 1 st Feb
10	18 th Feb	Metro - Keilor, Frankston Country - Ballarat (16 th Feb), Bendigo (17 th Feb), Geelong	5pm, Wed 8 th Feb	Midday, Wed 15 th Feb
Playoffs W/E 1	18 th Mar	Metro - Doncaster, Glenhuntly Country - Ballarat, Bendigo, Geelong	5pm, Wed 8 th Mar	Midday, Wed 15 th Mar
Playoffs W/E 2	25 th Mar	Metro - Aberfeldie, Yarra Ranges Country - Ballarat, Bendigo, Geelong	5pm, Wed 15 th Mar	Midday, Wed 22 nd Mar

Please Note: Ballarat & Bendigo may have varying entry and closing dates & times. Please view their entry portals via the links noted below.

Age Groups

- Athletes will compete using the event specifications relevant to their championship age group as of the 2022 season (as noted below). Athletes who wish to progress to a higher specification in hurdles, steeplechase and throws to match their Championship specification must contact Athletics Victoria no later than the set closing date prior to competition round with their change of specification.

Open 20 years of age or over on the 31st of Dec 2022

U20 18 and 19 years of age on the 31st of Dec 2022

U18 16 and 17 years of age on the 31st of Dec 2022

U16 14 and 15 years of age on the 31st of Dec 2022

U14 13 years of age and under on the 31st of Dec 2022

40+ 40 to 49 years of age on the 31st of Dec 2022

50+ 50 to 59 years of age on the 31st of Dec 2022

60+ 60 years of age on the 31st of Dec 2022

Trialling Entries

- Non-Members can complete a maximum of one (1) 'Individual Round Entries' as a trial athlete throughout the 2022/23 AVSL season.
- A 'Trial Entry' are those that are not a member of Athletics Victoria currently or have been in the past.
- Individuals, who are not a current member and have not been a member in the past, are to submit an online form to confirm their eligibility to be a Trial Entry.
- For the 2022/23 season a trial entry request must be submitted to Athletics Victoria before the closing date for each round (see rule 3.4.3 for entry process). A Trial Entry will only be accepted if there are positions available after the registered Athletics Victoria members entry period has concluded.

Important Information

- Following close of entries, an Important Information email will be distributed to all athletes registered in a nominated round of AVSL. Please ensure you review this email as it may contain the following.
 - [Link to an updated provisional timetable](#)

On Event Day

Full competition rules can be found on the [AVSL Event Page](#) on the Athletics Victoria website.

Athlete Check-In

- Athletes will not need to check-in for events on the day as in previous seasons. Athletes will only need to advise the field event officials at the event site if they are scratching from a field event. For more information, see *Withdrawals*.
- Track events will be pre-seeded and if an athlete does not appear for their relevant heat, the event will operate with a blank lane.

On the Day Entries

- With the absence of event check in processes, no on the day entries will be offered at AVSL in season 2022/23.

Withdrawals

- Athletes must pre enter online for events before the closing date of each round. We ask athletes to please email sportdelivery@athsvic.org.au if you wish to withdraw from an event prior to 5pm Wednesday each round. This will allow us to minimise blank lanes and make available as many field opportunities for participants on the weekend.
- Track sheets will be pre-seeded therefore if an athlete wishes to scratch from a track event, the event will operate with a blank lane.
- Athletes must pre-register online for the field event wait lists before the closing date of each round. If an athlete is scratching from a field event, they MUST notify the officials at the event site to allow those on the waiting list the opportunity to fill the vacant spot.
- Athletes must report into the event site no later than 10 minutes before the event start time to allow those on the wait list the opportunity to compete. Athletes who are not at the event site prior to the commencement of the event will be scratched.
- Athletes on the wait list should report into the event site 10 minutes before the start of the event to confirm their place in the event. Athletes who have not pre-registered will not be eligible to compete.

Athlete Warm Up

- To ensure all athletes have an opportunity to participate, World Athletics rest periods may not be followed.
- In some instances, athletes may not have an opportunity to have a practice/warm up attempt, this opportunity will be provided on an event-by-event basis. This process will be reviewed throughout the season, any changes will be communicated to members via email and published on the AV website.

Footwear

- The ruling for maximum spike length is 7mm for all track events and 9mm for all field events. Only conical & pyramid (Christmas tree) are allowed, unless otherwise stated by individual venue policy.

First Aid

- St Johns will be located within the first aid location provided by each venue.

Inclement Weather

- Athletics Victoria's unfavourable weather policy can be found on the [Rules & Policies](#) section of the AV website.

TRACK EVENTS

- Track events will operate concurrently on the straight and circular track.
- Athletes are to marshal at the event start line no later than 10 minutes prior to their expected start time (heats will be available via

False Start Rule

- If an athlete breaks, the athlete is disqualified but will be allowed to run to receive a time in the same heat. The Starter's Marshal needs to notify the scorers that this athlete cannot score points and is now competing as a disqualified athlete. If an athlete breaks a second time, they will not be eligible to run as a disqualified athlete.
- A time run by the disqualified athlete will be able to be obtained but it will not be valid for National Qualifiers or a Victorian record. Per rule 6.1 a disqualification is a recorded performance and will count towards AVSL eligibility.
- Due to AVSL competition being a graded competition, this applies to all age groups.

Hip Numbers

- Athletes will not be required to wear hip numbers at AVSL. Athletes will be made aware of their finishing position and told to report into administration/results tent by the track officials. A briefing will be provided to athletes before each heat/event.
- Photo Finish will record Sprint events however athletes are advised to report into the admin tent after their event for result processing.

FIELD EVENTS

- Athletes are to marshal at the event area no later than 10 minutes prior to their expected start time
- Athletes will be provided with instructions on what processes need to be followed when at the event site
- Athletes will be given one warm-up if time permits, and three competition attempts in field events and must complete warm up and all three attempts within the allocated slot provided.

Maximum Athletes Per Event Site

- A maximum allocation of athletes per timetabled field event session will be allowed through the AVSL pre-entry system.

Field Attempts & Warm Up

- To ensure all athletes have an opportunity to participate, World Athletics rest periods may not be followed.
- In some instances, athletes may not have an opportunity to have a practice/warm up attempt, this opportunity will be provided on an event-by-event basis. This process will be reviewed throughout the season, any changes will be communicated to members via email and published on the AV website.
- In discus, javelin and hammer, all attempts will be pegged and only an athlete's longest throw will be measured and recorded. If an EDM is available, it can be used instead of pegging distances once approved by the Competition Manager.

High Jump

- The progressions in the high jump shall be 5 centimetres. Athletes must nominate their minimum starting height when signing in for their event. The lowest starting heights for high jump are featured in the event timetables, with any height caps also listed (if no top height is listed, there is no height cap in the sheet).
- In high jump competitions each athlete will have a maximum of eight (8) attempts unless eliminated with three (3) consecutive fouled attempts. Even with a successful clearance, athletes cannot progress past the height limit set by the timetabled event (unless allowed under rule 4.13).
- All venues within the round MUST follow the same lowest start height listed in the timetable and hit the same progressions throughout the competition.

Pole Vault

- In pole vault competitions, jumpers will be permitted to jump until they are eliminated by posting three (3) consecutive fouled attempts. Athletes must nominate their minimum starting height when signing in for this event.
- The lowest starting heights for pole vault are featured in the event timetables and must only progress in 15cm increments, any height caps for sheets will also be listed (if no top height is listed in the timetable, there is no height cap in the sheet).
- All venues within the round MUST follow the same lowest start height (unless equipment does not allow participation at the lowest height in a safe manner) listed in the timetable and hit the same progressions throughout the competition.

'Throw/Jump and Go' Sheets

- To allow more opportunities for those athletes wishing to participate in throwing/jumps events there will be 'Throw/Jump and Go' sheets. These sheets will allow those athletes looking to throw/jump once to obtain points for their club.
- Athletes will only have one (1) attempt, regardless of a foul, if entered in a 'Throw/Jump and Go' sheet.

Private Implements

- Athletes may use their own implements for field events, unless COVID Safe protocols deem it unsafe to do so. Such equipment should have a Weights and Measurements' Certificate completed in season 2022/23 or verified on the day of competition. **Note:** In the case of pole vault events, no competitor shall be allowed to use any other competitor's vaulting pole, except with the consent of the owner.

Results

Results Hub

- [Results Hub](#) is your go-to place for all AVSL results and scores.
- In Results Hub you can view the current AVSL Ladder standings, analyse and review results, scores and powerplays at any time.
- Following the meet, if you believe a results to be incorrect, please submit a query via the Results Queries button on [Results Hub](#). All queries must be submitted by 5pm of the Monday immediately following competition.

We understand that this season will, again, be a new and somewhat daunting experience, however, please be assured that Athletics Victoria will be on hand to support you.

We look forward to welcoming you back, and best of luck for this season.

Team AV