

2024 VICTORIAN COUNTRY ATHLETICS CHAMPIONSHIPS



RULES OF COMPETITION

(As at December 14, 2023)

1. **Competition:** 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:** Age group calculation is taken from the **31st December 2024**. Masters athletes (40+, 50+, 60+) age group calculation will be taken from the first day of competition, **26th January 2023**.

Athletes must be a **minimum of 12 years of age** in the year of competition.

Age Group	Year of Birth	Age Group	Date of Birth
Open	2004+ (Juniors from 2008 onwards can enter)	40+	26/01/1974-26/01/1984
Under 20	2005, 2006	50+	26/01/1964-26/01/1974
Under 18	2007, 2008	60+	< 26/01/1964
Under 16	2009, 2010		
Under 14	2011, 2012		

3. **Open events:** Athletes must be a **minimum of 16 years of age** in the year of competition to compete in an Open event.

4. **Same or similar events:** Athletes may not enter the same or similar event in more than one junior / masters age group during the same championship. Athletes may enter the open age group and their junior / masters age group.

The following are classified as same or similar events – 3000m & 5000m Run; 80m Hurdles, 90m Hurdles, 100m Hurdles and 110m Hurdles; 200m Hurdles, 300m Hurdles & 400m Hurdles; 2000m Steeplechase & 3000m Steeplechase; 1500m Walk, 3000m Walk & 5000m Walk.

5. **Mixed Competition:** Both male and female athletes must compete in events designated for their respective genders, including relays.

6. **Distance Events:** 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 an open and an age group event which are conducted simultaneously as one (1) event, the athlete will only be entitled to one (1) set of performances, provided that the specifications for the age group event are the same as the open event. The performances will be used to determine the placings in both events.

9. **Track Events:**

(i) All track events will be conducted as Timed Finals.

(ii) **Lap Scorers:** For all track events 2000m and longer athletes will need to supply their own lap scorer. The lap scorer will need to marshal at the finish line as per marshalling times as set out in Rule 14 below. An athlete will not be able to compete in the event if they do not supply a lap scorer.

10. **Field Events:**

(i) In throwing and horizontal jump events the following number of trials will apply:

a. **Open** and **U20** age groups - three (3) trials with the top eight (8) receiving three (3) further trials.

b. **U18, U16, U14** and **Masters** age groups - three (3) trials with the top eight (8) receiving one (1) further trial.

(ii) In vertical jump events, in the case of a tie for first place after countbacks have been applied, a jump off may be used to determine first place (refer WA Technical Rule TR26.8 and TR26.9). If the tie for first place is between a

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country athlete and an invitation athlete/s no jump off will occur. The country athlete will be awarded first place and the invitation athlete/s will be awarded an invitation medal/s

Vertical Jumps starting heights:

Age Group	High Jump		Pole Vault	
	Women	Men	Women	Men
Open	1.35m	1.45m	2.20m	2.60m
Under 20	1.35m	1.45m	1.60m	2.60m
Under 18	1.35m	1.45m	1.60m	2.10m
Under 16	1.25m	1.30m	1.60m	1.60m
Under 14	1.05m	1.10m	1.40m	1.40m
40+	1.05m	1.25m	1.40m	1.60m
50+	1.05m	1.10m	1.40m	1.60m
60+	1.00m	1.10m	1.40m	1.60m

Where age groups have been combined into the one event for scheduling purposes and there are different starting heights for the age groups, an athlete can only commence jumping/vaulting at their age groups starting height.

11. **Check-In:** Athletes will only be required to check in for the following track events: **100m, 200m, 400m, 800m** and **all hurdles**. Athletes must report to the Competition Office, or use the online check in system no later than **60 minutes prior to the start time** of the event they have entered and sign in. Failure to do so will result in the athlete not being included in the event.

Relay Team Check-In: Clubs must check in teams **60 minutes prior** to the scheduled event start time. 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.

Online Check In: This event will utilise a combination of online check in and paper forms, or exclusively online check in as a precursor to using online check in for the 2024 Victorian Track and Field Championships. More information regarding these processes will be provided closer to the date of competition.

There is **NO** check in for all other track events and all field events. Athletes are to marshal directly at the event site as laid out in Rule 13 below.

If you believe you will be running late for your Check-In time for the 100m, 200, 400, 800m or any hurdle event, please text Athletics Victoria on the following number **0447 202 160** with your name, age group and event.

12. **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 including relays	15 min

13. **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 event official that they will be late marshalling to that event due to a clash with another event.
14. **Not permitted to compete:** Any athlete who has not previously reported to the event official due to a clash of events and arrives at the event site after the commencement of the first trial of the field event or in the case of track events, after

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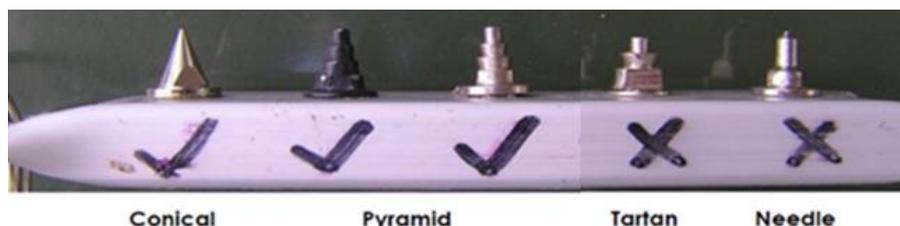


the start of the first heat will not be allowed to compete in that event. (Also refer to Rule 12-Check in for track events). They will be deemed a non-starter and will be scratched from the event. In the case of field events, if an athlete who has previously reported to the event arrives after the start of the event, they will forfeit any warmup trials. Where an athlete has checked in for an event and subsequently fails to compete, they will not be allowed to compete in any further events for the rest of the competition (refer WA Technical Rule - TR4.4) without a valid medical certificate.

15. **Uniforms:** Athletes **MUST** be attired in their official registered club uniform with their current Athletics Victoria registration numbers firmly affixed (refer WA Technical Rule - TR 8). Athletes competing by invitation **MUST** compete in their club, state, or national uniform.

16. **Footwear:** Footwear must comply with the World Athletics Shoe Rules (WA Technical Rule – TR 5) available by clicking [HERE](#).

Track spikes must be of WA 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.



17. **Private Implements:** Only implements provided and previously tested by the Technical Manager may be used. Athletes wishing to use private implements must lodge them with the Technical Manager **NO LATER THAN 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.
18. **Invitation Athletes:** All AV metro club and interstate athletes are invitation athletes at the Victorian Country Championships and are ineligible to hold a Victorian Country Title.
19. **Progression for field event additional rounds:** Where there are more than three rounds of trials in a field event, invitation athletes can only make up 50% of the field for the additional round(s), therefore at least four AV country registered athletes are to progress through to the additional round(s). If there are not enough AV country registered athletes to fill the four places in the additional round(s), additional invitation athletes will be progressed.
20. **Starting Blocks and Start Rules:** The use of starting blocks is compulsory for all open and junior athletes (including para classes T11-13 & T20 as per WPA Rule 17) competing in events up to and including 400m. 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 for any race. Only starting blocks supplied by Geelong Athletics are to be used (no private blocks).
- Para athletes will be required to follow the World Para Association rules regarding the use of starting blocks for their classification. 40+ are not required to use starting blocks, but if not using starting blocks athletes must start from a standing position or a crouch start (two hands must be in contact with the track when starting in a crouched position).
21. **Hip Numbers:** Athletes in events 800m or longer (and the last athlete in the 4x400m relay) will be required to wear a hip number on their **right hip** to assist with photo finish to identify athletes. Hip numbers will be distributed at the start line during the marshalling period. Hip numbers are required to be visible and not obscured by clothing.
22. **Relays:**
- Entries for relays **MUST** be completed online by clubs. This can be done via the club portal the same way clubs enter the Victorian Track Relay Championships.
 - Relay Check in forms:**
 - TEAM SHEETS:** Team Managers **MUST** submit 4x100m Relay Team Sheets (up to 6 athletes) to Administration by **7:00pm Friday 26th January** and 4x400m Relay Team Sheets (up to 6 athletes) to Administration by **7:00pm**

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Saturday 27th January – only teams as entered at the close of entries – no late or on the day entries will be accepted. Team sheets can be collected from Administration, unless using online entry.

- b. Any four athletes, from among those eligible for the club, may be used in the composition of the relay team.
- c. Should any team run any athletes in a different order to that which was signed and submitted on their team sheet, substitution form or running order form they will be disqualified from that race.

(iii) **Substitution & Running Order forms:**

- a. The composition of a team and the order of running for a relay shall be officially declared **no later than 30** minutes before the event is scheduled to be run.
- b. If there is a substitution of athletes from your Relay Check-In Form, you must complete a Substitution Form.
- c. If you are only changing the running order, this must be submitted on a Running Order Change Form.
- d. Further alterations must be verified by a medical officer or first aid and may be made only until the marshal time for the particular event in which the team is competing. The team shall compete as named and in the declared order. If a team does not follow this Rule, it shall be disqualified.

23. **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 of the Referees decision.

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.

24. **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 will 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.
25. **Records:** all athletes with the intention of attempting to break a record must report this to Administration 2 hours prior to the event.
26. **Athletics Victoria Contact Information:** please contact AV for any questions regarding the Victorian Country Athletics Championships call Sport Delivery on 03 7032 8400 and select Option 1 or via email to sportdelivery@athsvic.org.au

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28. Hurdles, Steeplechase & Throwing Implement Specifications:

(i) MEN'S HURDLES

Distance	Age Group	Height	Flights	Run in / Between / Run out	Colour
400m	Open / U20 / 40+	0.914m	10	45m / 35m / 40m	Green
	U18 / 50+	0.838m			
300m	60+	0.762m	7	50m / 35m / 40m	Green
200m	U16 / U14	0.762m	10	18.29m / 18.29m / 17.10m	Purple
110m	Open	1.067m	10	13.72m / 9.14m / 14.02m	Blue
	U20 / 40+	0.991m			
	U18	0.914m			
100m	50+	0.914m	10	13m / 8.5m / 10.5m	Yellow
	U16/60+	0.838m			
90m	U14	0.762m	9	13m / 8m / 13m	White

(ii) WOMEN'S HURDLES

Distance	Age Group	Height	Flights	Run in / between / Run out	Colour
400m	Open / U20 / U18 / 40+	0.762m	10	45m / 35m / 40m	Green
300m	50+ / 60+	0.762m	7	50m / 35m / 40m	Green
200m	U16 / U14	0.762m	10	18.29m / 18.29m / 17.10m	Purple
100m	Open / U20	0.838m	10	13m / 8.5m / 10.5m	Yellow
	U18	0.762m			
90m	U16	0.762m	9	13m / 8m / 13m	White
80m	U14/40+/50+/60+	0.762m	9	12m / 7m / 12m	Black

(iii) STEEPLECHASE

MEN				WOMEN			
Distance	Age Group	Height	Colour	Distance	Age Group	Height	Colour
3000m	Open / U20	0.914m	Blue	3000m	Open / U20	0.762m	Blue
3000m	40+/50+	0.838m					
2000m	U18	0.838m					
	U16 / U14 / 60+	0.762m		2000m	U18 / U16 / U14		
				40+ / 50+ / 60+			

3000m - 7 laps / 35 Hurdles (28 Track / 7 Water) (inside water jump / start near 200m start line on back straight)
2000m - 5 laps / 23 Hurdles (18 Track / 5 Water) (inside water jump / start near finish line)

(iv) THROWING IMPLEMENT WEIGHTS

MEN				
Age Group	Shot	Discus	Hammer	Javelin
Open	7.26kg	2kg	7.260kg	800g
U20	6kg	1.75kg	6kg	800g
U18	5kg	1.5kg	5kg	700g
U16	4kg	1kg	4kg	700g
U14	3kg	1kg	3kg	600g
40+	7.26kg	2kg	7.26kg	800g
50+	6kg	1.5kg	6kg	700g
60+	5kg	1kg	5kg	600g

WOMEN				
Age Group	Shot	Discus	Hammer	Javelin
Open	4kg	1kg	4kg	600g
U20	4kg	1kg	4kg	600g
U18	3kg	1kg	3kg	500g
U16	3kg	1kg	3kg	500g
U14	3kg	1kg	3kg	400g
40+	4kg	1kg	4kg	600g
50+	3kg	1kg	3kg	500g
60+	3kg	1kg	3kg	500g