

COMPETITION RULES

MACKAY TRACK&FIELD CARNIVAL

Rules as per ANQ and IAAF Rules including the following

1.0 Check in Procedures

- a. Track – Competitors should report to the Track Marshalling area 10 minutes prior to the start of the event.
- b. Field – Competitors to report directly to the competition area 10 minutes prior to the start of event.
- c. Where the competitors are at a field event and are due to be at a track event, inform the field judge/referee who will check if the track marshall is ready for them. Track events generally take precedence over field events.

2.0 Rescheduling of Events

Events may be rescheduled at the discretion of the Track or Field Referee. All team managers shall be notified of such changes in reasonable time.

3.0 Late Entries

Late entries or changes to entries will not be accepted.

4.0 Heats and Finals

All track events are run as finals and timed heats will be used for placings.

5.0 Trials in Field Events.

Three trials only in all field events (excluding High Jump) in all age groups.

6.0 Crouch Starts and the use of Starting Blocks

- a. Competitors up to and including 11 years will not be required to use starting blocks, they may use either a crouch or standing start.
- b. Competitors 12 years to Open must crouch start (medical certificates may be accepted) or may use starting blocks for sprint events up to and including 400m.

7.0 Starting Heights and Increments in Vertical Jumps

Starting heights and increments shall be decided upon at the event site in consultation with the Referee and/or athletes.

8.0 Age Limitations and Technical Specifications

Event age limitations as per the competition entry form. Technical specifications as per the tables on the following pages. Private Implements must be lodged with the technical crew at least three hours before the start of the event.

9.0 Age Group Limitations

There are no restrictions on the number of events a competitor may enter. Athletes may only enter in their own age group.

Age groups are based on the athlete's age as at 31st December 2018 with the exception of Masters Athletes whose age is calculated as on the day of competition.

10.0 Clothing

- a. Registered Athletes with a club must wear the approved uniform of his/her club and the registration bib number. Hip numbers will be provided by an official in the marshall tent or at the start of events requiring them.
- b. In all events, competitors must wear clothing that is clean, designed and worn so as not to be objectionable. The clothing must be made of a material that is non-transparent, even if wet. The competitor must not wear clothing that could impede the view of the judges

11.0 Footwear

As the grounds are a multi-user facility, **shoes must be worn in all events, NO EXCEPTIONS.** Spiked shoes may be worn in age groups 10 and above in events as per the table below. Spiked shoes must be put on at the event area and are to be removed before leaving the event area.

	4-9	10	11	12	13+	Max Spike Size Grass Area.
Laned Track Events	x	✓	✓	✓	✓	9mm
Unlaned Track Events	x	x	x	x	✓	9mm
Long Jump	x	✓	✓	✓	✓	9mm
Triple Jump	N/A	N/A	N/A	✓	✓	9mm
High Jump	x	✓	✓	✓	✓	9mm
Javelin	N/A	N/A	N/A	✓	✓	9mm
Shot Put	x	x	x	x	x	x
Discus	x	x	x	x	x	x

12.0 Protests

- a. Protests concerning the eligibility of an athlete to compete in a competition must be made prior to the commencement of such competition to the Competition Director or Meeting Manager. If the protest is unable to be resolved prior to the commencement of the competition, the athlete shall be allowed to compete, "under protest" pending resolution of the matter.
- b. Protests and appeals concerning the result of an event shall be made in accordance with IAAF Rules. Appeals to the Jury shall be accompanied by a fee of \$20.00 (twenty dollars) which shall be forfeited if the appeal is lost.

13.0 Variations to Rules

Any variations to the above rules shall be at the discretion of the Competition Director.

TECHNICAL SPECIFICATIONS

Throw Implements – All Age Groups

AGE GROUP	DISCUS		SHOT PUT		JAVELIN		HAMMER	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
4 Yrs	350g	350g	1.0kg	1.0kg	x	x	x	x
5 Yrs	350g	350g	1.0kg	1.0kg	x	x	x	x
6 Yrs	350g	350g	1.0kg	1.0kg	x	x	x	x
7 Yrs	500g	500g	1.5kg	1.5kg	x	x	x	x
8 Yrs	500g	500g	2.0kg	2.0kg	x	x	x	x
9 Yrs	500g	500g	2.0kg	2.0kg	x	x	x	x
10 Yrs	750g	750g	2.0kg	2.0kg	x	x	x	x
11 Yrs	750g	750g	3.0kg	2.0kg	x	x	x	x
12 Yrs	1.0kg	1.0kg	3.0kg	3.0kg	600g	400g	3.0kg	3.0kg
13 Yrs	1.0kg	1.0kg	3.0kg	3.0kg	600g	400g	3.0kg	3.0kg
14 Yrs	1.0kg	1.0kg	4.0kg	3.0kg	700g	500g	4.0kg	3.0kg
15 Yrs	1.0kg	1.0kg	4.0kg	3.0kg	700g	500g	4.0kg	3.0kg
16 Yrs	1.5kg	1.0kg	5.0kg	3.0kg	700g	500g	5.0kg	3.0kg
U18	1.5kg	1.0kg	5.0kg	3.0kg	700g	500g	5.0kg	3.0kg
U20	1.75kg	1.0kg	6.0kg	4.0kg	800g	600g	6.0kg	4.0kg
Open	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g	7.26kg	4.0kg
30-49	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g	7.26kg	4.0kg
50-59	1.5kg	1.0kg	6.0kg	3.0kg	700g	500g	6.0kg	3.0kg
60-69	1.0kg	1.0kg	5.0kg	3.0kg	600g	500g	5.0kg	3.0kg
70-74	1.0kg	1.0kg	4.0kg	3.0kg	500g	500g	4.0kg	3.0kg
75-79	1.0kg	750g	4.0kg	2.0kg	500g	400g	4.0kg	2.0kg
80+	1.0kg	750g	3.0kg	2.0kg	400g	400g	3.0kg	2.0kg