



2023 Auckland Junior Athletics Championships - Rules

1. General

- **Clubs will be allocated duties for parent volunteers to help run events on the days of competition. Failure by the club to provide parent volunteers will result in all athletes of that club being ineligible to participate in the championships.**
- Where not specifically set out in these rules, the relevant ANZ and World Athletics rules will apply.
- Only meeting officials, those parent helpers required to run an event and Team Managers will be allowed in the centre of the arena.
- Every effort will be made to ensure the programme runs to time and in the order laid out.
- Grade 7-9yr athletes - will compete in divisions for track and field. Pennants will be awarded for the top 3 place getters and ribbons for the next athletes in the division.
- Grade 10 – 14yr Athletes – the top 3 athletes in each event will be awarded medals.
- Every effort will be made to ensure the programme runs to time and in the order laid out. The Organising Committee also reserves the right to allow the programme to run up to 30 minutes early if the situation arises so it's in the athlete's best interest to remain at the venue until the completion of the events.
- **Athletes may NOT compete in another age group. They must compete in the age group shown on their age patch.**

2. Entries

- Entries for all grades will only be taken online, using the approved Athletics Auckland system.
- Entries open **Friday 3 February 2023 and close at 11:59pm Wednesday 15th February 2023**. Entries or changes to entries will not be accepted after this date. Refunds for this competition are not available so please enter correctly.
- Athletes can enter **any number of** events remaining in the Auckland Championship Athletics competition. However, parents need to be mindful what their child /children can tolerate.
- Entry Fees - \$8 per event.
- Non-Auckland Athletes - Athletes from outside Auckland affiliated clubs can be considered for entry via their Centre. The following conditions apply:
 - o Only 2 per age grade and gender for each event per Centre.

- o A certificate will be awarded to any non-Auckland athlete who places in an event. No medal will be awarded.
- Any non-Auckland athlete who wishes to be considered should contact their Centre Secretary for further information.

3. Uniforms

- All athletes **must compete in their official Club uniform with age patch showing name, and firmly attached on the front of their competition singlet**. If bike pants are worn, they must be either the colour of the clubs official uniform, or Black. NO multi coloured bike pants will be allowed. In addition, no casual non-competition type shorts, NRL shorts, or board shorts will be allowed for competition purposes. If you cannot obtain club-coloured shorts you must wear BLACK shorts.
- A black or white tee shirt maybe worn under the club's competition singlet (sunburn).
- Hats may be worn during events. Any mark made by a hat falling into the sand during a Long Jump will be used to measure if it is attached to the body at the point of landing. It will be a foul if a hat falls during a throwing event and the athlete leans out to the front of the circle to retrieve it as they are essentially touching the ground. It will also be a foul if a hat dislodges the high jump bar.
- Shoelaces will not determine fouls within the circle in throwing events; it must be a part of the foot (i.e. the shoe itself) that fouls the circle.

4. Health and Safety

- In the interests of safety to athletes, coaches, officials, volunteers and spectators the following should be adhered to at all times:
 - o Entry to the Competition Area is to be made by athletes under control of officials.
 - o Athletes are not to cross the infield of the Competition Area. Athletes caught doing this are liable to be excluded from the Championship
 - o Warm-ups must be supervised by a coach, or parent, and within the relevant warm-up area
 - o Throwing implements should only be picked up when directed by officials
 - o Athletes should take care crossing the track at all times and adhere to directions from officials regarding the crossing of the track.
 - o No unauthorised person(s) shall be allowed in the Competition Area. This includes Parents, Coaches and anyone else not acting as an appointed meeting Official or parent helper.

5. Protests

A verbal protest can be made in the first instance by the athlete to the Chief Judge of the event who will summon the appropriate referee.

6. Assembly

- Athletes 7-9 will marshal once at the start of the competition for the day.
- Athletes must not go to the Marshalling Areas until called.
- Marshalling times will be 15min before the scheduled start time for track events and 20 minutes prior for field events.
- Hurdles marshalling will be done at the hurdles start line.

7. Technical Information

- Mobile phones and smart watches are allowed in the Competition Area but must be turned off and kept in the athlete's bag.
- Any athlete found using or looking at their phone or smart watch in the Competition Area will be issued with a Yellow card, or a Red card, depending on the circumstance.
- If an athlete is likely to be competing in another event at the designated marshalling time for that event, they must advise the marshalling official at the time of checking in for the first event.
- No athlete who has retired from competition due to ill health will be able to re-enter competition unless the athlete supplies a medical certificate and clearance has been obtained from the Meeting Manager.

8. Track – General Information

- Metal spiked shoes may only be worn during competition and then only by athletes in Grades 10, 11, 12, 13 and 14. Spiked shoes with the spikes removed CANNOT be worn by any athlete.
- Rubber moulded spikes which are part of the sole of the shoe may be worn by athletes in Grade 7 – 9.
- Spike length allowed :
 - 6mm on track and long jump
 - 9mm at high jump
- 7-9 athletes can use either a standing start or crouch start for sprint events up to 200m
- 10-14 athletes MUST use the crouch start position as per ANZ competition rules
- Starting blocks *must* be used in *all* races up to and including 400m if metal spikes are being worn, *and* by all runners in age groups 12 and older.
- For safety, spiked shoes must be removed at the immediate completion of the athlete's event before leaving the arena. Failure to do this could result in disqualification from any further events.
- The track events will take precedence over field events.
- The 800 metres will use a curved start.
- Athletes competing in laned events must remain in their lanes and return to the finish line at the completion of events until dismissed by the appropriate official.

- For the race walking events we will not be using the pit lane rule for this championship.
- For race walking events, 3 red cards will result in a disqualification at the end of the event. The addition of a time penalty will not apply to these championships.

9. Track - Method of Finding Finalists (photo finish)

- Results will be determined by the three fastest times from the heats and there will be no semis or finals.

10. Track - Notification of winners

- Results will be posted on the notice board and as soon as possible on the Athletics Auckland Website.
- Ribbons/Pennants/Medals will be presented at the side of the track just after the finish line for the track events

11. Track – Lane Draws

- If there is an excessive number of withdrawals in any event, heats may be redrawn by the Track Marshals.

12. Field

- Throws and Long Jump grade 10 - 14 years will have three (3) attempts - a further one (1) attempt will be offered to the top 4 in accordance with the Rules of Competition.
- Grade 7-9yr three (3) attempts only.
- No athlete’s personal throwing implements will be accepted for this competition.
- Athletes in the throws will be entitled to one (1) warm-up throw for this competition.
- Grade 10-14yr athletes can have one warm up run in the long jump and one warm up jump in the High Jump.
- Metre boards will be used up to and including Grade 11. Grade 12, 13 and 14 will use the standard take off board. The standard take off board is 2m from the edge of the pit.
- Ribbons/Pennants/Medals will be presented at the field events after the event is finished.
- High Jump – Three attempts at each height in accordance with the Rules of Competition. The bar will be raised in increments of 5cm until there are 6 competitors remaining. Thereafter the height of the bar will be raised in 3cm increments until 1 competitor remains. The bar can only be raised in 1cm increments when the competition has been won and that competitor may dictate the height.

High Jump Starting Heights Ages	Girls	Boys
------------------------------------	-------	------

10	1.05	1.10
11	1.10	1.15
12	1.15	1.20
13	1.20	1.25
14	1.25	1.30

THE MEETING MANAGER RESERVES THE RIGHT TO VARY OR ADVANCE THE PROGRAMME. IT IS IN THE BEST INTEREST OF EVERY ATHLETE TO REMAIN AT THE VENUE.