



2026 Auckland Junior Athletics Championships - Rules

Auckland Athletics (juniors) applies rules in this order e.g.: 1 overrides 4

1. Special Meet Rules (this document)
2. Athletics Auckland
3. Athletics New Zealand
4. World Athletics

1 General

- a) 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.
- b) The organising committee relies on parent volunteers to assist with running the championships. No volunteers = no events.
- c) Clubs will be allocated duties for parent volunteers to help run events on the days of competition. Failure by the club to provide the required number of parent volunteers will result in all athletes of that club being ineligible to participate in the championships on that day.
- d) If a club wishes to have its athletes enter championship events but the required number of parents are not interested in volunteering to assist, the club will need to pay a fee of \$350 per day in-lieu of arranging parent volunteers. This is to be paid one week in advance of the championship dates.
- e) Where not specifically set out in these rules, the relevant ANZ and World Athletics rules will apply.
- f) Only meeting officials, those parent helpers required to run an event and Team Managers will be allowed in the centre of the arena.
- g) 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.
- h) Grade 10 – 14yr Athletes – the top 3 athletes in each event will be awarded medals.
- i) 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.

- j) Athletes may NOT compete in another age group. They must compete in the age group shown on their age patch.
- k) Clubs with athletes entered in the Championships must nominate a Team Manager/s and advise the Meeting Manager/s accordingly. Communication around any incident that arises during the Championships will only be accepted from the nominated Team Manager.

2 Entries

- a. Entries for all grades will only be taken online, using the approved Athletics
- b. Auckland system.
- c. Entries open Monday 9th Feb 2026 and close at midnight Sunday the 22nd of Feb 2026. Entries or changes to entries will not be accepted after this date. Refunds for this competition are not available so please enter correctly.
- d. 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.
- e. Entry Fees - \$6 per event.
- f. Non-Auckland Athletes - Athletes from outside Auckland affiliated clubs can be considered for entry via their Centre. The following conditions apply:
 - Only 2 per age grade and gender for each event per Centre.
 - Medals will be awarded for a place alongside an Auckland registered athlete who achieved the same place compared to other Auckland athletes.
- g. Any non-Auckland athlete who wishes to be considered should contact their Centre Secretary for further information.

3 Uniforms

- a. 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.

- b. A black or white tee shirt maybe worn under the club's competition singlet (sunburn).
- c. 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.
- d. 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 must be adhered to at all times:

- a) Entry to the Competition Area is to be made by athletes under control of officials.
- b) Athletes are not to cross the infield of the Competition Area. Athletes caught doing this are liable to be excluded from the Championship.
- c) Warm-ups must be supervised by a coach, or parent, and within the relevant warm-up area
- d) Throwing implements should only be picked up when directed by officials
- e) Athletes should take care crossing the track at all times and adhere to directions from officials regarding the crossing of the track.
- f) No unauthorised person(s) will 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 and Communication with the Meeting Manager/s

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



- b) Communication with the Meeting Manager/s about any protests must come through the Team Manager for the athletes club.

6 Assembly

- a. Athletes will marshal directly to their event.
- b. Marshalling times will be 15min before the scheduled start time for track events and 20 minutes prior for field events.
- c. Hurdles marshalling will be done at the hurdles start line.

7 Technical Information

- a. Mobile phones and smart watches are allowed in the Competition Area but must be turned off and kept in the athlete's bag.
- b. 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.
- c. 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.
- d. 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

- a. 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.
- b. Rubber moulded spikes which are part of the sole of the shoe may be worn by athletes in Grade 7 – 9.
- c. Spike length allowed :
 - 6mm on track and long jump
 - 9mm at high jump
- d. 7-9 athletes can use either a standing start or crouch start for sprint events up to 200m.



- e. 10-14 athletes MUST use the crouch start position as per ANZ competition rules.
- f. 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.
- g. For safety, spiked shoes must be removed at the immediate completion of the
- h. athlete's event before leaving the arena. Failure to do this could result in disqualification from any further events.
- i. The track events will take precedence over field events.
- j. The 800 metres will use a curved start.
- k. 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.
- l. For the race-walking events we will not be using the pit lane rule for this championship.
- m. 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.
- n. Hurdles will be set out to the following configuration:

Age Grade	Distance/Height	Flights	Run In	Spacing	Run Out
G12 Girls	80m/ 0.762	8	12m	7.5m	15.5m
G13 Girls	80m/ 0.762	8	12m	7.5m	15.5m
G14 Girls	80m/ 0.762	8	12m	8m	15.5m
G12 Boys	80m/ 0.762	8	12m	7.5m	15.5m
G13 Boys	80m/ 0.762	8	12m	7.5m	15.5m
G14 Boys	100m/ 0.838	10	13m	8.5m	10.5m

- o. In the unlikely event that a race has to be re-run because a time has not been recorded, the re-run race will either occur at the end of the particular event block or a time not less than 15 minutes from the original race (whichever is the greater).



9 Track - Method of Finding Finalists (photo finish)

Medals will be awarded for the fastest three athletes from the heats.

10. Track - Notification of winners

- a. Results will be posted on the notice board and as soon as possible on the Athletics Auckland Website.
- b. Ribbons/Pennants/Medals will be presented at the podium immediately after the event or as soon as the results have been confirmed with photo opportunities available from the deck off the officials lounge.

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

- a. 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.
- b. Grade 7-9yr three (3) attempts only.
- c. No athlete's personal throwing implements will be accepted for this competition.
- d. Athletes in the throws will be entitled to one (1) warm-up throw for this competition.
- e. Grade 10-14yr athletes can have one warm up run in the long jump and one warm up jump in the High Jump.
- f. 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.
- g. Ribbons/Pennants/Medals will be presented at the podium with photo opportunities available from the deck off the officials lounge.
- h. 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

Discus Weights

Grade	Girls	Boys
7, 8, 9	500gms	500gms
10, 11	750gsm	750gms
12	750gms	1.000kg
13	1.000kg	1.000kg
14	1.000kg	1.250kg

Shot put Weights

Grade	Girls	Boys
7	1.000kg	1.000kg
8, 9	1.500kg	1.500kg
10	2.000kg	2.000kg
11	2.000kg	3.000kg
12	3.000kg	3.000kg
13	3.000kg	4.000kg
14	3.000kg	4.000kg