



AACT Rules of Competition

General

1. All competition is carried out in accordance with the current IAAF and/or IPC Rules of Competition except as specifically varied by Athletics ACT (AACT) rules. Local AACT rules take precedence but for two situations.
 - A Para athlete is *permitted to compete at all regular AACT competitions* using standards appropriate to their classification.
 - A Veteran Athlete is *permitted to compete in throwing events* at High Noon competition using *standards appropriate to age*.
2. The rules in regard to Protests are in accordance with the IAAF and IPC Rules of Competition. AACT will charge a \$50.00 deposit for each formal Protest. Refund of the deposit is subject to decision by the Jury of Appeal.

Summer Series and High Noon Meets

3. Summer Series and High Noon Meet events are mixed sex and combined age groups. For track events, single sex heats may be run when requested by athletes or coaches. Where mixed age group races are conducted, the false start rule applying to the oldest age group in the heat will be enforced.
4. Entry and/or Check In to all events will close 30 minutes prior to the scheduled start time of the event. The Entry/Check In close is strictly enforced and all athletes must enter – this includes athletes who may be participating in a pacemaker role. The only exception to this rule is a “guide” runner who is assisting a visually impaired athlete.
5. The nationally standard events conducted under the Summer Series program will be awarded points based on the performance achieved. The points are only awarded to AACT registered athletes and accumulate over the season and aggregate by Club.
6. In Field events, other than High Jump, Pole Vault or invitational events as specifically arranged with the Competition Manager, each athlete will have a maximum of four (4) trials.
7. Despite 6.above, where time permits, the Event Chief in consultation with the Competition Manager may offer additional trials.
8. The program for each Summer Series or High Noon meet will be available on the AACT website at least 2 weeks prior to the meet. Athletes/Coaches



may request additional events be added to the programme. Requests for additional events must be made to the Competition Manager at least 10 days prior to the meet.

9. All events will be conducted at the scheduled program time except where circumstances required that time to be changed. An announcement will be made in respect to any change of time.
10. No records or qualifying performances will be recognised for events deemed “non-permit”.

AACT Championship Events

11. Entry to AACT championship events is open to all athletes registered and financial for the current season with:
 - AACT, either directly or through an affiliated Club;
 - A Club affiliated with another State/Territory association that is, itself, affiliated with Athletics Australia; or
 - An overseas nation that has affiliation with the IAAF
12. The On-Line entry will require the athlete to enter their current season competition number. AACT reserves the right to validate this registration information with the relevant body and should the information provided be false, will cancel the entry with no refund of the entry fee paid. All athletes must enter the events using the On-Line entry system - this includes athletes who may be participating in a pacemaker role.
13. The athlete must wear their current season competition number when competing in any of the championship events.
14. Entry to non-registered and/or non-financial athletes may be accepted for specific events. Where this is to be allowed, the relevant Championships entry system will so specify.
15. Entry to each AACT championship event/s will be by an On-Line Entry system or by the specified entry proforma. Entry processes and requirements will be notified in advance for each Championships event/s.
16. An athlete can NOT compete in more than one age group in the same field event. Athletes who wish to compete up in age may do so but they are not then eligible to compete in their own or any other age group. For example, an Under 16 years boy may compete in the Under 18 years Discus but can NOT also compete in the Under 16 years Discus. Additionally, in throws events, an athlete may only compete up to the next group, for example, an Under 14 years girl may compete in the Under 16 years Shot Put but NOT the Under 20 years Shot Put.



17. When entering an AACT championship event/s, athletes are required to enter a “season best” performance (or estimate of) for each event. For track events, this performance will affect the heat/seeded lane that the athlete will be placed in. For the throws events, and to assist officials conducting the event, athletes will be seeded based on shortest to longest throw.
18. A Check-In time will be specified for each AACT championship event/s and the close off of this Check In time will be strictly enforced. Athletes are responsible for ensuring that they report to the designated event entry location by the specified time.
19. After the close of entries, a final programme of events will be made available on the AACT website. For championship events that involve heats and finals at the time of publication of the programme of events, if the final field after the close of check in is only sufficient to support a single heat, the event will be run as a straight final at the time scheduled for the heats.
20. Athletes competing in the AACT 3k, 5k or 10k championships must provide their own lap scorers.
21. In field events, except for the high jump and pole vault, each athlete will be allowed three trials and the eight athletes with the best valid performances will be allowed a further three trials. Where there are eight athletes or fewer, each athlete shall be allowed six trials.
22. Athletics ACT (AACT) awards medals to the first three place getters in each event and the first three “first claim” AACT athletes in each event where they may not be one of the first three outright placegetters.



Standard (Point Score) Events by Age Group & Sex

Men

Event	Age Group				
	U14	U16	U18	U20	Open
100 Metres	X	X	X	X	X
200 Metres	X	X	X	X	X
400 Metres	X	X	X	X	X
800 Metres	X	X	X	X	X
1500 Metres	X	X	X	X	X
3000 Metres	X	X	X	X	X
5000 Metres				X	X
10k Run					X
90 Metre Hurdles	X				
100 Metre Hurdles		X			
110 Metre Hurdles			X	X	X
200 Metre Hurdles	X	X			
400 Metre Hurdles			X	X	X
1500 Metre Steeple	X				
2000 Metre Steeple		X	X		
3000 Metre Steeple				X	X
1500 Metre Walk	X	X	X		
3000 Metre Walk	X	X	X	X	X
5000 Metre Walk			X	X	X
Long Jump	X	X	X	X	X
Triple Jump	X	X	X	X	X
High Jump	X	X	X	X	X
Pole Vault	X	X	X	X	X
Shot Put	X	X	X	X	X
Discus	X	X	X	X	X
Javelin	X	X	X	X	X
Hammer	X	X	X	X	X



Women

Event	Age Group				
	U14	U16	U18	U20	Open
100 Metres	X	X	X	X	X
200 Metres	X	X	X	X	X
400 Metres	X	X	X	X	X
800 Metres	X	X	X	X	X
1500 Metres	X	X	X	X	X
3000 Metres	X	X	X	X	X
5000 Metres			X	X	X
10k Run					X
80 Metre Hurdles	X				
90 Metre Hurdles		X			
100 Metre Hurdles			X	X	X
200 Metre Hurdles	X	X			
400 Metre Hurdles			X	X	X
1500 Metre Steeple	X				
2000 Metre Steeple		X	X		
3000 Metre Steeple				X	X
1500 Metre Walk	X	X	X		
3000 Metre Walk	X	X	X	X	X
5000 Metre Walk			X	X	X
Long Jump	X	X	X	X	X
Triple Jump	X	X	X	X	X
High Jump	X	X	X	X	X
Pole Vault	X	X	X	X	X
Shot Put	X	X	X	X	X
Discus	X	X	X	X	X
Javelin	X	X	X	X	X
Hammer	X	X	X	X	X



Event Specifications

Throwing Implements

Men

Age Group	Shot Put	Discus	Javelin	Hammer
Open	7.26kg	2.0kg	800g	7.26kg
Under 20	6kg	1.75kg	800g	6kg
Under 18	5kg	1.5kg	700g	5kg
Under 16	4kg	1.0kg	700g	4kg
Under 14	3kg	1.0kg	600g	3kg

Women

Age Group	Shot Put	Discus	Javelin	Hammer
Open	4kg	1kg	600g	4kg
Under 20	4kg	1.0kg	600g	4kg
Under 18	3kg	1.0kg	500g	3kg
Under 16	3kg	1.0kg	500g	3kg
Under 14	3kg	1.0kg	400g	3kg



Hurdles

Men

Age Group	Distance	No of Hurdles	Hurdle Height	First Hurdle at	Between Hurdles	Last Hurdle to Finish
Open	110m	10	106.7cm	13.72m	9.14m	14.02m
Under 20	110m	10	99.1cm	13.72m	9.14m	14.02m
Under 18	110m	10	91.4cm	13.72m	9.14m	14.02m
Under 16	100m	10	84.0cm	13m	8.5m	10.5m
Under 14	90m	9	76.2cm	13m	8m	13m
Under 16	200m	10	76.2cm	18.29m	18.29m	17.10m
Open	400m	10	91.4cm	45m	35m	40m
Under 20	400m	10	91.4cm	45m	35m	40m
Under 18	400m	10	84.0cm	45m	35m	40m

Women

Age Group	Distance	No of Hurdles	Hurdle Height	First Hurdle at	Between Hurdles	Last Hurdle to Finish
Open	100m	10	84.0cm	13m	8.5m	10.5m
Under 20	100m	10	84.0cm	13m	8.5m	10.5m
Under 18	100m	10	76.2cm	13m	8.5m	10.5m
Under 16	90m	9	76.2cm	13m	8m	13m
Under 14	80m	9	76.2cm	12m	7m	12m
Under 16	200m	10	76.2cm	18.29m	18.29m	17.10m
Open	400m	10	76.2cm	45m	35m	40m
Under 20	400m	10	76.2cm	45m	35m	40m
Under 18	400m	10	76.2cm	45m	35m	40m



Steeplechase

Age Group	Men		Women	
	Distance	Steeple Height	Distance	Steeple Height
Open	3000m	91.4cm	3000m	91.4cm
Under 20	3000m	76.2cm	3000m	76.2cm
Under 18	2000m	91.4cm	2000m	91.4cm
Under 16	2000m	76.2cm	2000m	76.2cm

Amended by AACT Competition Committee July 2015.