

Technical Information and Standards 2011

Rules of Competition

The meeting will be conducted according to the rules of NZSSAA, Athletics New Zealand and IAAF.

Numbers

Competitor numbers must be worn on the chest (except for pole vault). Athletes may be disqualified if the number is not displayed during the competition.

Competition Area

Only officials, authorised personnel and competitors currently involved in an event will be permitted in the competition area.

Marshalling of Competitors

All athletes in both track and field events must report to the Call Room tent no later than 30 minutes before the scheduled starting time for the event. Track fields and field event groups will be escorted from the Call Room tent with confirmed sheets to their respective venues. Practice throws and jumps for the field events will take place at the field venue 20 minutes prior to the competition, with only 2 practices per competitor in competition order. For all track quarter finals, semi finals and finals, athletes must report to the marshalling tent 30 minutes prior to the starting time. Once checked, each heat/final will be escorted to the start line 10 minutes prior to the event time.

Safety at Throwing Events

In all throwing events, especially javelin, hammer and discus, competitors are asked to take due care. Implements must only be thrown from the circle or runway and returned by *hand*. There will be no practice throws under any circumstances other than under supervision of the officials for that event. At all throwing events no athlete will be able to throw an implement if no official is there. Athletes should have two practice throws prior to the event starting if time permits as per IAAF rules.

Flags

In the field events, the use of flags is as follows: red flag indicates a foul; white flag indicates a fair attempt. In track events a yellow flag indicates an infringement has occurred.

Field Event Attempts

In all field events (except high jump and pole vault), each competitor is allowed three attempts and the best eight, three more attempts. Competitors will be credited with the best of all his/her attempts.

Throwing Implements

Personal implements may be used by competitors for throwing events provided they are checked and approved by the Technical Officer prior to competition. Personal implements then become part of the pool available to all competitors in that competition.

It is the responsibility of the Team Manager to have these implements to the Technical Officer at the times below.

Implements required for Saturday field events:

- On Friday afternoon/evening at the Technical Information Centre (TIC) or Managers Meeting.

Implements required for Sunday field events:

- Before midday on Saturday at the TIC

Starting Blocks

The use of starting blocks is compulsory for all track events up to and including 400 m. Only the starting blocks provided may be used. Disabled athletes are exempt from this ruling if their disability prevents the use of blocks.

Starting:

The starter will give one command 'on your marks' for all events over 400m and two commands for all events up to and including the 400m

- a) 'On your marks' to bring competitors to their starting location.
- b) 'Set' to bring all competitors to the set position ready to start. When all competitors are steady in the set position the gun will be fired. Any competitor who false starts will be disqualified unless the Starter or Referee determines it was not the athletes fault. Disqualified athletes may run 'under protest' and have their disqualification reviewed by the Referee whose decision can be appealed by the lodging of a protest (IAAF Rule 146).

Poles for the Pole Vault

Competitors need to supply their own poles and will need to have them checked by the equipment officer just prior to the event.

Spikes

In track events, long jump and triple jump, spikes must be no longer than 6 mm. High jump and javelin areas spikes may be up to 9 mm long.

Lanes

Competitors in track events up to and including 400 m must remain in their lanes and return to the finish line in their lanes at the end of the event. The 800 m events shall be run in lanes as far as the end of the first bend. The starts will be staggered so that the distances from start to finish are the same for each competitor

Draws

Lanes and starting order will be drawn and posted on the result and draws board as soon as possible.

Relays

Relays adhere to IAAF rules with one exception. A changed running order from that submitted at relay declaration time will not result in disqualification. Team Managers must confirm the names of their team members (and up to 2 substitutes) by 12.00 noon on race day ie Saturday for 4x100m where heats are required or Sunday for 4x100m where a straight final is being held and for 4x400m relays.

Completion of Events

Any athlete who qualifies in the heat or round *must* compete in succeeding rounds and in the final, unless the consent of the referee has been obtained. Failure to do so renders the athlete liable to disqualification from other events during the meeting.

Events at the Same Time

For competitors who find they are in a field and track event at the same time the track event must take precedence. Having checked in at the track event athletes should return to the field event and continue competing but being aware of the need to report back to the track event in sufficient time for their heat/round. Track events will not be delayed. Team Managers are asked to assist athletes and keep them informed of when they should leave the field event to compete in the track event. Athletes may request the appropriate referee to change their order of competition in that round to assist in doing both events. When the time comes they should report to the field event official and excuse themselves to complete the track event, returning to the field event ASAP after the track event. Competitors cannot demand to take their attempts in succession or to take any trial of a round that has been completed and for which they were absent.

Scratchings

Any athlete wishing to withdraw from an event *must* do so by the time for the final scratching which is midnight Wednesday 7 December or is otherwise liable for exclusion from the meeting. Any scratchings after Wednesday 7 December are for the complete scratching of an individual from the meeting.

Protests

These must be lodged with the referee as laid down in the competition rule (IAAF rule 146).

Competitors

Competitors take part in the event at their own risk. The NZSSAA and the Wellington Local Organising Committee will accept no responsibility for losses or damages to personal property, or claims from competitors, spectators or members of the public as a result of an accident arising before, during or after the event.

Athletes with a Disability

All events for athletes with a disability are classed as open events. There are five different classifications.

- 1 *Athletes with a disability who use a wheelchair – AWDWC*
Athlete must use the wheelchair for their long term propulsion and excludes people who are using a wheelchair because of a short term injury.
- 2 *Athletes with a disability who have cerebral palsy – (AWDCP)*
Athletes who have cerebral palsy or have had a head injury or a stroke and are ambulant i.e. do not use a wheelchair.
- 3 *Athletes with a disability who are an amputee or have other physical disabilities – (AWDAMP/OTHER)*
This may include athletes who have a limb deficiency, impaired muscle power, range of movement or who are short in stature. For athletes competing in the “other” category contact classification@paralympics.org.nz or (09) 526 0760 for information on eligibility
- 4 *Athletes with a disability who have a vision impairment – AWDVI*
Athletes who are a member of, or qualify to be a member of, the Royal New Zealand Foundation for the Blind.
- 5 *Athletes with a disability who have an intellectual disability – AWDID*
Athletes who have been diagnosed with a specific Intellectual Disability and/or are functioning at a cognitive level that would result in an unfair competition with their peers are eligible for this classification.

The following events will be included: 100 m, 200 m, 400 m, shot put, discus, javelin, long jump and road race.

Schools contemplating entering athletes with disabilities should check the list of AWD Standards below.

Please Note:

- Students with specific learning disabilities are not eligible for classification.
- Hearing Impaired athletes are not eligible for classification as physical abilities are comparable to that of their peers. However adequate provision should be made to ensure starting mechanisms are in place to allow for equal competition.
- Athletes with adequate residual vision to compete evenly with fully sighted peers will be encouraged to do so.
- Athletes with Behavioral Problems do not have a physical functional limitation compared to their peers and will be ineligible for classification.
- Some athletes may have multiple disabilities therefore teachers are to register students into the classification where the functional limitation is the greatest. For example a student may have an intellectual disability as well having di-plegic cerebral palsy severely affecting his balance and coordination – this pupil will be placed in the AWDCP Classification. A student may also have ADHD and also an Intellectual disability - this student would be eligible for the AWDID classification.

Ages

There will be one open age grade for all athletes with a disability who are registered at a secondary school. It is important to note that students with a disability are entitled to stay at secondary school until the age of 21.

NZSSAA Standards

For schools wishing to enter more than one competitor in an event:

The implement weights for throwing events are in blue.

Event	Senior Boys	Junior Boys	Senior Girls	Junior Girls
100 m	11.4 s	11.9 s	13.0 s	13.2 s
200 m	23.4 s	24.3 s	26.8 s	27.0 s
400 m	53.0 s	55.5 s	62.0 s	63.0 s
800 m	2:03.00 min	2:08.00 min	2:28.00 min	2:30.00 min
1500 m	4:14.00 min	4:30.00 min	5:10.00 min	5:30.00 min
3000 m	9:18.00 min	9:40.00 min	11:00.00 min	11:30.00 min
Hurdles	17.5 s – 110 m	16.5 s – 100 m	17.5 s – 100 m	15.0 s – 80 m
High Jump	1.70 m	1.60 m	1.45 m	1.40 m
Long Jump	5.90 m	5.60 m	4.90 m	4.75 m
Triple Jump	12.30 m	11.50 m	9.80 m	9.50 m
Shot Put	12.20 m 5 Kg	11.80 m 5 Kg	9.40 m 4 Kg	9.85 m 3 Kg
Discus	36.00 m 1.5 Kg	35.00 m 1.25 Kg	28.00 m 1 Kg	26.00 m 1 Kg
Javelin	43.00 m 700 g	38.00 m 700 g	26.00 m 600 g	24.00 m 600 g
Hammer	N.S. 5 Kg	N.S. 4 Kg	N.S. 4 Kg	N.S. 3 Kg

Event	Open Boys	Open Girls
2000 m Steeplechase	6:25.00 min	8:30.00 min
300 m Hurdles	46.2 s	49.2 s
2000 m Walk		N.S.
3000 m Walk	18:25.00 min	
Pole Vault	N.S.	N.S.

Recommended Standards for Athletes with a Disability

Standards	100m		200m		400m	
	Male	Female	Male	Female	Male	Female
Wheelchair	40 sec	50 sec	1:10 min	1:30 min	2:20 min	3 min
Cerebral Palsy	20 sec	23 sec	45 sec	1 min	1:40 min	2 min
Amputee / others	20 sec	23 sec	45 sec	1 min	1:40 min	2 min
Vision Impairment	19 sec	23 sec	42 sec	1 min	1:30 min	2 min
Intellectual	17 sec	20 sec	40 sec	45 sec	1:20 min	1:40 min

	Shot Put		Discus		Javelin	
	Male	Female	Male	Female	Male	Female
Wheelchair	3kg	2kg	750g	750g	400g	400g
Standard	2.50 m	2 m	7.5m	6 m	6 m	4.75 m
Cerebral Palsy	3kg	2kg	750g	750g	600g	400g
Standard	3.5 m	2.5 m	8m	6.5m	9 m	5 m
Amputee / others	4kg	4kg	1kg	1kg	700g	600g
Standard	3.5 m	2.5 m	8m	6.5m	9 m	5 m
Vision Impairment	4kg	4kg	1kg	1kg	700g	600g

Standard	3.5 m	2.5 m	8m	6.5m	9 m	5 m
Intellectual	4kg	4kg	1kg	1kg	700g	600g
Standard	4 m	3 m	10 m	7 m	12m	8m

Hurdle Heights and Distances

Event	Height (cm)	No.	To 1 st (m)	Between (m)	To Finish (m)
Boys Senior 110m	91.4	10	13.72	9.14	14.02
Boys Junior 100m	84.0	10	13.00	8.50	10.50
Boys 300m	84.0	7	50.00	35.00	40.00
Girls Senior 100m	76.2	10	13.00	8.50	10.50
Girls Junior 80m	76.2	8	12.00	8.00	12.00
Girls 300m	76.2	7	50.00	35.00	40.00

Steeplechase

Event	Distance (m)	Height (cm)
Boys Open	2000	91.4
Girls Open	2000	76.2

High Jump

Senior Boys: Start at **1.65 m** with **5 cm** rises to **1.85 m** thereafter **3 cm** rises
Junior Boys: Start at **1.55 m** with **5 cm** rises to **1.75 m** thereafter **3 cm** rises
Senior Girls: Start at **1.40 m** with **5 cm** rises to **1.55 m** thereafter **3 cm** rises
Junior Girls: Start at **1.35 m** with **5 cm** rises to **1.50 m** thereafter **3 cm** rises

Pole Vault

Boys: Start at **2.60 m** goes up in **15 cm** rises until **3.20 m** thereafter **10 cm** rises
Girls: Start at **1.80 m** goes up in **15 cm** rises until **3.00 m** thereafter **10 cm** rises

Implements

Event	Javelin (g)	Discus (kg)	Shot (kg)	Hammer (kg)
Boys Senior	700	1.50	5.00	5.00
Boys Junior	700	1.25	5.00	4.00
Girls Senior	600	1.00	4.00	4.00
Girls Junior	600	1.00	3.00	3.00