

Competitor Information 2025

Rules of Competition

The meeting will be conducted according to the rules of NZSSAA, Athletics New Zealand (ANZ), World Athletics (WA) and World Para Athletics (WPA).

Competitors

Eligible competitors are

- Domestic student athletes must be students of an affiliated NZ Secondary School excluding Year 7 and 8 students
- Any student athlete between the ages of 13 and 20 on December 31 in the year of competition
- Home School Educators Student Sports Association [HESSA] athletes between the ages of 13 and 20 on December 31 in the year of competition.
- Visiting or overseas athletes This include students from the Cook Islands, Niue, and Tokelau and any international athletes that do not attend a New Zealand affiliated school and meet the above age criteria.

Athlete Bibs

Athlete Bibs must be worn on the chest and back (except for jumping events where only 1 bib is required either front or back). Athletes may be disqualified if the bib is not displayed during the competition. Para athletes: Seated throws – 1 bib on back of throwing frame and 1 on chest; Wheelchair athletes – 1 bib on back of racing chair and 1 helmet bib; Frame running – 1 bib on back and 1 helmet bib.

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 at the following times preceding their advertised start time:

Track (including relays)	25 minutes
Field events (excluding pole vault)	50 minutes
Pole vault	75 minutes

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 prior to the competition in competition order. For all track quarter finals, semi-finals and finals, athletes must report to the Call Room tent 25 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 will have as many warm up throws prior to the event starting as the time permits as per WA and WPA rules.

Flags

In the field events, the use of flags is as follows: red flag indicates a foul; white flag indicates a valid attempt; yellow flag indicates 15 seconds remaining for a trial to commence.

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 their attempts. All seated throwers will have six consecutive attempts with one extra minute break between attempts 3 and 4.

Throwing Implements

Personal implements may be used by competitors for throwing events provided they are checked and approved by the Technical Equipment Manager prior to competition. Athletes can only submit two personal implements per event. Personal implements then become part of the pool available to all competitors in that competition. Implements may only be picked up after the competition from the technical equipment shed. They are not to be taken from the event.

It is the responsibility of the Team Manager to have these implements to the Technical Equipment Manager in the Equipment shed adjacent to the 100m start at the times below.

- Implements required for Friday afternoon field events by 10.00am Friday.
- Implements required for all Saturday field events by 5.00pm Friday.
- Implements required for all Sunday field events by 5.00pm Saturday.

Poles for the Pole Vault

Competitors need to supply their own poles. Personal poles cannot be used by other competitors without the owner's permission. These need to be taken to the Equipment Shed adjacent to the 100m start.

Starting Blocks

The use of starting blocks is compulsory for all track events up to and including 400m. Only the starting blocks provided may be used. Use of blocks by Para Athletes is optional but T11-13 and T20 athletes must use blocks if they wish to be eligible for a record.

Spikes

In track events, long jump and triple jump, spikes must be no longer than 7 mm. High jump and javelin areas spikes may be up to 9 mm long. Spikes must be either cone (pyramid) or 'christmas tree' shaped. Needle spikes, either sharp or flat (truncated) at the tip are banned.

Shoe Regulations Compliance

It is the athlete's responsibility to ensure the Track Spikes or Road shoes they use for competition are compliant with WA specifications. Track spikes soles must be no thicker than 20mm and road shoes must have soles no thicker than 40mm. Throwing shoes must have soles no thicker than 25mm. See the list of compliant shoes by clicking on this link below or searching for the latest World Athletics shoe compliant list.

[LIST OF APPROVED ATHLETIC SHOES](#)

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 (ie hand/s leave the ground or foot/feet leave the blocks) either with or without the gun being fired, will be disqualified unless the Starter determines it was not the athlete's fault. Disqualified athletes may run 'under protest' if permitted to (in accordance with WA Rule TR8.4, WPA Rule 50.4) by the Starts Referee and have their disqualification reviewed by the Starts Referee whose decision can be appealed by the lodging of an appeal to the Jury of Appeal (WA Rule TR8.7).

Qualifying, Lane Allocation and Replacements

See the separate progressions sheet for qualifying. Lanes and starting order will be drawn and posted on the result and draws board (round 2 onwards only on the board) and on Live Results as soon as possible.

The two best performed non qualifiers will be named as potential replacement athletes should there be a withdrawal from among the qualifiers for semi-finals and finals and, where possible, without delaying the event, be added in order of performance if withdrawals occur. There will be no redraw of lanes. The replacement system also applies in Field Events.

Lane allocation will be done according to the new World Athletics rules after the Round 1 heats.

Straight: Best 4-3,4,5,6; Next 2-2,7; Last 2-1,8

200m: Best 3-5,6,7; Next 3-3,4,8; Last 2-1,2

400m: Best 4-4,5,6,7; Next 2-3,8; Last 2-1,2

Para Athletes will be grouped according to their classification and grade and allocated appropriate lanes providing separation where desirable eg T51-54 athletes and, for the 800m when T11-13 and T20 athletes are included, the starts will use the curved start line rather than lanes.

Relays

Relays adhere to WA 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 Friday 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 Technical Delegate has been obtained (apply at TIC). Failure to do so renders the athlete liable to disqualification from other events during the meeting although the expectation is that the athlete will be taking no further part in the championships.

Where an athlete finds they are in a field event and track event they have qualified for at the same time and to compete in the track event could seriously affect their field event performance they (or their Team Manager) should inform the Technical Delegate or Competition Director as soon as possible that they wish to withdraw from the track event. This withdrawal will be done without penalty if the Technical Delegate or Competition Director accept the circumstances are genuine. A scratching form requesting this change must be completed at TIC and signed by the TD or CD prior to withdrawal from the Track Event.

Overseas Athletes

1) When athletes who are not from New Zealand schools qualify for finals the following will occur:

- a In laned track events (excluding 800m) if there are less than 6 NZ athletes in the final a B final will be run.
- b In the 800m at least 6 of the 8 qualifiers will be NZ athletes and the number of qualifiers increased if necessary to include overseas athletes up to a maximum of 10 qualifiers. Only when this does not cover all overseas qualifiers will a B final be run.
- c In non laned track events either 14 of 16 or 12 of 14 will be NZ athletes depending on whether 3 or 2 heats were required with 2 (or more if necessary) places going to overseas athletes.
- d In field events NZ athletes will be at least 6 of the 8 qualifying for 3 extra trials with 2 (or more if necessary) places going to overseas athletes.

2) Visiting or overseas athletes who medal will receive the appropriate medal in addition to the top three NZ athletes. The same will apply for Home Schooled athletes who podium.

Electronic Devices

The use of cell phones and other electronic devices in the competition arena is strictly prohibited; Doing so will make an athlete liable to disqualification (a phone ring while competing is classed as using it). Either leave them with a trusted person or turned off in a bag you are taking to the event.

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 Call Room for both events track event athletes will go to the field event and compete 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. Athletes may request the appropriate referee to change their order of competition in that round to assist in doing both events. Athletes need to work with the Event Referee who will liaise with the Start Referee to ensure the athletes are present for their track race. 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.

Qualifying Pools for Field Events

Qualifying pools will be arranged by the Competition Director or Technical Delegate if the number of athletes entered in a field event are considered too high for the event to be held in the allocated time period. Depending on the configuration of the competition arena one of two possible options will be used.

Option A: The entrants will be divided into two pools of equal size. The pools will compete simultaneously under the same conditions with each athlete completing their three trials. The top eight athletes, drawn from both pools, will go on to contest their last three trials at that time to determine final placings.

Option B: The entrants will be divided into two pools of equal size which will be held consecutively (one pool following the other). A qualifying performance will be set by the Technical Delegate prior to competition commencing. Athletes who achieve or better that qualifying performance will retire from competition. The remainder of athletes in the pool will continue until their final 3 trials are completed. A finals field of approximately twelve athletes will be determined from those qualifying automatically (guaranteed a place in the final) and top placed non-automatic qualifiers. The final, consisting of three trials for all athletes and a further three trials for the top eight, will be held at a suitable time to allow for recovery and preparation eg the following day or later session on the same day.

Scratchings

Scratchings from events (on the forms available at the TIC) will be accepted up to ninety minutes prior to the starting time of the event concerned. This does not apply to events where the athlete has already competed in and qualified for the next round. Any scratching applied for after the ninety minutes deadline will be considered a scratching from all other events the athlete is entered in unless permission is granted to continue in them by application to the Technical Delegate.

NB We would very much appreciate scratchings either from single events or from the championships completely as soon as the decision has been made please and preferably by the **Tuesday prior to the start of the Championships** by 12.00am so that the fields are as accurate as possible when we import the information into the results system to determine the heats required and the numbers taking part in field events. The online entries system will not be available for scratchings after Tuesday and scratchings will have to be made on the forms provided at the Technical Information Centre from Friday December 6.

The Road Race and the Track and Field Championships are separate championships and scratching from one does not stop an athlete taking part in the other (see exception below). Scratchings are not required for the road race unless the team manager plans to substitute a replacement runner and this can be done right up to the time of the race using the scratchings/replacements form provided to managers. **Athletes who have qualified for a further round or final cannot scratch from that event in order to participate in the Road Race. They will be disqualified from the Road Race and any other event they may be involved in.**

Protests/Appeals

These must be lodged with the referee as laid down in the competition rule (World Athletics Rule TR8, WPA Rule 50). If the referee is unavailable for an athlete or manager to lodge a verbal protest in the field of play at the incident time then this can be done by going to the TIC within the usual timeframe (30 minutes) who will communicate with the relevant referee. Any subsequent appeal of the decision after the Referees ruling is then to the Jury of Appeal, which must be done in writing and be accompanied by a deposit of \$50 which may be forfeited if the appeal fails.

Personal Safety and Property

Competitors take part in the event at their own risk. The NZSSAA and the 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. The Local Organising Committee has prepared a Health and Safety Plan and made that available on the NZSSAA website for everyone involved with the Championships.

Para Athletes

Para Athletes who have been Classified ensuring they meet the impairment and activity limitation eligibility will be given a Sport Class proceeded either by a (T) for Track and Jumping events and/or a (F) for Throwing events. There will be one competition division for all classifications. Para Athletes competing at the NZ Secondary Schools Athletics Championships **are required** to have a National Classification. Forms for classification are available on the NZSSAA website. **Confirmation of classification, carried out by Para Athlete classifiers, will occur on the Thursday prior to the championships.**

All Seated Throwers will have 6 consecutive attempts with one extra minute break between attempt 3 and 4.

The results and placings will be calculated on a percentage of the world record or a performance standard for each classification. It will enable athletes with different impairments to compete for the same medal and national title.

Please Note:

- Students with specific learning difficulties are not eligible for the Intellectually Impaired Athlete division.
- Hearing Impaired athletes are not eligible for classification as their physical abilities are comparable to that of their peers. However adequate provision will be made to ensure starting mechanisms are in place to allow for equal competition. If an athlete requires strobe lighting this must be advised when entering
- Athletes with adequate residual vision to compete evenly with fully sighted peers are encouraged to do so.
- Some athletes may have multiple impairments therefore Managers are to enter students into the classification where the functional impairment is the greatest. The ANZ classifiers will determine the classification the athlete best belongs.

There will be two age groups for each classification, junior (below 17) and senior (17 and above) on 31 December except in the Road Race where a Year 9 grade is available.

It is important to note that students with an impairment who are ORS funded are entitled to stay at secondary school until the age of 21. Students in this category who are 20 years and over on 31 Dec need to apply for entry to oe@nzssaa.org.nz.

The following events will be included: 100m, 200m, 400m, 800m, 1500m, shot put, discus, javelin, long jump (metre mat not used), high jump, triple jump and road race. Competing alongside unimpaired athletes in other events will be considered on application to oe@nzssaa.org.nz.