

Queensland School Sport



13-19 Years Track and Field Competition Procedures

Updated 3/04/2020



QUEENSLAND GOVERNMENT

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This document **must** be read in conjunction with the
QSSMG Competition Procedures.

1 Queensland School Sport Internal Structures

1.1 Sport Specific Committees and Advisory Groups

The Queensland School Sport (QSS) 13-19 Years Track and Field sports specific committee follows:

- Queensland School Sport Management Group (QSSMG) Competition Procedures.
- Queensland School Sport 13-19 Years Track and Field Competition Procedures

QSS 13-19 Years Track and Field Competition Procedures and QSSMG Competition Procedures must be read in conjunction with one another.

1.2 Registration of New Sports

1.3 Alternative Procedures Enabling Participation at a School Sport Australia Competition

1.4 De-registration of Sports

1.5 Sport Specific Committee Reports

1.6 State Sport Committee Finances

2 Approval of Competitions

3 Competition Programs

3.1 State Championships (Inter-regional Competition)

3.1.1 Nominations

- 3.1.1.1 For all events (track and field) a region may nominate all athletes who have, in the current year, attained the state qualifying standard and who have met the region's selection criteria.
- 3.1.1.2 If a region does not have an athlete who has qualified for a particular event, the region will be entitled to ONE (1) automatic entry for the event.
- 3.1.1.3 An athlete may nominate in a maximum of 5 individual events (excluding relays)
- 3.1.1.4 Relays
 - 3.1.1.4.1 A region may nominate one (1) team in each relay event. Athletes must be the age specified for the event.
 - 3.1.1.4.2 Regions may combine to form a relay team in each age group if numbers are insufficient to form a single region relay team.

3.1.2 Athletes competing in a multi-class event

- 3.1.2.1 Entry conditions for athletes competing in a multi-class event will be as in 'Section 1.0 Nominations' above.
- 3.1.2.2 An athlete may nominate in a maximum of 5 events.
- 3.1.2.3 Details of the athlete's disability should be recorded on the multi-class classification form and also in the electronic nomination file. This should be entered in the box provided in the athlete's Meet Manager profile and also in the 'Surname' field following the athlete's surname. The athlete status should also be set to 'Disabled' in their Meet Manager athlete profile.
- 3.1.2.4 An athlete will only be able to compete in the championships if documentary evidence from the appropriate classifying organisation has been provided to verify the athlete's multi-class classification for both track and field events.

3.1.3 Qualifying Times & Distances

- 3.1.3.1 The time/distance recorded by each competitor in qualifying for the championships must be submitted with the nomination.
- 3.1.3.2 Regional selectors are requested to consider a student's performance at regional level to assess whether the student will be competitive at the State Championships.
- 3.1.3.3 All competitors nominating for track events are seeded into heats according to the times submitted by the region. In order for this to be done accurately, it is important that correct times be submitted.
- 3.1.3.4 Please note that when entering track times for track events of 400 metres or less (including hurdle events), manual times are to be adjusted to the next 0.1 second ie. 10.31 becomes 10.4. Please add an 'h' to the time if it is a manual time e.g. 10.4h. The computer program will adjust this time to compare it with time recorded by 'fully automatic timing'.

3.1.4 Withdrawals & Substitutions

- 3.1.4.1 Advise of withdrawals or team changes immediately they are known. Early advice may enable the number of heats to be reduced.
- 3.1.4.2 Withdrawals or changes must be provided on the official withdrawal form provided to regions.
- 3.1.4.3 Final withdrawals must be received by the Championship Convenors by 5pm on the Friday prior to the first day of competition.
- 3.1.4.4 Substitutions will not be allowed as all athletes who have attained the qualifying standard will have been nominated by the due date.
- 3.1.4.5 Nomination errors identified and requiring an athlete to be added to an event during the championships must be accompanied by documentary evidence of the athlete's performance at the regional championships. Requests without evidence cannot be supported.

3.1.5 Competitor Details

- 3.1.5.1 Given names, surname, date of birth, and region must be entered on the event file. Entries cannot be accepted if these details are not provided.

- 3.1.5.2 Each athlete will be allocated a 'competitor number' by the committee, following the close of nominations.
 - 3.1.5.3 Number bibs (bearing the competition number) will be supplied by the committee. All athletes must be familiar with the I.A.A.F. Competition Rules, Rule 143, Number Bibs.
- 3.1.6 Age Eligibility
 - 3.1.6.1 Competitors must be the age stated for each event. All ages are to be calculated at 31 December of the year of competition.
 - 3.1.6.2 Depending on the number of nominations, some events will be conducted as a combination of age groups e.g. 13-15 years, with results awarded for each age group separately.
- 3.1.7 Nomination Fee
 - 3.1.7.1 Each competitor will pay the prescribed nomination fee regardless of the number of events in which the student is competing. The fee is not refundable.
 - 3.1.7.2 Regions will receive a tax invoice (including GST) for the actual number of competitors in attendance at the championship (as recorded in the results).

3.2 State Championship Competition Rules

- 3.2.1 Competition Rules
 - 3.2.1.1 The program will be conducted under the IAAF Competition Rules except as varied by the organising committee as indicated here or elsewhere.
 - 3.2.1.2 Events for athletes with disabilities will, additionally, be conducted according to the IPC Official Rules and Regulations for IPC Athletics Competitions.
- 3.2.2 Assistance to Athletes
 - 3.2.2.1 Team managers should refer to Rule 144:3(b) of the IAAF rules.
 - 3.2.2.2 For the purpose of this rule, the following shall be considered assistance and are therefore not allowed; possession of or use of video and cassette recorders, radios, CD players, radio transmitters, mobile phones or communication devices by athletes in the call room or competition arena.
 - 3.2.2.3 Contravention of this rule may result in disqualification of the athlete from the event.
 - 3.2.2.4 For information regarding assistance for athletes competing in a Multi Class Event, see Appendix 3. In general, any on-field assistance must be provided by a regional team manager wearing a hi-vis vest as provided by the organising committee.
- 3.2.3 Dress
 - 3.2.3.1 The region will determine the uniform to be worn by athletes from the region.

- 3.2.3.2 If compression garments are worn, a complete official regional competition uniform (top and bottom) must still be worn over the compression garment unless the compression garment is an official part of the regional uniform and is in regional colours. Compression socks may be worn provided they are consistent with regional colours.
- 3.2.3.3 Athletes are to wear the allocated competition number bibs on the front and the back of the uniform. Number bibs must be pinned in four places and are not to be folded or altered in any way. Pins for these number bibs are to be supplied by the athlete.
- 3.2.3.4 The wearing of both number bibs by each competitor is compulsory in all events, including the field events. The only exception is in vertical jumps where only one number is required to be worn on the front.
- 3.2.3.5 Hip numbers (and pins in this case) for track events will be provided where required, for attachment to shorts or briefs.
- 3.2.3.6 Competitors identified by officials as being incorrectly attired, may be withdrawn from the event.
- 3.2.4 Athlete Regional Check-In Procedure
 - 3.2.4.1 Athletes for all events (track and field) should check in with their regional manager at least two hours prior to their first event on each day of competition. Please consult regional team paperwork for specific team requirements.
 - 3.2.4.2 Where athletes have not checked in with their regional team manager at the stipulated time, Team Managers will withdrawal athletes from an event no later than one hour prior to the advertised time (or 90 minutes in the case of pole vault).
 - 3.2.4.3 Athletes are to collect their competition number (bib) from the Regional Team Manager at the time of check-in.
- 3.2.5 Withdrawal from Events
 - 3.2.5.1 All entries are deemed to be confirmed. Where necessary, Team Managers are to withdraw athletes from an event no later than one hour prior to the advertised time for the event (or 90 minutes for Pole Vault).
 - 3.2.5.2 Team Managers can make scratchings in the Technical Information Centre (TIC) which is located opposite the finish line underneath the grandstand. This room will be open each day one hour before the scheduled starting time of the first event.
 - 3.2.5.3 Scratchings: If an athlete has failed to be scratched from an event or does not compete in all rounds of an event for which he/she has qualified, he/she may not be permitted to compete in any other event in the championships, including relays.
 - 3.2.5.4 Track Events: Withdrawal from semi-finals and finals any athlete qualifying from a heat to a semi-final or final must notify the TIC of the withdrawal from the semi-final or final at least 60 minutes before the advertised starting time for the event. Failure to do so may result in withdrawal from any other event or final for which the athlete has qualified.
 - 3.2.5.5 A track event may be re-seeded if the number of withdrawals requires that such an action be taken.
- 3.2.6 Call Room (Marshalling) Procedures

- 3.2.6.1 All athletes will be required to report to the Call Room (Marshalling Area) and check-in with call room officials. Competitors may not be admitted to the event if they report directly to the start line (track) or the competition area (field) instead of to the call room area.
- 3.2.6.2 The call room (marshalling) times for events are:
- Track Events - 20 minutes before the scheduled start time
 - Pole Vault - 60 minutes before the scheduled start time
 - Other field events - 40 minutes before the scheduled start time
- 3.2.6.3 Athletes must be dressed in competition uniform and have their number bibs attached when reporting to the call room.
- 3.2.6.4 Athletes will be accompanied by an official from the call room (marshalling area) to their competition area. Athletes not present at the time of departure from the call room (marshalling area) maybe denied entry to the event.
- 3.2.6.5 Where a student is competing in another event, the team manager (or representative) should advise the official at the call room of the intention of the athlete to compete within the prescribed time.
- 3.2.6.6 Failure to report for semi-finals and finals will be considered to be a withdrawal and the athlete may be penalised by being withdrawn from all subsequent events.

3.2.7 Competitors and Officials only in the Arena

Coaches and managers are not permitted inside the competition arena. The attention of coaches and managers is drawn to IAAF Handbook Rule 144 - Assistance to Athletes. Competitors must leave the competition area immediately following the conclusion of their event.

3.2.8 Equipment

3.2.8.1 Throwing Implements

Throwing implements will be provided by the Organising Committee.

Competitors may use their own implements provided these are checked and marked as approved by the organising committee at least 90 minutes prior to the commencement of the event, and are made available to all competitors in the same event.

Implements checked and marked will be retained by the organising committee until the completion of the event.

3.2.8.2 Pole Vault

Competitors are to provide their own poles. Competitors are not permitted to use any other competitor's pole except with the consent of the owner.

3.2.8.3 Starting Blocks

All athletes will be required to use the starting blocks provided. Athletes are requested to know settings for their own use so that any alterations that need to be made can be completed as quickly as possible.

3.2.9 Track Events

3.2.9.1 Qualifying to the Final

- In track events conducted over distances of 800 metres or less (including hurdles), eight athletes will qualify from the heats (or semi-finals) to the final.
- In 1500 metre events 12 athletes will qualify to the final.

3.2.9.2 100 metre and 200 metre events – heats

- Where more than 27 nominations are received, semi-finals may be conducted.

3.2.9.3 Qualifiers - 100 metre and 200 metre events

- Two heats — three from each heat will qualify for the final with other qualifiers being decided according to their times
- Three heats — two from each heat will qualify for the final with other qualifiers being decided according to their times
- Four or more heats — three from each heat shall qualify for the semi-finals with other qualifiers being decided according to their times
- Semi-finals — three from each semi-final will qualify for the final with other qualifiers being decided according to their time

3.2.9.4 Qualifiers — 400 metres and all hurdle events

- Two heats — three from each heat will qualify for the final with other qualifiers being decided according to their times
- Three heats — two from each heat will qualify for the final with other qualifiers being decided according to their times
- Four heats — one from each heat will qualify for the final with other qualifiers being decided according to their times

3.2.9.5 Qualifiers - 800 metres

- Two heats — three from each heat will qualify for the final with other qualifiers being decided according to their times
- Three heats — two from each heat will qualify for the final with other qualifiers being decided according to their times.

A maximum of three heats will be run for all 800 metre events. Where the number of nominations exceed the number of lanes for any one event, heats in that event will be started with two competitors in lanes as required for the first curve or from a curved start line.

3.2.9.6 Qualifiers - 1500 metres

- Two heats – four from each heat will qualify for the final with other qualifiers being decided according to their times.
- Three heats — three from each heat will qualify for the final with other qualifiers being decided according to their times.

If 16 or fewer nominations are received, or if 16 or fewer athletes check in for the event, the event will be conducted as a final at the time scheduled for the final in the program.

3.2.9.7 Lane Allocation

Lanes will be allocated according to IAAF Rule 166; Ranking and Composition of Heats (refer Appendix 1).

3.2.9.8 The following events will be run as finals only:

3000 metres	1500 metres walk
5000 metres	3000 metres walk
2000 metres steeplechase	5000 metres walk

3.2.9.9 Starting

Managers should ensure that competitors are familiar with the IAAF Rule re the start (Rule 162) (refer to Appendix 2).

Points to note:

- i) Starting instructions for races up to and including 400 metres, and for races longer than 400 metres.
- ii) Crouch starts must be used for all races and in all age groups up to and including 400 metres (including hurdles).
- iii) Starting blocks, as provided, must be used for all races up to and including 400 metres for all ages.
- iv) Disqualification rule for false starts.

Consideration will be given to Athletes competing in a Multi Class Event in relation to points ii) and iii) above.

3.2.9.10 Field Events

3.2.9.10.1 In field events (except events for Athletes competing in a Multi Class Event and vertical jumps) all athletes will compete in the first three rounds of competition. After the first three rounds the top eight athletes will compete in a further three rounds of competition.

3.2.9.10.2 In field events for Athletes competing in a Multi Class Event all athletes will compete in three rounds of competition only.

3.2.9.10.3 An athlete who has been competing in another event at the same time as the field event may be allowed to take a trial within the one round in an order other than that drawn and indicated in the program. To be eligible for this the athlete must

- report to the chief judge before leaving the competition area
- indicate the other event in which he/she will be competing
- verify participation in the other event
- return to the field event immediately after the completion of the track event
- report to the chief judge immediately on returning to the competition area.

3.2.9.10.4 Certificate of Competence / Qualification

3.2.9.10.4.1 Competitors in hammer throw and pole vault events are required to produce a Certificate signed by an accredited coach in these events (see State Championship Bulletins for minimum level of accreditation required)

3.2.9.10.4.2 Competency, for the purposes of this certification, means that the student can execute the technique at a standard that is not likely to cause an unreasonable risk to the safety of either themselves, other competitors, or officials.

3.2.9.10.4.3 If a certificate is not supplied the athlete will be assessed during the warmup by the Chief Judge and will be withdrawn from the event if deemed not competent.

3.2.9.10.4.4 Copies of the certificate will be distributed to regions. Please submit one for each nominating student.

3.2.9.10.5 High Jump

3.2.9.10.5.1 Increments - two increments of five centimetres each, subsequent increments of three centimetres each.

3.2.9.10.5.2 An athlete who is competing in another event at the same time as the high jump competition may, upon returning to the high jump competition, be given three trials at the height at which the bar is set, provided that the competitor:

- reports to the high jump chief judge before leaving the competition area
- indicates the other event in which he/she will be competing
- reports to the high jump chief judge immediately on return to the high jump competition area
- has not had three consecutive failures

3.2.9.10.6 Pole Vault

The minimum starting height for all pole vault events will be two metres. This is determined by the minimum height at which the pole vault equipment in use at QSAC can be set.

Competitors must supply their own poles for this event.

3.2.10 Multi Class Events

3.2.10.1 All events will be conducted as Multi Class Events.

3.2.10.2 All track events will be conducted as 'timed finals'.

3.2.10.3 In field events all athletes will compete in three rounds of competition only.

3.3 School Based Competitions

3.4 Sponsorship

4 Access to State Championships

4.1 Eligibility

4.2 Centres of Athletic Development

4.3 Guidelines for Gender Equity in Sport

5 Conduct of State Championships

5.1 Championship Host

5.2 Participation

5.2.1 Warm up for events

5.2.1.1 Team managers are advised that warm up for throwing events must be organised and supervised by the team managers.

5.2.1.2 The use of the state athletic centre shall be restricted during the hammer throw competition times (this applying to both track and field events) or if the state athletic centre is being hired by another organisation.

5.2.1.3 In all field events athletes will be permitted two warm up throws/jumps at the competition area prior to the commencement of the event.

5.3 Finance

5.4 Accommodation Framework

5.5 Event Officials

5.6 Complaints Management

5.6.1 Protests

5.6.1.1 Any protest, in the first instance, must be made verbally by the team manager to the relevant referee within ten minutes of the completion of the event. Team managers should make contact with the referee via the TIC.

5.6.1.2 The referee may decide on the protest or may refer the matter to the jury. If the referee makes a decision, there shall be a right of appeal to the Jury of Appeal.

5.6.1.3 An appeal to the jury must be made in writing by the team manager within 30 minutes of the announcement of the decision made by the referee.

5.6.1.4 Managers should make themselves familiar with the IAAF Competition Rules, Rule 146 Protests and Appeals.

5.7 Meetings

5.8 Health and Safety

5.9 Excursions and Functions

5.10 State Team Selections

5.11 Host Report

5.12 Travel Subsidy

5.13 Requests for Access to Students

5.14 Loss or Damage of Equipment at State Championships

5.15 Photography

5.16 Trophies and Presentations

5.16.1 Medals

Competitors placed first, second, and third in a field event or track final will receive a medal. The presentation will take place immediately after the conclusion of the event at the time of the announcement of the result. Medal winners are to remain in the vicinity of the presentation area until the presentation has been made.

5.17 Areas of Responsibility

5.18 Minimum Venue Standards

5.19 Regional Delegates Role

6 Queensland Teams

6.1 State Team Selection Policies

6.2 Selection Policy Guidelines

6.3 Participation at National Events

6.4 Appointment of Team Officials

6.5 Uniforms

6.6 Travel Policy

6.7 Queensland Team Preparation

6.8 Risk Management

6.9 Guidelines for Interstate Exchanges / Non School Sport Australia Events

6.10 International Tours

6.11 Costs

7 Accommodation framework

8 Codes of Conduct

8.1 Team Members, Parents and Spectators

8.2 Team Officials

9 Team Officials – Duty of Supervision

10 Procedures for the Investigation and Recording of Misconduct

IAAF RULE 166

Ranking and Composition of Heats

3. For the first round, the athletes shall be placed in heats using the zigzag distribution with the seeding determined from the relevant list of valid performances achieved during the predetermined period.

After the first round, the athletes shall be placed in the heats of subsequent rounds in accordance with the following procedures:

- (a) for events of 100m to 400m inclusive, and relays up to and including 4x400m, seeding shall be based upon placings and times of each previous round. For this purpose, athletes shall be ranked as follows:
- Fastest heat winner
 - 2nd fastest heat winner
 - 3rd fastest heat winner, etc.
 - Fastest 2nd place
 - 2nd fastest 2nd place
 - 3rd fastest 2nd place, etc.
 - (Concluding with)
 - Fastest time qualifier
 - 2nd fastest time qualifier
 - 3rd fastest time qualifier, etc.
- (b) for other events, the original performance lists shall continue to be used for seeding, modified only by improvements in performances achieved during the earlier round(s).

The athletes shall then be placed in heats in the order of seeding in a zigzag distribution, e.g. three heats will consist of the following seedings:

A 1 6 7 12 13 18 19 24

B 2 5 8 11 14 17 20 23

C 3 4 9 10 15 16 21 22

In all cases, the order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.

Draw for Lanes

4. For events 100m to 800m inclusive, and relays up to and including 4x400m, where there are several successive rounds of a race, lanes will be drawn as follows:

- (a) In the first round and any preliminary qualification round as per Rule 166.1, the lane order shall be drawn by lot.
- (b) For the following rounds, athletes shall be ranked after each round in accordance with the procedure shown in Rule 166.3(b)(i), or in the case of 800m, 166.3(b)(ii)

Three draws will then be made:

- (i) one for the four highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6;
- (ii) another for the fifth and sixth ranked athletes or teams to determine placings in lanes 7 and 8, and
- (iii) another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 2.

- *Note (i): When there are fewer or more than eight lanes, the above system with the necessary modifications should be followed.*
- *Note (ii): In competitions under Rules 1.1(d) to (j), the 800m event may be run with one or two athletes in each lane, or with group start behind an arced line. In competitions under Rules 1.1(a), (b), (c) and (f), this should normally be applied only in the first round, unless because of ties or advancement by the Referee, there are more athletes in a heat of a subsequent round than were anticipated.*
- *Note (iii): In any 800 metres race, including a final, where for any reason there are more athletes competing than lanes available, the Technical Delegate(s) shall determine in which lanes more than one athlete will be drawn.*
- *Note (iv): When there are more lanes than athletes, the inside lane(s) should always remain free.*

Appendix 2 : Start Rule for Queensland School Sport 13-19 Years Championships

IAAF RULE 162

The Start

1. The start of a race shall be denoted by a white line 50mm wide. In all races not run in lanes, the start line shall be curved, so that all the athletes start the same distance from the finish. Starting positions in events at all distances shall be numbered from left to right, facing the direction of running.

Note (i): In the case of events starting outside the stadium, the start line may be up to 0.30m in width and maybe of any colour contrasting distinctively with the surface of the start area.

Note (ii): The 1500m start line may be extended out from the outside bend lane to the extent that the same synthetic surface is available.

2. At all International Competitions, except as noted below, the commands of the starter shall be given in his own language, in English or in French.
 - (a) In races up to and including 400m (including 4 × 200m, the medley relay as defined in Rule 170.1 and 4 × 400m), the commands shall be “on your marks” and “set”.
 - (b) In races longer than 400m (except 4 × 200m, the medley relay and 4 × 400m), the command shall be “on your marks”.

All races shall be started by the report of the starter's gun held upwards.

Note: In competitions under Rules 1.1(a), (b), (c), (e) and (i), the commands of the starter shall be given in English only.

3. In races up to and including 400m (including the first leg of 4 × 200m, the medley relay and 4 × 400m), a crouch start and the use of starting blocks are compulsory. After the “on your marks” command, an athlete shall approach the start line, assume a position completely within his allocated lane and behind the start line. An athlete shall not touch either the start line or the ground in front of it with his hands or his feet when on his mark. Both hands and at least one knee shall be in contact with the ground and both feet in contact with the foot plates of the starting blocks. At the “set” command, an athlete shall immediately rise to his final starting position retaining the contact of the hands with the ground and of the feet with the foot plates of the blocks. Once the starter is satisfied that all athletes are steady in the “set” position, the gun shall be fired.
4. In races longer than 400m (except 4 × 200m, the medley relay and 4 × 400m), all starts shall be made from a standing position. After the “on your marks” command, an athlete shall approach the start line and assume a starting position behind the start line (completely within his allocated lane in races started in lanes). An athlete shall not touch any part of the ground with his hand or hands and/or the start line or the ground in front of it with his feet when on his mark. Once the starter is satisfied that all athletes are steady in the correct starting position, the gun shall be fired.
5. On the command “on your marks” or “set”, as the case may be, all athletes shall, at once and without delay, assume their full and final starting position. If, for any reason, the starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks, he shall order all athletes to withdraw from their marks and the starter's assistants shall assemble them again (see also Rule 130). Where an athlete in the judgement of the starter,
 - (a) after the command “on your marks” or “set”, and before the report of the gun, causes the start to be aborted, for instance by raising a hand and/or standing or sitting up in the case of a crouch start, without a valid reason, (such reason to be evaluated by the relevant referee); or
 - (b) fails to comply with the commands “on your marks” or “set” as appropriate, or does not place himself in his final starting position after a reasonable time; or
 - (c) after the command “on your marks” or “set” disturbs other athletes in the race through sound or otherwise, the starter shall abort the start.

The referee may warn the athlete for improper conduct (disqualify in case of a second infringement of the Rule during the same competition), according to Rules 125.5 and 145.2. In this case, or when an extraneous reason was considered to be the cause for aborting the start, or the referee does not agree

with the starter's decision, a green card shall be shown to all the athletes to indicate that a false start was not committed by any athlete.

False Start

6. An athlete, after assuming a full and final starting position, shall not commence his start until after receiving the report of the gun. If, in the judgement of the starter or recallers, he does so any earlier, it shall be deemed a false start.

When an IAAF approved false start control apparatus is in use, the starter and/or an assigned recaller shall wear headphones in order to clearly hear the acoustic signal emitted when the apparatus indicates a possible false start (i.e. when the reaction time is less than 0.100 second). As soon as the starter and/or an assigned recaller hears the acoustic signal, and if the gun was fired, there shall be a recall and the starter shall immediately examine the reaction times on the false start control apparatus in order to confirm which athlete(s) is/are responsible for the recall.

Note (i): Any motion by an athlete that does not include or result in the athlete's foot / feet losing contact with the foot plate(s) of the starting blocks, or the athlete's hand / hands losing contact with the ground, shall not be considered to be the commencement of his start. Such instances may, if applicable, be subject to a disciplinary warning or disqualification.

Note (ii): As athletes starting races in a standing position are more prone to over-balance, if such a movement is considered to be accidental, the start should be regarded as "unsteady". If an athlete is pushed or jostled over the line before the start, he should not be penalised. Any athlete causing such interference may be subject to a disciplinary warning or disqualification.

Note (iii): When an IAAF approved false start control apparatus is in operation, the evidence of this equipment shall normally be accepted as conclusive by the Starter.

7. Except in combined events, any athlete responsible for a false start shall be disqualified.

In combined events, any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified. (See also Rule 200.8(c).)

8. In case of a false start, the starter's assistants shall proceed as follows:

Except in combined events, the athlete(s) responsible for the false start shall be disqualified and a red and black (diagonally halved) card shall be raised in front of him and a corresponding indication shown on the respective lane marker(s).

In combined events, in case of a first false start, the athlete(s) responsible for the false start shall be warned with a yellow and black (diagonally halved) card raised in front of him and a corresponding indication shown on the respective lane marker(s). At the same time, all the other athletes taking part in the race shall be warned with the yellow and black card raised in front of them by one or several starter's assistants in order to notify them that anyone committing further false starts will be disqualified. In case of further false starts, the athlete(s) responsible for the false start shall be disqualified and the red and black card shall be raised in front of him and a corresponding indication shown on the respective lane marker(s). The basic system (to raise a card in front of the athlete(s) responsible for the false start) will also be followed in case lane markers are not being used.

Note: In practice, when one or more athletes make a false start, others are inclined to follow and, strictly speaking, any athlete who does so has also made a false start. The starter should warn or disqualify only such athlete or athletes who, in his opinion, were responsible for the false start. This may result in more than one athlete being warned or disqualified. If the false start is not due to any athlete, no warnings shall be given and a green card shall be shown to all the athletes.

9. The starter or any recaller, who is of the opinion that the start was not a fair one, shall recall the athletes by firing a gun.

1000m, 2000m, 3000m, 5000m and 10,000m

10. When there are more than 12 athletes in a race, they may be divided into two groups with one group of approximately two thirds of the athletes on the regular arced start line and the other group on a separate arced start line marked across the outer half of the track. The other group shall run as far as the end of the first bend on the outer half of the track, which shall be marked by cones or flags as described in Rule 160.1.

The separate arced start line shall be positioned in such a way that all the athletes shall run the same distance.

The break line for 800m described in Rule 163.5 indicates where the athletes in the outer group in 2000m and 10,000m may join the athletes using regular start. The track shall be marked at the beginning of the finish straight for group starts in 1000m, 3000m and 5000m to indicate where athletes starting in the outer group may join the athletes using the regular start. This mark may be a 50mm x 50mm mark on the line between lanes four and five (lanes three and four in a six-lane track) immediately before which a cone or flag is placed until the two groups converge.

An exception to rule 162 will be implemented for the Queensland School Sport 13-19 Years Track and Field Championships.

This will apply to the section on the false start and will apply to **events designated for athletes 13 years, 14 years and 15 years of age and all multi class events**. The rule shall be modified to allow the athlete responsible for the first false start to be warned, with athletes responsible for further false starts being disqualified, as is the case for combined events.

Section 7 above will be modified as follows:

7. Except in combined events **and events designated for athletes 13 years, 14 years and 15 years of age and all multi class events**, any athlete responsible for a false start shall be disqualified.

In combined events and **events designated for athletes 13 years, 14 years and 15 years of age and all multi class events**, any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified.

Section 8 will be modified accordingly.

Appendix 3 : Assistance to Athletes competing in Multi Class Events

Assistance – General (local rule adapted from IPC Rule 7)

5. IPC Athletics recognises the special needs of athletes with a hearing impairment, and is keen to encourage and facilitate their participation in competition. In cases where deaf-blind athletes are competing in an event the technical delegate shall have the authority to make appropriate modification to these rules as may be necessary to facilitate the effective participation of those deaf-blind athletes. In principal, no rule modification that disadvantages any other athlete will be allowed.
 - (i) If the athlete is competing under the T01 classification, they must remove their hearing aids prior to entering the competition area.
 - (ii) Athletes competing under another classification other than T01 classification may wear their hearing aids if audiological information is provided that states that hearing aids are required.

IPC Rule 7: Assistance to Athletes (IAAF Rule 144)

Assistance – Track and Road Events

6. Guide-runners for athletes in sport classes T11-12 shall be permitted and shall not therefore be considered assistance or pacing. The local organising committee shall provide distinctive vests to identify guide-runners.
7. When a T11-12 athlete starts the event with a guide-runner, the athlete and guide-runner(s) must both finish the event with bona fide effort in accord with these rules for the performance to be recognised.
8. Athletes are encouraged to provide their own guide-runner(s). However, at IPC (see Chapter 1.1) competitions the organisers should provide an appropriate guide-runner if the athlete's National Paralympic Committee has requested such assistance and followed the associated "request for a guide-runner" requirements of the local organising committee.
9. The method of guidance for athletes permitted to use a guide-runner is the choice of the athlete. The athlete may use an elbow lead or a tether. In addition, the athlete may receive verbal instruction from the guide-runner. The guide-runner must complete his task while running (or walking) and is not allowed to use a bicycle or other mechanical means of transport.

Note (i): The tether shall be made from non-elastic material and must not store energy and/or offer a performance gain to the athlete.

Note (ii): For races of 800m or longer the guide-runner shall remain no more than one full stride length ahead of his accompanying athlete.

10. The guide-runner is not allowed to push, pull or otherwise propel athletes in order to gain an advantage at any stage during a race.

Note: Sling shotting is regarded as a technique whereby the guide-runner deliberately hurls his arm (attached to the athlete) forward in order to exert propulsion towards the athlete's running direction. Such a technique is not permitted at any stage during a race.

11. For races of 5000m or longer athletes are allowed to use two guide-runners. However, only one interchange of guide-runners is permitted for each athlete per race. The interchange must take place without any hindrance to other athletes, and must take place only on the back straight.

Note: Should there be an interchange of guide-runners, the athlete and the substituting guide-runner must both finish the event in order for the performance to be recognised.

12. The intention to interchange guide-runners must be notified in advance to the referee and technical delegate. The technical officials will determine the conditions of the interchange and will communicate these in advance to the athletes.

Note: If the interchange does not take place after the technical arrangement being made, the athlete shall be disqualified from the race.

13. Some athletes in sports classes T20, T35-38 and T42-47 may require their starting blocks to be set for them by the starter's assistant. The technical delegate will provide the appropriate athletes and/or their team coach with a document on which to show their requirements

Note: Upon request, the technical delegate may permit a guide to accompany the athlete to the start to set the blocks under special circumstances.

Assistance – Field Events

14. Guides for athletes in sport classes F31-33 and F51-54 will be permitted (one guide per athlete per event) who can assist the athlete and the officials to ensure the athlete transfers safely to the throwing frame, and Assist athletes to strap themselves to their throwing frame.

Note: Strapping must be only to the frame with non-elastic material.

15. The guide must withdraw from the competition area once they have completed these tasks and must follow any directives from officials of the event while they are in the competition area.
16. For athletes in sport classes F11 and F12 a guide may bring athletes to the throwing circle or javelin runway. The guide may assist the athlete by orientating them with the throwing circle or on the javelin runway before each attempt. The guide must leave the throwing circle or javelin runway before each attempt begins. Acoustic orientation is permitted before, during and after each attempt. Athletes may only be guided from the throwing circle or javelin runway after the officials have determined whether or not the attempt was a valid one.

Note: If the official in charge of the event decides that a guide who is providing acoustic orientation is in an unsafe location then the official has the right to require the guide to move.

17. For athletes in sports class T11 acoustic assistance is permitted during long jump, triple jump and high jump. However, no visual modification to the existing facility is permitted. In events where acoustic assistance is being used complete silence shall be requested from spectators.

Note: Whenever possible, to ensure silence, events in which acoustic assistance is being utilised should not be timetabled together with other running events.

18. During jump events athletes in sports classes T11 can be accompanied onto the field of play by two persons to: a) Act as a caller to provide acoustic orientation during the approach run in high jump, long jump and triple jump, and/or; 52 Rule 7: Assistance to Athletes Athletics Rules and Regulations 2014-2015 b) Act as a guide to assist the athlete by positioning and orientating him on the runway before each attempt. Acoustic orientation is permitted before, during and after each attempt. Athletes may only receive guidance other than acoustic orientation from after the officials have determined whether or not the attempt was a valid one. During throwing events athletes in sport class F11 can be accompanied onto the field of play by one person only to act as caller and/or guide.
19. For athletes in sports class T/F12 visual modification of the existing facility is permitted during field events (i.e., paint, chalk, powder, cones, flags, etc.) at the discretion of the technical delegate. Acoustic signals may also be used.
20. In Sports Class T/F12 only one person can accompany an athlete onto the field of play to act as caller and/or guide for jumping and throwing events.

Note: The caller must stand in a position that does not hinder the officials. The caller must not run alongside or behind the athlete during a trial.

21. In field events, the guides/callers shall not conduct other than permitted under Rule 7.14- 7.20. If the official in charge of the event decides that a guide/caller is in breach of these rules (e.g. coaching in competition area), the athlete and his accompanying guide/caller shall be warned by the referee and advised that, if there is any repetition, the athlete will be disqualified from that event subject to Rule 8.
22. Some athletes in sports classes T/F20, T/F35-38 and T/F42-47 may require their runway markers to be at a pre-set distance from the take-off board. In this case, prior to the competition, the markers shall be set with assistance from a field judge. This would also apply in the javelin. the technical delegate will provide the appropriate athletes and/or their team coach with a document on which to show their requirements.