

TECHNICAL REGULATIONS

2025 Australian Masters Games

COMPETITION RULES - GENERAL

Competition will be conducted according to WA Rules other than where modified by World Masters Athletics (WMA) and/or Australian Masters Athletics (AMA) Rules. Entry signifies agreement with these rules. Copies of the current Rules and Regulations can be found at:

- <https://worldathletics.org/about-iaaf/documents/book-of-rules>
- <https://world-masters-athletics.org/documents/competition-rules/>

Eligibility - Age Groups

Competitors' age groups commence at 30 years and proceed in five-year increments, i.e. 30-34, 35-39, etc. Your age group is determined by your age on the first day of competition.

Competition Numbers

Numbers must be worn on the front of your competition top except for Pole Vault. Numbers must not be folded or creased to obscure the competition number or sponsor's details. Numbers must be retained for use in all events entered.

Numbers issued for track and field are the same numbers to be worn for the Road Walk and Cross Country.

Adverse Conditions

In the event of adverse weather conditions, the Competition Director has the authority to halt, delay, defer, change or cancel affected events.

Awards

The first three placegetters will each receive medals. First, second and third placegetters must wait at the conclusion of their event to be taken to the Awards Presentation Area by an official. Awards will be presented as soon as possible after arriving in the area. If you are scheduled for an overlapping event inform the official who will then make alternative arrangements for the presentation.

Check In

There will be no Call Room. Athletes in all track events **MUST** check in at least 30 **minutes** prior to the start time of their event.

Athletes who do not sign in by this time will be unable to participate in that event.

There is no check-in required for field events.

Marshalling

Competitors must be at the event site as per the following times:

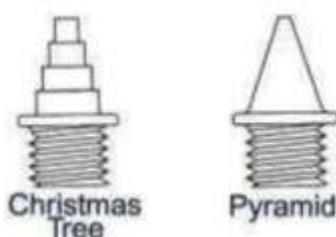
- Track events - 10 mins before the advertised start time
- Field events (except pole vault) – 15 mins before the advertised start time
- Pole vault - 30 minutes prior to the advertised start time

For events 800m and above, hip numbers will need to be collected from the track officials at the start area.

Track events take precedence over field and while officials will attempt to meet the needs of athletes in conflicting events, events will not be held up to meet those requirements.

Spike Lengths

Spikes projecting from the sole or the heel of a shoe shall not exceed 7mm except for High Jump and Javelin where they shall not exceed 9mm. Up to 11 spikes may be used on each shoe. Only conical and pyramid spikes are permitted at the AIS Track & Field Centre and Woden Park.



Protests

Any protests concerning an athlete's right to compete must be lodged with the relevant Referee before the start of the relevant event. If the matter is not promptly resolved, the athlete in question shall be allowed to compete "under protest" pending a subsequent decision. Any protest arising from the competition shall be made to the Referee not later than 30 minutes after completion of the relevant event. Any appeal against the Referee's decision shall be in writing to the Jury of Appeal and accompanied by a deposit of \$50 which shall be forfeited if the appeal is considered frivolous, returned if upheld and otherwise at the discretion of the Jury.

Records

If you are registered with an Australian Masters Athletic Club, you are eligible to break records at these championships. If you think you will break an Australian or World record, please notify the official when you report in. If you do break a record, please notify the officials to ensure all information required is recorded.

Results, with wind readings, photo-finish print-outs and any other relevant data will need to be forwarded to the relevant bodies no later than 10 days after the completion of the Championships. It is the responsibility of the athlete to ensure this occurs. (In the case of a world record a Zero Test Image from the photo-finish system will also be required.)

For Field events and multi-events, athletes will need to ensure that distances are checked against a calibrated steel tape if Electronic Distance Measurement is not used.

COMPETITION RULES - TRACK

Heats and Finals

Heats will be conducted for the 60m and 100m if there are more than 10 entries.

Progression to finals will be as follows:

- 2 heats – first 3 in each heat, then next 2 based on time
- 3 heats – first 2 in each heat, then next 2 based on time
- 4 heats – first in each heat, then next 4 based on time

All other track events will be conducted as timed finals Athletes are **randomly drawn** into heats— not seeded by time. Age groups may be combined but medals will still be awarded based on age groups.

For events that involve heats and finals at the time of publication of the program of events, if the final number of athletes after the close of check-in is only sufficient to support a single heat, then the event will be run as a straight final at the time that was scheduled for the heats.

Bona Fide Effort

Competitors in running races, including cross country, must make a genuine attempt to run most of the race, predominantly walking is not acceptable and will be subject to disqualification.

Pacing

For Race Walking and Cross Country events, pacing by athletes in the race, or other persons not in the race, is not allowed. Athletes may, and can be, given a red card for the infraction during or after the race.

Shoes

Any shoe used in competition must have a sole with a maximum thickness of no more than 40mm (except any shoe that contains spikes must have a sole with a maximum thickness of no more than 30mm).

Race Walks

“Race walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible [to the human eye] loss of contact occurs. The advancing leg shall be straightened [i.e. not bent at the knee] from the moment of first contact with the ground until the vertical upright position.”

Starting

It is not compulsory in Masters Athletics to use crouch starts or starting blocks or have both hands in contact with the track. Start directions for races below 800m shall be "On your marks; Set; Gun (or approved substitute). For events 800m and over the starting instruction shall be "On your marks; Gun (or approved substitute). In any race, athletes who are charged with a false start, as determined by the Starter, shall be warned. Athletes who are charged with a second false start in the same race shall be disqualified. Athletes who are disqualified for two false starts may not compete 'under protest'.

Athletes may not use personal blocks - blocks will be supplied.

All races 1500m and longer will be 'waterfall' or 'pack' starts, 800m will be a laned start.

Lap Scoring

Lap scoring is to be conducted for all running events 2000m and longer.

Slow Runners

The program is designed to allow sufficient time for events to allow all runners to finish their event before the next event starts. Should an event take longer than anticipated, the runner(s)/walker(s) concerned may be asked to move to the outer lanes to complete their race and allow the next race to commence. If this occurs, times will be hand-timed, not Fully Automatic Timing (FAT).

Steeplechase

	Event	Barriers	Barriers	Water Jumps
Women	2000m	0.762m	18	5
Men 30-59	3000m	0.838m	28	7
Men 60+	2000m	0.762m	18	5

Hurdles

Competitors in hurdling events must hurdle with a continuous motion thus ensuring that both feet are off the ground for at least an instant.

	Race Distance	Hurdle Height	Number of Hurdles	To first Hurdle	Between Hurdles	To Finish
Women: Short						
30- 39	100m	0.840m	10	13m	8.5m	10.5m
40- 49	80m	0.762m	8	12m	8m	12m
50- 59	80m	0.762m	8	12m	7m	19m
60+	80m	0.686m	8	12m	7m	19m
Women: Long						
30- 49	400m	0.762m	10	45m	35m	40m
50- 59	300m	0.762m	7	50m	35m	40m
60-69	300m	0.686m	7	50m	35m	40m
70+	200m	0.686m	5	20m	35m	40m
Men: Short						
30- 49	110m	0.991m	10	13.72m	9.14m	14.02m
50- 59	100m	0.914m	10	13m	8.5m	10.5m
60- 69	100m	0.840m	10	12m	8m	16m
70- 79	80m	0.762m	8	12m	7m	19m
80+	80m	0.686m	8	12m	7m	19m
Men: Long						
30- 49	400m	0.914m	10	45m	35m	40m
50- 59	400m	0.840m	10	45m	35m	40m
60- 69	300m	0.762m	7	50m	35m	40m
70-79	300m	0.686m	7	50m	35m	40m
80+	200m	0.686m	5	20m	35m	40m

COMPETITION RULES - FIELD

Competitors will compete in the order shown on the start sheet except where the Referee rules otherwise. Except for High Jump and Pole Vault, **a ll competitors will have 4 attempts only**. There will be no reverse order for the final round. Where time allows and all competitors agree, the Field Referee may offer one or two additional rounds of attempts for all competitors. For Seated Throws, all athletes will be allowed six trials.

No competitor will be allowed to enter the competition after the commencement of the third round.

Competitors who need to leave during an event may compete out of turn for that round. On return, athletes may only continue at the round in progress (but may do so in that round even if their normal position in the round has passed).

Throws Events

Competitors will usually be allowed two practice throws. All throws during competition are to be measured. Two hands must be used at all times to throw the hammer and weight.

Long Jump

Athletes can choose from a 2m or 1m take off board.

Triple Jump

For all age groups, competitors may elect to jump from the 5m, 7m, 9m, 11m or 13m boards.

High Jump and Pole Vault

Starting height will be determined by the Chief Judge in consultation with the competitors. The minimum bar height is 80cm for High Jump and 176cm for Pole Vault.

Both feet must be off the ground during the vault or jump. Masters competitors are allowed to touch the landing area before clearing the bar but may not use the landing area to any advantage as determined by the Field Judge.

Advancement will normally be by 3cm increments in High Jump and 5cm increments in Pole Vault, unless all competitors agree to a higher figure. When a High Jump or Pole Vault competition includes competitors in different age groups and there is only one competitor left in an age group, the height to which the bar is raised shall be decided by that athlete, even though other competitors in other age groups may still be competing. Those competitors must continue in the normal progression and may not jump at these special heights.

Competitors joining the Pole Vault and High Jump after the start of competition must commence at the height at time of entry.

There will be no jump off for first place.

Personal Equipment

Personal throwing equipment must be submitted to the Technical Manager for scrutiny at least three hours prior to the event. If an event is due to start before 10am, implements must be submitted the day before.

Implements will be checked for compliance and delivered to the event site in time for athletes to warm up prior to the advertised starting time. Personal throwing equipment will be made available to all competitors for general use during the event.

A maximum of two implements per athlete, per event, will be allowed to be lodged. There should be no stickers on the discus. The ends of the hammer wire shall be covered by clear plastic tubing to prevent the wire unravelling during competition.

Pole-Vaulters will need to provide their own equipment. If you wish to borrow poles from Capital Athletics please email: competition@capitalathletics.au with details of what you are seeking.

Pentathlon

Competitors will be allowed three trials in throws and the Long Jump. Competing order will be random for each event. In sprints, all competitors are allowed one false start. A second false start will result in disqualification. Failure to start in any event means that the competitor has abandoned the competition.

Order of events:

Women 100m, Shot, Long Jump, Javelin, 800m

Men Long Jump, Javelin, 200m, Discus, 1500m

Throws Pentathlon

Competitors will be allowed three trials in each throw event. Competing order will be random for each event. Failure to start in any one event means that the competitor has abandoned the competition.

Order of events: Hammer, Shot, Discus, Javelin, Weight

PARA EVENTS

All Para events will be Multi Class and All Ages for each gender. Performances will be ranked using BASELINE. Implement weights will be as per the Australian Athletics para implement tables for Open age group.

Except for seated throws, all Multi Class field events will be conducted simultaneously with the able-bodied event for the 30-34 age group. All Multi Class track events will be conducted during the session time for the able-bodied event. The Multi Class Cross Country will be conducted at the same time as the 8km race.

The following events will be offered as Multi Class competitions: 100m, 200m, 400m, 800m, 1500m, Long jump, Shot put, Discus, Javelin, Seated throws (including club) and Cross Country. The Multi Class distance for Cross Country is 3km.

Competitors require at least a Provisional Classification to enter Multi Class events. Athletes with a Para classification may enter able bodied events using the relevant specifications for those events, but may not enter the same able-bodied and Multi Class event.

Wheelchairs, racing frames and throwing frames will be checked for compliance at the event site prior to competition.

SPECIFICATIONS THROWING – EQUIPMENT

	Hammer	Shot	Discus	Javelin	Weight
Women					
30- 49	4.00kg	4.00kg	1.00kg	600gms	9.080kg
50- 59	3.00kg	3.00kg	1.00kg	500gms	7.260kg
60-74	3.00kg	3.00kg	1.00kg	500gms	5.450kg
75+	2.00kg	2.00 kg	0.750kg	400gms	4.000kg
Men					
30- 49	7.26kg	7.26kg	2.00kg	800gms	15.880kg
50- 59	6.00kg	6.00kg	1.50kg	700gms	11.340kg
60 -69	5.00kg	5.00kg	1.00kg	600gms	9.080kg
70- 79	4.00kg	4.00kg	1.00kg	500gms	7.260kg
80+	3.00kg	3.00kg	1.00kg	400gms	5.450kg

COMPETITION INFORMATION – ROAD WALK AND CROSS COUNTRY

The road walk and cross country races will be conducted at Stromlo Forest Park on closed tracks.

Cross Country 8.00am, Thursday 23 October

The cross country races will be conducted on the Robert de Castella Cross Country Running Track which is a world-class purpose-built grass track.

The following courses will be used:

- 6km course – 1km circuit, then two laps of the 2.5km circuit (Hill Loop plus Creek Loop)
- 8km course – 1km circuit, then 2km circuit (Creek Loop), then two laps of the 2.5km circuit (Hill Loop plus Creek Loop)
- 3km course (Multi Class) – 1km circuit, then 2km circuit (Creek Loop)

Check in for the Cross Country is at the start/finish line and must be completed no later than 20 minutes prior to the advertised start time of the event.

Road Walk 3.00pm, Thursday 23 October

The 10km Road Walk will be conducted on the Stromlo Forest Park Criterium Track which is a high quality bitumen surface used for bicycle racing. The track will be closed to other users during the Road Walk.

Check in for the Walk is adjacent to the start/finish line and must be completed no later than 20 minutes prior to the advertised start time of the event.