



ATHLETICS WEST

**STRIVE PROGRAM POWERED BY GO FOR 2&5
2023/24 SEASON RULES & REGULATIONS**

Last Updated 6 September 2023

Athletics West are responsible for the programming and conduct of the 2023-24 Strive Season powered by Go for 2 & 5, in accordance with World Athletics and such other rules as prescribed by Athletics West.

The following rules apply to all Athletics West Competitions, except for the WA State Championship and the WA All Schools Championship events, where event specific rules apply.

1. ELIGIBILITY TO COMPETE

Athletes must be a current registered member of Athletics West (either through an affiliated senior club or directly as an Independent Member) before being able to compete in the 2023-24 Strive Season.

2. MINIMUM AGE

Athletes must be turning 12 years of age by the 31 December 2024, or subject to an exemption to compete in the 2023-24 Season.

Please note, event specific rules apply for the 2023 WA All Schools Championships, including athletes must be turning 12 years of age by the 31 December 2023.

Athletes must be turning 15 years of age by the 31 December in the year of competition to compete in the 5,000m or 5,000m Race Walk.

Athletes must be turning 16 years of age by the 31 December in the year of competition to compete in the 10,000m or 10,000m Race Walk.

Athletes must be turning 14 years of age by the 31 December in the year of competition to compete in the 2000m or 3000m Steeplechase event.

3. COMPETITION ENTRY

The competition entry process includes:

- Competitors must be current financial members of Athletics West to compete;
- All competition entries are to be completed online through the Athletics West website before;
 - Friday/Saturday competitions – entries close on Wednesday 11:59pm prior to competition. The Final Timetable and Start Lists will be published by 6pm on the Thursday before competition
 - Wednesday competitions – entries close on Monday 11:59pm prior to competition. The Final Timetable and Start Lists will be published by 6pm on the Tuesday before competition
- Agree to the terms and conditions of entry

Athletes must register to compete through the competition entry process outlined above. Entries may be rejected at the discretion of Athletics West if they do not contain all information requested or are determined by Athletics West to be illegible.

Athletes will receive a confirmation email following their online entry. Failure to receive this confirmation email means your entry may not have been processed and it is the athlete's responsibility to confirm whether the entry was received by Athletics West.

SCRATCHING FROM EVENTS

Athletes are to notify the Athletics West office prior to the event, or following commencement of the competition, please notify the Technical Information Centre (TIC) of intention to scratch no later than 30 minutes prior to the start of the event.

LATE ENTRIES

For the 2023-24 Season, Athletics West will be trialling a late entry system, where a position is available in the event. Availability of a position in an event will be at the absolute discretion of Athletics West and will depend on lanes being utilised, timetable implications and set up requirements. Athletes are not encouraged to rely on late entries.

Late entries will become available upon the publication of the Final Timetable and Start Lists, and will be available online until 12pm on the Friday prior to competition. Limited positions will be available for late entry, on a first come first served basis. Events will not be reseeded to accommodate late entries, and the available positions will be determined to avoid impact on the final timetable.

Late entries will attract a \$15 fee, in addition to the standard entry fee as per the athlete's membership category.

The Late Entries rule will be reviewed in December 2023 and members will be advised of any changes as a result of the review.

SEED / PERFORMANCE MARK

When you enter, you will need to enter a seed/performance mark. This must be your season's best or estimate of your current performance level in the case of your first competition for the season. This allows for athletes to be placed in the correct heat/division for the competition.

4. INVITATIONAL EVENTS

Athletes can request invitational events through the Athletics West office if the requirement for the event is of a high-performance nature, e.g. international qualification, State or National record attempt, preparation for national or international competition. Consideration is given to whether there is a specific requirement or purpose for the request, that has not already been provided through the scheduled program. Requests will be assessed on an individual basis.

Further to this, requests will be evaluated based on:

- Consideration for the competition opportunities that have already been provided throughout the season.
- The demand on officials and volunteers and the availability of officials and volunteers to deliver the event, and.
- Qualification or performance requirements for the athletes and the purpose of the request.

Athletes must submit their request to Athletics West no later than one week before the competition date. All decisions are made at the discretion of Athletics West and are final.

5. COMPETITION NUMBER

Athletes are issued with a competition number at the start of each season. Athletes must collect their competition number prior to competing from the Technical Information Centre (TIC), which is located underneath the grandstand at the finish line end of the stadium.

Competing athletes must wear their current competition number at all Athletics West competitions. Athletes who do not have their current registration numbers will not be permitted to compete unless they acquire temporary/replacement numbers. Temporary/replacement numbers can be acquired from the TIC and will incur a fee of \$10.

Competitors must wear their competition number securely attached by each corner to the front and back of their singlet/crop top. Athletes competing in Jumps events are permitted to wear one competition number on either the front or back of their singlet/crop top.

An athlete shall not deface or cut off any advertisement material printed on the issued registration number, the whole of which must be visible. It is the responsibility of the officials of the event to check that athletes are wearing the current registration number correctly. Every athlete shall be provided with two bibs.

6. COMPETITION UNIFORM

Competing athletes **MUST** wear the correct competition uniform as prescribed by their Club. If an athlete is an Independent Athletics West member, they **MUST** wear the independent uniform.

Where a Club does not prescribe uniform shorts or briefs, athletes must wear either black/navy shorts/briefs or the same colour as their uniform top.

Athletes with contractual obligations to wear sponsorship apparel may be granted an exemption to the uniform rule upon request in writing to the Athletics West office, provided the uniform does not conflict with any rules of competition.

Athletes who breach competition uniform rules as per this document will be issued a warning at the discretion of the officials. Repeat offenders may be prevented from competing.

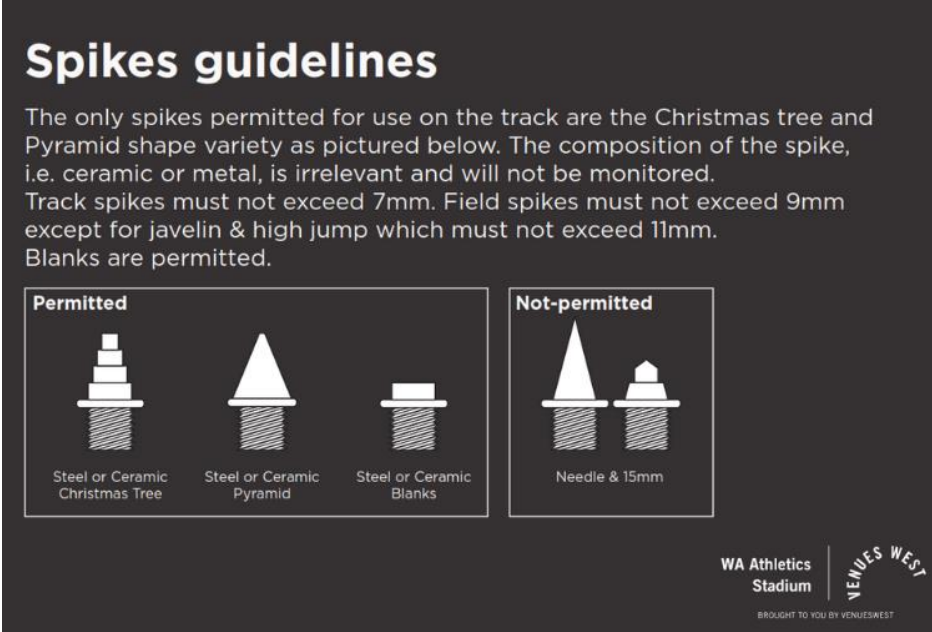
7. FOOTWEAR / SPIKES

All athletes may have their footwear checked by any official at any time.

To maximise performance and prevent damage to the Mondo surface, the only spikes permitted for use at the WA Athletics Stadium are Christmas Tree and Pyramid shape variety. For all training and competition, the spikes must conform to the below rules;





- Track spikes must not exceed 7mm
- Long Jump, Triple Jump & Pole Vault spikes must not exceed 9mm
- Javelin and High jump must not exceed 11mm

As per Venues West Spike Guidelines:



Spikes guidelines

The only spikes permitted for use on the track are the Christmas tree and Pyramid shape variety as pictured below. The composition of the spike, i.e. ceramic or metal, is irrelevant and will not be monitored. Track spikes must not exceed 7mm. Field spikes must not exceed 9mm except for javelin & high jump which must not exceed 11mm. Blanks are permitted.

Permitted	Not-permitted
 Steel or Ceramic Christmas Tree	 Needle & 15mm
 Steel or Ceramic Pyramid	
 Steel or Ceramic Blanks	

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Any athlete marking the track surface by scratching the track with their spikes may be disqualified from the competition.

The World Athletics shoe rule will only be enforced for State Events for Under 20 and Open age divisions. However, athletes seeking to claim a State Record or international qualification standard must complete the Athletics West Shoe Declaration form prior or immediately after their race by notifying the Track Referee. The rule sets a maximum sole thickness and a limit to the number of internal carbon plates and is most relevant to athletes in distance events. For further information please Refer to Rule 5 at <https://www.worldathletics.org/about-iaaf/documents/book-of-rules> under Book C: Competition C2.1 Technical Rules (amendment to Rule 5).

8. HORIZONTAL JUMPS & THROWING EVENTS

At the conclusion of the third round in field events (excluding High Jump and Pole Vault), the top eight (8) athletes in the field, regardless of age, gender or implement weight, will be awarded additional attempts, in line with their age rules, as follows:

- Athletes aged 16 or below (as at 31 December in the current year) will be awarded an additional one (1) attempt
- Athletes aged 17 and over (as at 31 December in the current year) will be awarded an additional three (3) attempts

Where an event is being conducted as a U14, U15, U16 and/or U17 competition, all athletes will have three (3) trials. At the conclusion of the three (3) trials, the top eight (8) athletes per age group will have one (1) further trial.

Where an event is conducted as U18, U20 and Open age groups, all athletes will have three (3) trials. At the conclusion of the 3 trials, the top eight (8) athletes per age group will have three (3) further trials.

For the avoidance of doubt, unless specified on the entry portal and event timetable, Strive competitions are not conducted in age groups.

The implement weights for competition under Athletics Australia Rules can be found at the end of this document or at <http://athletics.com.au/Compete/Rules-Technical-Information/Implement-Weights-and-Specifications>

9. VERTICAL JUMPS

Initial bar increments will be 10cm for Pole Vault and 5cm for High Jump, thereafter, determined by the Chief Judge or Referee.

An athlete is entitled to continue jumping until they have forfeited their right to compete further.

Unless there is only one athlete remaining, who has won the competition:

- The bar shall never be raised by less than 2cm in the high jump and 5 cm in the pole vault after each round of trials; and
- The increment of the raising of the bar shall never increase. After an athlete has won the competition, the height, or heights to which the bar is raised shall be decided by the athlete, in consultation with the relevant Judge or Referee.

Measurement of a new height shall be made before athletes attempt such height.

In all cases of records, the Judges shall also recheck the measurement before each subsequent record attempt if the bar has been touched since last measured.

EXCEPTIONS

In both Pole Vault and High Jump, when a competitor is within 5cm of a Western Australian State record or a qualifying standard for Australian Championships or International competition, for which he/she has not already qualified, the competitor may request a rise of a smaller increment and the event will then continue to completion.

HIGH JUMP

The division indicated on the program is to be determined by the athletes starting height as indicated below:

Women Starting Heights

Division A: 1.50m (once athletes have achieved 1.65m they are restricted to A Division)

Division B: 1.20m

Men Starting Heights

Division A: 1.70m (once athletes have achieved 1.85m they are restricted to A Division)

Division B: 1.25m

Athletes are not permitted to compete in both A and B Division competitions on the same night.

10. STARTING TIME OF FIELD EVENTS

No warmup is to take place at a competition site without an Athletics West official present to supervise the athletes.

All competitors shall report to the site 15 minutes before the declared start of the event.

If a competitor has entered a field and track event that are being conducted simultaneously the track event must take precedence. The athlete must seek leave from the field site and once competed in the track event return directly back to the field site. The officials will make every effort to accommodate the athlete's trials within the confines of the rules.

11. TRACK EVENTS

Athletes will be selected for heats based on their rankings. Divisions may be filled at the discretion of the Track Marshal.

No trials shall be permitted after the Starter or Official in charge has called the competitors to move to their position approximately 3m behind the start line.

Athletes are to marshal at least 10 minutes prior to the start time of their event at the appropriate starting area.

The hurdle specifications for competition under Athletics Australia Rules can be found at the end of this document or at: <http://athletics.com.au/Compete/Rules-Technical-Information/Implement-Weights-and-Specifications>

12. STARTING

Athletes aged 14 and over (as at 31 December in the current year) must use the crouch start from starting blocks for all events up to and including 400m.

For athletes aged 13 and under (as at 31 December in the current year) the crouch starts and starting blocks are encouraged but optional on their first competition day only.

Masters Athletics WA members are encouraged to use the crouch start from starting blocks, however may use a standing start if required.

Athletes who are physically unable to use starting blocks may contact Athletics West to seek an exemption. Wheelchair athletes, or athletes exempt under World Para Athletics Rules, are automatically exempt from this rule and do not need to apply.

FALSE START RULE

The World Athletics 'no false start' rule TR 16.6 – 16.10 will be applied to all Strive Competition.

13. FIELD SIZES

The following are the recommended maximum number of competitors allowed in each track event:

100m	10 Competitors
200m / 400m	9 Competitors
800m	12 Competitors
1500m	16 Competitors
2000m/3000m Steeplechase, 3000m/5000m Walk, 3000m and 5000m	24 Competitors

14. MIXED EVENTS

Athletics West reserves the right to conduct mixed races for middle and long distance events. Athletes must advise Athletics West after publication of the starting list if a qualification standard attempt is being attempted.

Female athletes wishing to participate in mixed races with the men must submit their request to Athletics West no later than one week before the competition date. Athletics West may grant permission for mixed races depending on the nature and the purpose of the request. Visit the [Season FAQ's](#) for further information.

All decisions are made at the discretion of Athletics West and are final.

15. EQUIPMENT

Athletes wishing to use private implements must submit them to the Athletics West Technical Manager for inclusion to the competition.

Equipment is required to be certified at the start of the season by an Athletics West Technical Manager.

- For the first instance, athletes must submit their implement at a minimum of 90 minutes prior to their scheduled event start time as per the Final Timetable
- Subsequently, if an implement has been certified by an Athletics West Technical Manager within the current season, athletes can submit their implement at a minimum of 30 minutes prior to their scheduled event start time.

Personal Implements can also be submitted via the Athletics West Office during business hours prior to the day of the competition.

No other private implements may be taken on to the field until checked.

No private blocks are to be used during the competition, only Venues West blocks can be used.

16. RECORDS

Competitors whose performances are close to existing State or Australian Records and who require extra watches or Officials for a record attempt, must advise Athletics West at least two days prior to the event.

If a record is broken during competition, it is the responsibility of the competitor concerned to obtain a record form from the on-site official or TIC desk. The relevant information and signatures must be obtained immediately, and the form then handed to the Athletics West office within 14 days. If the above procedure is not followed, then the performance may not be recognised as a record.

The athlete's birth certificate must be produced within 7 days of claiming an age record if not previously registered with Athletics West.

Implements used in Record: The Referee (official) of the event is to impound after the end of the event and hand to the Technical Manager or Chief Judge the implements and measuring equipment used, after which a certificate will be forwarded to the Records Officer to certify correctness.

Age Group Records: For the purpose of age group records (e.g. Under 14, Under 16 etc.) the athlete's age is calculated according to calendar year. For the avoidance of doubt, if you are turning 15 prior to the 31 December 2021, you are considered Under 16, however from the 1 January 2022 you would be considered Under 17.

Track Records: Athletes wishing to attempt a Track Record must advise the Track Referee, so the correct number of watches are used as a backup for the electronic timing.

Unless the required number of qualified officials are on site it is not possible for records to be allowed.

Records for events of 400m or less shall only be granted if electronically timed. Hand times are acceptable for 800m or longer.

Performances in solo or mixed (gender and/or age) events are valid for WA State records.

For further information, visit the [Records section](#) of the Athletics West website.

17. COACHING

Coaches are not permitted at any time in the Competition arena. They must remain outside the competition area or in the prescribed area unless they are officiating / helping on the event or authorised by an official at that site.

The competition arena is any part of the stadium that is covered by the blue track. Coaches are allowed on the grassed areas around the stadium but not on the infield.

18. SAFETY

Competitors and Officials must respect World Athletics Rules specifically concerned with safety issues especially in Throwing Events:

World Athletics T225.2 Once a competition has begun, competitors are not permitted to use, for practice purposes:

- The runway or take-off area

- Implements
- The circles or the ground within the sector with or without implements

World Athletics T32.18 After each throw, implements shall be carried back to the circle or runway and never thrown back.

Competitors must not cross the infield area during any athletic competition. Specifications for all events are detailed separately within this folder.

19. PROTESTS & APPEALS

Protests concerning the result or conduct of an event shall be made within 30 minutes of publication of the result of that event. Protests must be lodged initially with the relevant Referee as per World Athletics Rules (WA TR8).

The Referee may decide on the protest or may refer the matter to the Jury. If the Referee decides, there shall be the right to appeal to the Jury within thirty (30) minutes.

Appeals to the Jury can be made after a Protest to the Referee is dismissed, and are to be made in writing on the appropriate form and lodged with the \$50.00 fee. Appeals may be lodged by either the athlete or athlete's representative and are to be lodged in the Technical Information Centre (TIC) within thirty (30) minutes after). The time of the original verbal appeal must be noted.

The fee will be refunded if the protest is upheld by either the Referee or the Jury of Appeal. If the protest is dismissed, the fee will not be refunded. If the protest is deemed frivolous by the Jury of Appeal, the deposit will not be refunded.

The Jury of Appeal will be appointed by the Competition Manager and will consist of three (3) or five (5) appointed Referees on roster, or if not available, other appointed Officials on roster.

20. EXCLUSION FROM PARTICIPATION

Entry and/or participation in competition may be rejected at the discretion of the Competition Manager and/or Athletics West if an issue of eligibility or safety is identified.

There shall be a "Right of Appeal" to the Jury of Appeal, which must be lodged within 15 minutes after the notification of the decision. The Appeal must be in writing and lodged at the TIC with a deposit of \$50 (exact Cash or EFTPOS only).

22. TRAINING DURING COMPETITION

No training for any event will be permitted prior or during any Athletics West competition unless special approval is granted.

RELEVANT POLICIES

The Athletics Australia Code of Conduct applies for all Strive and State competitions.

Policies and related documents can be found on the Athletics West website below and any updates will be communicated directly to members: <https://www.athleticswest.com.au/about/policies-reports/>

ATHLETICS WEST CONTACT

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