Track and Field Interclub Rules 2026-27

1. Competition will be conducted under the rules World Athletics, Athletics Australia and Athletics Tasmania.

(a) Correct club colours and current registration number (affixed by the four corners) must be worn at all times, otherwise points will not be scored. This rule will be strictly enforced from the first Interclub premiership Round. An athlete failing to comply with this rule will not be allowed to compete unless prior permission is obtained from the Competition Director.

(b) Athletes not registered with AT or AA and who have not been registered within the last 3 calendar years will be required to complete a trialling member form and pay the appropriate trialling fee per day for a maximum of 2 occasions. After 2 occasions an athlete must register with a club. If an athlete has been OOS registered with an AT Club in the last 3 years, they may only trial on one occasion. Any athlete who has been registered within the last 3 registration years will be required to be registered before competing. **Unregistered athletes will not be allowed to compete due to insurance issues.**

(c) Any financial member of TMA, aged 35 or over, also can compete on payment of a daily fee of $10 (If a TMA athlete wishes to do this for regular competitions, they may also pay the AS component of the All Competition registration fee prior to competing)

2. Entries;

(a) Entries for all track and field events and relays shall close thirty (30) minutes (steeple 1 hr) before the advertised event starting time with the entry stewards. **No entries will be accepted at competition sites.**

**Should an athlete not enter prior to the 30 minute cut off for an event, but attempt to enter more than 25 minutes before the programmed time for the event, they shall be able to enter, subject to the following conditions*

1. Any individual athlete shall only be permitted to do this once during the season

2. The entry must be done through the admin building, no entry will be permitted at the event site/start line

3. If in a track event, they shall be placed in the final heat, with no entry time, to avoid re-seeding of earlier events

4. The performance shall not receive points in the Athletics South results or for AS AOY qualifying, but shall be eligible for record/qualifier purposes

(b) All athletes should enter their expected performance or personal best with their entry. The T&F Director may amend “expected performance” if considered unachievable/unjustifiable.

(c) When entering field events/hurdles, athletes are to indicate the implement weight/hurdle height for their age group.

(d) An athlete may compete in only one session of an event on each day of competition.

(e) When necessary, the Competition Director may limit the number of athletes competing in each session.

(f) All athletes competing in accordance with these rules are eligible to score points for their club. TMA athletes competing under a full registration or top up may nominate which club their points are given to by advising the results collator *prior to competing*.

3. Field events;

(a) With the exception of vertical jumps where the normal rules of competition will apply, each competitor in field events will be allowed 3 attempts and, if they reach the 13 point standard, will be allowed one additional attempt. Any athlete reaching the 19 point standard will then be allowed an additional two attempts. The exception to this is in session 1 of Male/Female Long Jump, which are limited to 3 trials.

(i) On a program where the 3 long throws feature, throws will be limited to 3 trials, except that each athlete may nominate one throw in which they may, subject to 3(a), have additional trials. This event must be nominated on the entry card

(b) If a competitor's name is called and he/she fails to answer for any reason whatsoever, he/she will not be eligible to contest that round, provided the event is not earlier than the advertised starting time. The exception to this, for throws and horizontal jumps, is an athlete may approach the chief official and request to throw/jump out of order in **one** round, due to clashes with other events. Note that once a subsequent round has commenced, an athlete cannot have their trial from a previous round.

(i) An athlete may also request to have their trial at the start of the first round, and may have a maximum of 2 trials. Once they have requested this and completed their trials, they shall not be permitted to compete in the second and subsequent rounds of the event, regardless of their performance. (Note that this does not apply to vertical jumps)

(c) An athlete who wishes to use his/her own throwing implement for competition must present the implement to the Branch Technical Manager on the day of competition for verification that it is of the required specification at least one hour before the competition commences. The athlete must allow other athletes in the competition to use the implement.

(d) Implement specifications are those published by Athletics Australia/Athletics Tasmania.

(e) Masters athletes may use the implements for their age groups as published by Australian Masters Athletics.

(f) Athletes are to use the weights applicable to their age as indicated on the list of specifications unless their use of a weight greater than that specified for their age is approved by the Field Referee of the day *prior* to that competition commencing.

(g) *Under no circumstances is an athlete to use an implement of a lighter weight than the correct one for their age group. An athlete must use the same weight implement for the entire competition*.

4. Track events;

(a) Competition will be conducted in heats. Athletes will be allocated to heats based on their expected performance/personal best as indicated with their entry.

(b) Except where approved for athletes in Masters age groups and AWD, all athletes are required to use starting blocks for all events up to and including 400m, including relays.

(c) Should a request be made to run the 100m in the opposite direction, a request must be made to the T&F Director or delegated representative no later than 45 minutes prior to the start of the first event on the program. If a request is made, 3 wind readings will be taken 1 minute apart. Should all 3 readings be between -0.8 and -2.2m/s, and the people able to set up the second camera are present, the 100m events may be reversed. If this occurs, the start line shall be the line approx. 5m after the finish line. Note that once a decision is made and equipment set up, the decision shall not be reversed should weather conditions subsequently change.

(d) Time restrictions – events 800m or longer.

For events of 800m or longer, there shall be a time limit for completion of the event. It the designated time has been reached, any athlete who is not already on the final lap shall be required to leave the track if requested at the finish line. Any athlete, who has been competing with bona fide effort shall appear in the results with a designated time, and a note of DNF, and in the Premiership results shall receive 1 point.

Limits as follows

800m	3.00
1500m	6.30
1500m Walk	10.00
3000m	13.30
3000m Walk	23.00
5000m	26.00
5000m Walk	38.00
2000m St	10.00
3000m St	18.00

In the event that a combined run/walk is held, the Walk standard shall apply. For consistency, any person recording a time outside of these limits at a TMA held event shall also receive 1 point, regardless of whether they complete the event.

5. Age restrictions**;**

To remain consistent with age limitations of Athletics Tasmania Championships, the following restrictions will apply;

a. To compete in **Hammer Throw, Pole Vault, Steeple, and 5000m run/walk,** an athlete must be turning 14 years of age in the year of competition, *with the exception of an athlete turning 12 or 13 in the year of competition, who may compete in the Hammer Throw or Pole Vault, provided they have been approved by appointed coaches as being competent prior to the event. Currently appointed coaches are Rachel Hosie (Hammer Throw) and Jess Palermo/Roger Hosie (Pole Vault).*
b. Any athlete who has not turned 12 on the day of competition shall not be permitted to participate in any event longer than 2000m.

6. Records in Mixed Events;

As per AT guidelines, an athlete may achieve a Tasmanian Record/Ranking performance in a mixed track event, provided one of the recognised qualified officials, having been present for the entire event, certifies on the record claim form that the athlete achieving the performance did not receive any assistance from an athlete of the opposite gender. For the purposes of this rule, the recognised officials are Peter Lyden, Jarrod Gibson, Helen Lee and Karina Miliaresi.

7. Duty Clubs;

Club Duties

Volunteers from all clubs are required to assist at each interclub meet. There is no restrictions to the events at which volunteers can assist. Experienced Officials are asked to make themselves available to assist in the capacity of Chief Official, Track Referee, Walks Judge, Starter, Photo Finish, Announcing and Admin (Draws and Seeding). Experienced Officials are asked to mentor volunteers and new Officials in these roles.

Club Duties will vary throughout the season. Clubs will be notified of duties by the Development (Officials) Board Member.

Club Duties include

- Setting up a field site 30min prior to the start time of an event. Pack up the site and return results to admin at the conclusion of the event.
- Ensure there is a Chief Official and enough volunteers to run the event. Noting that the Chief and volunteers can come from any club. Volunteers should be supplemented by the Duty Club if there are insufficient helpers.
- Track Duties include providing lap scorers or using the timing mat, setting up/packing up hurdles and steeples. Volunteers for these roles can come from any club but are co-ordinated by the Duty Club and supervised by the Track Referee.

8. Interstate residing past AS Athletes;

Any athlete who has been registered with an Athletics South Club within the previous 3 seasons, who relocates interstate and registers with an interstate Club affiliated with Athletics Australia may be permitted to compete in Athletics South competition representing their previous AS Club for relay and points purposes subject to the following;

a. The athlete pays the full Athletics South component of the All Year Track & Field registration

b. The athlete proves that they are equivalently registered through one of the other State/Territory Associations

c. The athlete competes in accordance with all other AS Interclub Rules in relation to uniform and number

d. Participation by an athlete competing under this clause would render a relay team ineligible for Tasmanian Club Relay records as it only applies to AS level

e. Athletics South Athlete of the Year eligibility is as per all other registered athletes

9. Safety;

A designated “Chief Official” from the Duty Club for each field event will be required to collect the field sheets from Admin 15-20 minutes before the programmed start time. No warm ups are to commence until that official arrives at the field site. Please ensure athletes are aware of this as it will be announced and enforced, and athletes who ignore this rule may be removed from the event. Repeated or blatant breach of this may see the offending athlete(s) disqualified from the relevant event.

(Current as at 16 Oct 26)
Jarrod Gibson
Athletics South Track & Field Director