

Oceania Masters Technical Rules and Regulations:

As of 19th January, 2024

Oceania Masters Athletic Championships shall be conducted in accordance with the technical rules of World Athletics except as modified by the WMA and OMA Constitution, By-Laws and or Rules of Competition.

Venues

| | |
|-----------------|--------------------------------|
| Track and Field | HFC Bank Stadium, Suva, Fiji |
| 10km Road Walk | Queen Elizabeth Rd, Suva, Fiji |
| Cross Country | TBC |
| Half Marathon | Albert Park, Suva, Fiji |

Age Groups:

Athletes age will be determined by the first day of competition, which is June 1, 2024. The Championships will have 5-year age groups starting from 30 years until 90 years and above.

| | |
|---------|-------------------------------|
| M&W 30 | 31 May 1989 to 1 June 1994 |
| M&W 35 | 31 May 1984 to 1 June 1989 |
| M&W 40 | 31 May 1979 to 1 June 1984 |
| M&W 45 | 31 May 1974 to 1 June 1979 |
| M&W 50 | 31 May 1969 to 1 June 1974 |
| M&W 55 | 31 May 1964 to 1 June 1969 |
| M&W 60 | 31 May 1959 to 1 June 1964 |
| M&W 65 | 31 May 1954 to 1 June 1959 |
| M&W 70 | 31 May 1949 to 1 June 1954 |
| M&W 75 | 31 May 1944 to 1 June 1949 |
| M&W 80 | 31 May 1939 to 1 June 1944 |
| M&W 85 | 31 May 1934 to 1 June 1939 |
| M&W 90+ | Born on or before 1 June 1934 |

Eligibility:

Athletes will need to represent an eligible Member Federation to be eligible for the Oceania Masters Championships Medals. The first three competitors in each age group will receive Gold, Silver, and Bronze Medal respectively.

Invitational athletes, and athletes outside of Oceania will be able to compete in the Masters events but will only be eligible for Invitational Medals.

Entries:

Final entries will be due Friday 3rd of May 2024.

Athletes will need to enter via the online portal. No additional entries will be accepted after the close of entries date.

Confirmation of Entries:

Athletes will be assumed as confirmed for all of their events. Athletes will need to withdraw from their events at the Technical Information Centre (TIC) 1 hour prior to the end of competition on the day prior to the conduct of the event.

After this, the heat allocation and lane draws will then be conducted for those events requiring them.

Draws for all events will be posted online and be available at the Technical Information Centre.

An athlete shall be excluded from participation in all further events in the competition, including relays where:

- An athlete failed to notify the TIC of their withdrawal out of an event prior to the event starting.
- He / she qualified in preliminaries or heats for further participation in an event, but then failed to participate further.

The provision of a medical certificate, endorsed by a medical officer appointed or approved by the Organising Committee, may be accepted as sufficient reason to accept that the athlete became unable to compete after confirmation closed or after competing in a previous round, but will be able to compete in further events on a subsequent day of the competition (World Athletics TR4.4.)

Once confirmation has closed, final draws for all events will be posted online.

Scratching from Events Prior to 30th of May:

Any athlete in any event wishing to withdraw from an event, prior to the TIC opening on 30th May, must do so in writing to competitions@oceaniaathletics.com

Uniforms

In OMA Championships all competitors must wear a singlet or vest that is approved by their National Masters body or Oceania Athletics. In OMA Championship races where team events are contested, it is mandatory for any athlete wishing to be considered for a team, to wear a uniform clearly identifying the country that he/she represents as accepted by the Track Referee.

Competition Numbers

Every athlete will be provided with competition numbers. Competitors shall wear these visibly on the breast and back, except in the High Jump, Pole Vault and throwing events where one number may be worn on the breast or back only. The number shall correspond with the number allocated to the athlete in the programme.

| | | | |
|-------|--------|-------|--------|
| 30-34 | 30001- | 35-39 | 35001- |
| 40-44 | 40001- | 45-49 | 45001- |
| 50-54 | 50001- | 55-59 | 55001- |
| 60-64 | 60001- | 65-69 | 65001- |
| 70-74 | 70001- | 75-79 | 75001- |
| 80-84 | 80001- | 85-89 | 85001- |
| 90+ | 90001- | | |

Track:**Start**

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 Start Referee, shall be warned. All athletes are allowed one false start. Any athlete charged with a second false start, shall be disqualified.

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

Seeding/Lane Draws

Track events will be seeded according to World Athletics Rules

Heats/Finals

In events where heats are conducted, 8 competitors will progress to the final.

No Heats – A straight final will accommodate the maximum number allowed on the track.

Two Heats – 1st, 2nd and 3rd from each heat, plus the next two fastest competitors will progress to the final.

Three Heats – 1st and 2nd places from each heat, plus the next two fastest competitors will progress to the final.

Note – In the event that 2 competitors have equal times, and photo finish is being used, World Athletics Technical Rule 21 (Ties) will be applied. If places are equal, a random draw will determine advancement. In all cases, the number of finalists may vary according to the number of lanes on the track.

Honest Effort in events:

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

An athlete is expected to compete honestly and with bona fide effort in all events.

Hurdles:

Provided that this Rule (WA TR22) is otherwise observed and the hurdle is not displaced or its height lowered in any manner including tilting in any direction, an athlete may go over the hurdle in any manner.

All races shall be run in lanes and each athlete shall go over each hurdle and keep to their own lane throughout. Failure to do so will result in a disqualification, unless Rule 17.4 of the Technical Rules applies.

In addition, an athlete shall be disqualified if: their foot or leg is, at the instant of clearance, beside the hurdle (on either side), below the horizontal plane of the top of any hurdle; or they knock down or

displace any hurdle by hand, body or the front side of the lower limb; or they directly or indirectly knock down or displace a hurdle in their or in another lane in such manner that there is effect or obstruction upon any other athlete(s) in the race, and/or another rule is also infringed.

The specifications for hurdles are listed below. Competitors must hurdle with a continuous motion thus ensuring that both feet must be off the ground for at least an instant.

Hurdles Specifications:

| Age Group | Race (m) | Height (m) | No. | To First (m) | Interval (m) | To Finish(m) |
|-----------|----------|------------|-----|--------------|--------------|--------------|
| W35-39 | 100 | 0.838 | 10 | 13 | 8.5 | 10.5 |
| W40-49 | 80 | 0.762 | 8 | 12 | 8 | 12 |
| W50-59 | 80 | 0.762 | 8 | 12 | 7 | 19 |
| W60+ | 80 | 0.686 | 8 | 12 | 7 | 19 |
| W35-49 | 400 | 0.762 | 10 | 45 | 35 | 40 |
| W50-59 | 300 | 0.762 | 7 | 50 | 35 | 40 |
| W60-69 | 300 | 0.686 | 7 | 50 | 35 | 40 |
| W70+ | 200 | 0.686 | 5 | 20 | 35 | 40 |

| Age Group | Race (m) | Height (m) | No. | To First (m) | Interval (m) | To Finish(m) |
|-----------|----------|------------|-----|--------------|--------------|--------------|
| M35-49 | 110 | 0.991 | 10 | 13.72 | 9.14 | 14.02 |
| M50-59 | 100 | 0.914 | 10 | 13 | 8.5 | 10.5 |
| M60-69 | 100 | 0.838 | 10 | 12 | 8 | 16 |
| M70-79 | 80 | 0.762 | 8 | 12 | 7 | 19 |
| M80+ | 80 | 0.686 | 8 | 12 | 7 | 19 |
| M35-49 | 400 | 0.914 | 10 | 45 | 35 | 40 |
| M50-59 | 400 | 0.838 | 10 | 45 | 35 | 40 |
| M60-69 | 300 | 0.762 | 7 | 50 | 35 | 40 |
| M70-79 | 300 | 0.686 | 7 | 50 | 35 | 40 |
| M80+ | 200 | 0.686 | 5 | 20 | 35 | 40 |

Steeplechase Specifications:

| Age Group | Race (m) | Height (m) | No of Barriers | Water Jumps |
|-----------|----------|-------------|----------------|-------------|
| W-35+ | 2000m | .762m (30") | 18 | 5 |
| M35-59 | 3000m | .838m (33") | 28 | 7 |
| M-60+ | 2000m | .762m (30") | 18 | 5 |

Relays:

There is no entry fee for the relays. Only one relay per country, per relay distance, per age group is allowed.

Entry for relays will be done during the Championships by a representative or the team manager of each Federation.

Track Relays will be conducted as multi-age events.

Men: 150-199, 200-239, 240 plus

Women: 150-194, 195-229, 230 plus

4 x 100m

Medley 200m, 200m, 400m, 800m

Age is based on adding together the age group of each athlete and not actual age. Athletes can be nominated for more than one age division but can only compete in one age division.

if sufficient lanes are available, composite teams can be entered at the discretion of the Competition Director. Composite teams are eligible for medals.

Non Stadia Teams will be calculated according to entries.

Race Walking

For racewalking events, the No Advantage concept is to be applied as a modification to World Athletics rule 54.2 for athletes aged 65 and older. Where older athletes are unable to fully comply with the required "straightened" leg but are not gaining any speed advantage because of a soft knee, then judges shall apply the No Advantage concept and not issue a yellow or red card. All race-walking athletes must notify the competition officials before the commencement of a race-walking event of their intention to attempt to achieve a world record in that race-walking event. Walks officials must judge an athlete's racewalking world record attempt using World Masters Athletics (WMA) racewalking rules.

For each race-walking event involving athletes aged 65 and over, competition officials, at their discretion, may require athletes attempting to achieve a world record to compete in a racewalking event of the same distance required under WMA race-walking rules other than the event being run for that athlete's respective gender and age group. Should an athlete aged 65 and over, attempting to achieve a world record in a race other than the event being run for that athlete's respective gender and age group, then the placings and medals for that gender and age group shall be determined using the performance of each athlete.

Cross Country

The Cross Country will take place on a Cross Country, with a lap of 2km.

Further information regarding the course and technical information will be updated in later editions of the Technical Rules and Regulations.

8km Men 30-69

6km All women and men 70+

Field

Competitors will compete in the order shown on the start sheet except where the referee rules otherwise.

In throwing events, long and triple jumps, the best eight competitors after three rounds will be eligible for a further three trials. When there are eight or less competitors in an age group all will be eligible for six trials.

Competing order will be re-ordered in reverse ranking for the final 3 trials. (Note: There is no further re-ordering for the final round).

No competitor will be allowed to enter the competition after the commencement of the fourth 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).

In cases of a significant timing clash, the Competition Director may allow multiple attempts within one round, provided all athletes involved are informed.

If the number of competitors means that an age group needs to be split, then this means the groups will compete consecutively and the medals will be determined by the longest distances from those combined groups.

Horizontal Jumps – Take Off Boards:

The Technical Delegate and Technical Manager will set distance of the Long Jump and Triple Jump take off boards.

For Triple Jump, there will be at least 3 boards. For Long Jump there will be 1 board.

Vertical Jumps:

For all vertical jumps, athletes will be seeded into different groups based on their seed performance. Starting Heights and Progressions will be determined once the groups have been finalised.

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 3 cm increments in High Jump and 5 cm increments in Pole Vault, unless all competitors agree to a higher figure. World Athletics Rules will apply for all vertical jumps. Athletes will go up in 3 or 5 cm increments until there is only one competitor left competing. No dispensation will be given to alter the increments if there is one athlete left in their age group.

Competitors joining the pole vault and high jump after the start of competition must commence at the height at time of entry.

Throwing Implement Specifications

Female

| Age | Hammer | Shot Put | Discus | Javelin | Weight |
|-------|--------|----------|--------|---------|--------|
| 30-49 | 4kg | 4kg | 1kg | 600g | 9.08kg |
| 50-59 | 3kg | 3kg | 1kg | 500g | 7.26kg |
| 60-74 | 3kg | 3kg | 1kg | 500g | 5.4kg |
| 75+ | 2kg | 2kg | 0.75kg | 400g | 4kg |

Male

| Age | Hammer | Shot Put | Discus | Javelin | Weight |
|-------|--------|----------|--------|---------|---------|
| 30-49 | 7.26kg | 7.26kg | 2kg | 800g | 15.88kg |
| 50-59 | 6kg | 6kg | 1.5kg | 700g | 11.34kg |
| 60-69 | 5kg | 5kg | 1kg | 600g | 9.08kg |
| 70-79 | 4kg | 4kg | 1kg | 500g | 7.26kg |
| 80+ | 3kg | 3kg | 1kg | 400g | 5.45kg |

Hammer and Weight

Two hands must be used to throw the hammer and weight. Preliminary swings, before those that are part of the throw, may be with one hand.

Combined Events Competitions

In all Combined Events, only a single attempt at each running event is allowed and a maximum of three attempts shall be allowed in all field events except the High Jump and Pole Vault where three successive misses or voluntary withdrawal eliminates an athlete.

The order of events

Day 1

| Women's Heptathlon | Men's Decathlon | Women's Pentathlon | Men's Pentathlon |
|--------------------|-----------------|--------------------|------------------|
| 100m Hurdles | 100m | 100m | Long Jump |
| High Jump | Long Jump | Shot Put | Javelin |
| Shot Put | Shot Put | Long Jump | 200m |
| 200m | High Jump | Javelin | Discus |
| | 400m | 800m | 1500m |

Day 2

| Women's Heptathlon | Men's Decathlon |
|--------------------|-----------------|
| Long Jump | 110m Hurdles |
| Javelin | Discus |
| 800m | Pole Vault |
| | Javelin |
| | 1500m |

Throws Pentathlon

Competitors will be allowed three trials in each throw. 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, and Weight Throw.

Outdoor 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 break. A second break 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.

Competition Equipment:

All competition equipment provided by the LOC is certified by World Athletics.

Private Implements

Athletes who wish to use their own throwing implements during the Championships must lodge them with the Technical Manager in the Equipment Room no later than 1 hour prior to the end of competition the day prior to the event starting.

The implements will be impounded until after the event when athletes may collect them from the Technical Manager.

Personal implements lodged with the Local Organising Committee will be added to the pool of implements to be used in the competition and may be used by any athlete, not just the athlete who lodged it.

Transport/Storage of Personal Equipment and Implements:

Masters Athletes will be responsible for the transportation of any personal implements that may bring.

Any personal implements that need to be stored, can be stored at the National Stadium, athletes will need to let Oceania Athletics know prior to arrival in Suva.

Pole Vaulting Poles

The LOC will provide a select number of Pole Vaults for athletes who are unable to travel with their own. A small deposit will be required for any team or athlete using the poles.

Any athlete with their own Pole Vault Poles, will be able to have them stored securely at the National Stadium.

Shoes

In accordance with the World Athletics Rules athletes are permitted to compete with or without footwear although it is a recommendation of the Local Organising Committee that appropriate footwear be worn in all events. Spiked shoes are not permitted in the discus, shot put or hammer events or for track walking events.

Call Room

There will be a call room for athletes. All athletes will need to go through the call room prior to all their events.

Call Room Times will be distributed to all athletes in the final information.

Athletes will be asked to bring as little to the Call Room and for their events. For Track athletes, they will be leaving the call room ready to race.

Field Event Athletes will be allowed to bring one bag to their event site, which will be checked by Technical Officials and any items will be not allowed by the rules will be confiscated and returned to the athlete at the Post Event.

Field of Play

Safety is of primary importance, particularly on the Field of Play. The only persons permitted on the Field of Play during competitions are Technical Officials, athletes competing in current events, accredited medical personnel and other persons specifically approved by the Competition Director or the Meeting Manager, including but not restricted to media, venue personnel and the like.

Coaches, non-competing athletes, spectators and non-accredited personnel are not permitted to enter the Field of Play at any time during competitions or warm-up periods without express approval of the Competition Director or Meeting Manager. Should any such unauthorized incursions occur the Competition Director or Meeting Manager shall immediately cause all competition to cease until such time as all persons have vacated the Field of Play.

Post Event

All athletes must leave the competition arena via Post Event. This is mandatory for all track and field athletes.

Protests

Protest and Appeals concerning the result of an event shall be made in accordance with WA Rules. Any protest shall in the first instance be made orally to the referee by the athlete or someone on their behalf. The referee may decide on the protest or refer the matter to the Jury.

An application to the Jury of Appeal must be made in writing and signed by a responsible official on behalf of the athlete and shall be accompanied by a fee of FJD\$100 (one hundred dollars). The deposit will be forfeited if the appeal is lost or if the appeal is considered to be frivolous.

Medical Services

Trained medical personnel will be available at both stadia and non-stadia events throughout the competition.

Medical Conditions

Any competitor with medical conditions that could affect medical treatment in the event of injury or illness are requested to notify these condition(s) with their entry form to assist in providing prompt appropriate care. This information should also be written on the back of the competitor's competition number.

Oceania Masters Championship Records:

Athletes will be eligible to break Oceania Masters Championships records.

For a full list of Championships records, they can be found at the following link.

<https://www.oceaniamastersathletics.org/oma-championship-records/>

World Masters Records

World masters records or, where appropriate, world masters 'best performances' shall be recognized for each of the five-year age groups listed in the Rules of Competition and also for each five year age group older than those listed and denominated accordingly, which shall be recognized in five year age groups, with no upper limit. Records shall be kept in 5 year age groups for at least all of the required Championships events listed in Rule 1(3) and 1(4). Only performances by registered members of an affiliated country shall be recognized as WMA world records and the application must be certified as being correct by the National Body of the Affiliate. Performance by a resident of a country not yet affiliated with WMA shall be recognized only if the event was part of a meeting sanctioned by WMA or a national Affiliate and must be certified by WMA or its national Affiliate. Such a record shall be held pending until such time as the country is affiliated with WMA.

Observance of the appropriate specifications(s), as set out shall be a necessary condition for ratification of a world masters record.

Records shall be maintained for all of the official Combined Events Competitions in the current WMA approved scoring system. These records will include an event by event listing of the actual performance and the actual distances run and the implements used. Past Combined Events performances that used noncurrent WMA distances or implements shall be corrected to the current WMA specifications by use of a conversion table approved by the Stadia Committee and included, where appropriate, in the official WMA Combined Events record list marked with an asterisk (*) to indicate that they were not established with current WMA distances and implements.

An application for a world masters record or world masters' best performance' shall be made on the official application form, and shall be submitted to the Regional Statistician, who shall forward a copy thereof to the WMA Record Manager. If the WMA form has not been used, a record may still be accepted if the Regional Statistician is able to support the application in all necessary detail, in agreement with the WMA Records Manager.

No record application form is needed for records set at world and regional championships. A separate list of all records accompanied by the results of the event shall be sent to the responsible Area Statistician and the WMA Record Manager not later than ten (10) days after the last day of competition.

Performances achieved in mixed (ie men/women) competition will be acceptable for recognition as World Records.

Anti-Doping Procedures and Control:

Oceania Masters Athletics, through Oceania Athletics and the LOC has engaged the services of the Oceania Regional Anti Doping Organisation (ORADO) to undertake drug testing as part of the OMA Championships in Suva. Drug testing will be conducted under the WA/WMA Rules that comply with the provisions of the World Anti-Doping Agency (WADA). Representatives of WMA and ORADO will be supervising the anti-doping operations.

Selection Procedures

The selection of athletes for testing is randomly made and any athlete regardless of their age and sex and the type of event in which they are participating may be chosen. The Procedural Guidelines established by WADA are strictly adhered to in the testing of all athletes.

If you are selected for a test you will be advised of this fact by a drug testing official (Chaperon) who will be clearly identified and accredited as part of the testing team. You will be informed of your selection to undergo a doping test and the drug testing official will then escort you to the testing control area. All competitors should be aware that the refusal of a test will be deemed the same as a positive doping test.

Testing Procedures

The testing procedure will be fully explained to you by the Control Team and you may request information on any matter about the drug testing procedure, during or after completing the required forms. And queries or complaints should be noted before finally signing the forms.

If you have been granted a Therapeutic Use Exemption (TUE) you should provide details on the drug testing form.

Athlete's Rights

An athlete is normally advised of their selection for a drug test immediately after they have completed an event. The drug testing official (Chaperon) who advises you of the selection will then remain with you until such time as you are presented at the testing control area.

You may nominate another person (one only) to accompany you to the drug testing process. With the consent of your drug testing official, and at all times in full view of the official, you may:

- Attend a victory ceremony
- Compete in future events
- Receive necessary medical attention
- Fulfill media commitments
- Warm down (cool off) or recuperate

Athlete's responsibilities

It is the athlete's responsibility to ensure that the following is done during the sample collection process:

- You are aware of and comply with the WA/WMA/WADA doping control regulations
- You comply with the drug testing procedure
- You control the urine sample until it is sealed in the sample collection kit
- The sealed sample collection kit is secured and identified
- All appropriate documentation is accurate, complete and signed