

## Oceania Athletics Championships Technical Regulations

14 May 2026

Championships in Oceania are conducted according to the rules of World Athletics, Oceania Athletics, World Para Athletics and World Masters Athletics.

### Timetable Changes

The timetable and any changes in the timetable or these regulations are available on the Oceania Athletics website.

### Age Groups

Age Groups are calculated on the 31<sup>st</sup> of December of the year of Competition.

Senior – Minimum age 16 as of 31 December 2026

Para – Minimum age 16 as of 31 December 2026

Under 20 – Minimum age 17 as of 31 December 2026

Under 18 – Minimum age 15 as of 31 December 2026

Under 16 – Minimum age 14 as of 31 December 2026

Age Groups (Masters) – will be calculated on the first day of competition, being the 18 May 2026

\*The Technical Delegate reserves the right to allow athletes younger to compete if in the best interest of the Competition or Member Federation.

### Events

See Appendix 1 for list of events to be conducted.

### Entry Information – Under 18, Under 20 and Senior

Entry is only accepted by the Member Federation

For High Jump, Triple Jump, Steeplechase, Hammer Throw and Hurdle events, all athletes will need to have met the entry standard in Senior, Under 20, Under 18 Championships events, unless otherwise approved by the Technical Delegate. These athletes that don't meet the standard will not be eligible for funding.

Member Federations can send a maximum of three (3) athletes in Championships (Senior, Under 20 or Under 18) event. Member Federations can enter up to one (1) reserve in each Championships event (Senior, Under 20 or Under 18).

### Entry Information – Under 16, Masters and Para

Entry can be done by individual athletes and can be submitted through the Oceania Athletics entry portal

### Entry Conditions

All entries will be required to submit verifiable performances for all athletes who are entered. All athletes entered the Championships must have a verifiable result or performance to be entered.

Any Member Federation or athlete who does not supply verifiable results with their entries will risk their entries not being accepted. All entries need to be submitted by the entry deadline, which is the 27 April 2026.

Up until the confirmation of entries at the Technical Meeting, Member Federations may substitute athletes already entered in the events where required.

There will be a maximum of one (1) invitational athlete through to a final of eight (8) in all events.

An Invitational/Exhibition athlete will be listed in the start list and designated (usually by an Asterix). These will be the Associate Members (New Caledonia, Niue, Wallis and Futuna) and Invitational Teams (Hawaii and Regional Australia Team).

### **Uniforms – Under 18, Under 20 and Open (and Para Athletes selected by their Member Federation)**

All teams will need to submit their uniform prior to the Championships. Athletes will need to wear the approved National Team Uniform to compete. Please submit this to the Technical Delegate by the 26 April via email – [anthony@oceaniaathletics.com](mailto:anthony@oceaniaathletics.com)

For all Uniforms including Member Federation Teams, Masters Athletes and anyone competing, the National Team Kit Guidelines for WAS Events will be applied for this competition.

If Federations wish to display other advertising on clothing or bags, they must ensure that it meets the regulations and has been approved by WA and OAA. Please be aware that any unacceptable advertising will be taped in the Call Room before entering the arena. Advertising rules apply to the whole competition, which includes the medal presentation ceremony and any media interviews.

### **Uniforms – Under 16, Masters and Para Athletes (not selected by their Member Federations)**

An athlete may wear their Club or State/Centre, or National Uniform (Para/Masters). Please be mindful of large logos. Any queries on the uniforms should be directed to the Technical Delegate.

### **Classification - Para**

All athletes who compete in the Para Classification will need to have at least a national level classification to be eligible to compete.

### **Confirmation of Entries and Athlete Check In**

Oceania Athletics will publish an entry list following the close of entries. For the Senior, Under 20 and Under 18 Championships, entries will be sent back to all Member Federations to confirm these are correct. No additional athletes may be entered following the close of entries, unless approved by the Technical Delegate.

Following the above procedure final entry list will be published by the 8 May. All athletes are considered competing and checked in unless they are scratched by the Team Manager.

Those Member Federations with more than three athletes entered in an event, will need to confirm the three athletes competing with the Technical Information Centre (TIC) no later than 1500hrs Darwin time on the day prior to the conduct of the event. The other athletes can compete but will be exhibition only.

After close of confirmation of each event, heat allocation and lane draws will then be conducted for those events requiring them.

Draws for all events will be posted online and be distributed electronically to Team Managers.

### **Scratching from an event**

Any athlete in any event wishing to withdraw from an event, prior to the 17 May, must do so in writing to [anthony@oceaniaathletics.com](mailto:anthony@oceaniaathletics.com)

Team Managers must still notify any scratching / withdrawals to the Technical Information Centre (TIC) no later than confirmation time for each event. Where an athlete is injured during warm up the TIC should be informed immediately.

If an athlete fails to participate in an event after confirmation or does not compete in all rounds of an event for which s/he has qualified, s/he may not be permitted to compete further as outlined in World Athletics Rule TR4.4. This rule also applies to athletes entered in Relays.

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. This must be given to the Technical Delegate.

### **Accreditation, Competition Bibs**

Accreditation passes will be allocated everyone attending the Championships. For athletes in the Under 18, Under 20 and Senior events, your accreditation will be collected from your Team Manager. For athletes in the Under 16, Masters, Para and international athletes from outside of the Oceania Area bibs will be available for collection from the TIC.

Accreditation must be always worn in the Competition Venue and the Athletes Village. Accreditation passes are not transferable. Athletes that lose their accreditation will need to purchase an additional one at \$50AUD from the TIC.

Only athletes, technical officials, Oceania Athletics staff and media will have access to the competition area (which includes the mixed media zone, post event and the medal staging area). Only athletes, team Managers and Oceania Athletics Staff will have access to the Athletes Village.

Competition bibs will be supplied by Oceania Athletics. For athletes in the Under 18, Under 20 and Senior events, your bib will be collected from your Team Manager. For athletes in the Under 16, Masters, Para and international athletes from outside of the Oceania Area bibs will be available for collection from the TIC.

For all athletes in race walking events:

- Athletes will receive two numbered bibs. The competition bibs must be worn on the front and back of their competition uniform.
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For athletes in Under 16, Under 18, Under 20, Senior and Masters

- Athletes will receive at least one bib only displaying the athletes' name. In track events the bib must be worn on the front or back of the uniform, for field events athletes may choose to wear the bib on either the front or back of their competition uniform.

For athletes in Para

- Track
  - o Ambulant athletes will receive at least one bib and should be worn on the front
  - o Wheelchair athletes will have one bib on the racing chair
  - o Frame Running athletes will have one bib on the back of the athlete
- Throws
  - o Athletes will receive at least one bib, and athletes may choose to wear the bib on either the front or back of their competition uniform.
  - o Seated Throws athletes will place their bib on the back of the throwing frame

All bibs must be firmly attached with no less than four (4) pins. The entire bib including sponsorship information must be always visible and no part of the bib shall be folded under the uniform.

Athletes who lose their bibs will need to collect a new bib at the TIC and pay \$50 AUD for a replacement.

Oceania Athletics will enforce World Athletics Rules TR5.9 & TR5.11, which render an athlete liable to disqualification if s/he tampers in any way with the competition bib.

### **Seated Throwing Frames and Racing Wheelchair Storage**

There is limited storage available at the venue. The shed on the hill (next to the road) above the 200m start may be available. To organise please contact Leanne Chin – Athletics Northern Territory ([eo@ntathletics.org.au](mailto:eo@ntathletics.org.au))

### Warm Up & Training

Training up to and including the 15<sup>th</sup> May please contact Leanne Chin – Athletics Northern Territory ([eo@ntathletics.org.au](mailto:eo@ntathletics.org.au))

For Saturday 16<sup>th</sup> and Sunday 17<sup>th</sup> May

The track, limited hurdles and limited blocks will be available. Shot Put, High Jump and Horizontal Jumps will be also available. Please be mindful that Technical will be setting up the venue for Monday across these two days.

Long Throws Training times

Time	Saturday 16 <sup>th</sup> May	Sunday 17 <sup>th</sup> May
10-11am		Hammer
11-12pm		Discus
12-1pm	Hammer	Javelin
1-2pm	Discus	Hammer
2-3pm	Javelin	Discus
3-4pm		Javelin

From Monday 18<sup>th</sup> May – Saturday 23<sup>rd</sup> May - warm up for any running activities will be available on the Field above the track – TIO Oval 2. **There is to be no throwing implements on this field as it does belong to AFL Northern Territory.**

There are two circles behind the Athletes Zone (100m Start) which can be used for basic drills and warm up, but athletes must be supervised by a Coach or Team Official.

Equipment for Training and Warm up will not be provided by the LOC or OAA.

The main venue is not to be used during the session break.

### Call Room Procedures

A call room will be in operation. All athletes are required to report to the Call Room before all rounds of all events except the second and subsequent events of the Combined Events.

All athletes must report to the Call Room on time with their competition bib attached with no less than four (4) pins.

Hip numbers will be provided at the Call Room for those events that require them. These include all wheelchair events, frame running events, 800m and above and the last three athletes in the 4x400m relay.

In the Call Room, athletes will be expected to demonstrate that their competition uniform and bibs, and their equipment comply with the competition rules. Track athletes will leave the Call Room ready to run unless in exceptional circumstances as directed by the Competition Director. If this is allowed, it will be advised by the Call Room, and the athletes will be responsible for retrieving their own clothing from the start line.

Athletes will proceed to the start of their event from the Call Room accompanied by a Call Room Judge, Starter's Assistant or Field Event Official. Athletes who proceed to the event unaccompanied by a judge or an official may not be allowed to start.

The call times allow for marshalling and movement to the competition site. The remainder of the time may be used to complete warm-up at the competition site (where the competition site is not in use). Warm-ups are only conducted under the supervision of officials.

If an athlete is already or likely to be competing in another event at the designated call time the athlete or the team manager must notify the Call Room Judges prior to the designated call time.

Please note that Racing Wheelchairs, Seated Throws Chairs and Frames will need be checked by the Call Room. We request your assistance in getting to the Call Room in sufficient time/ for this process to happen. No day chairs are to be taken into the Call Room (except those in seated throws).

The athletes and any changes in running order in relays are provided in the Call Room by the competing teams.

All athletes will need to present their accreditation on entry to the Call Room, which will be surrender and given back to the athlete on competition of their event by the Referee at Post Event.

Event	Final Call Time
Track	15 minutes
Pentathlon – first event only	Men Long Jump – 30 minutes Women 100m – 15 minutes
Throws Pentathlon- first event only	30 minutes
Seated Throws	35 minutes
Shot Put, Weight Throw, Long Jump, Triple Jump	40 minutes
Hammer, Discus, Javelin, High Jump	45 minutes

### Shoes and Spikes

All athletes in the Under 18, Under 20 and Senior events should be familiar with the World Athletics Rules relating to shoes and spikes, particularly the World Athletics Shoe Regulations Rule 8 and 9. Spot checks may be conducted by Referee’s or the Technical Delegate at Post Event.

#### 40.1 Appendix 1 - Permitted Spikes

Only Christmas Tree or Pyramid spikes are permitted at this venue. Needle spikes are banned and are not used under any circumstances. These will be checked in the Call Room. Spike length is a maximum of 7mm for track and 9mm for Javelin and Jumps.



*Please note that the maximum length is 7mm for track, long/triple jump and 9mm for high jump/javelin. This is a rule from the venue and the track manufacturers.*

### Start Rules

For able-bodied competition Under 16 to Senior inclusive, the World Athletics rule will be applied and starting blocks must be used for events up to and including 400m.

For athletes in age group 30 plus, it is not compulsory to use a crouch start or starting blocks however both hands must be in contact with the track if using a crouch start. Three-point starts are not permitted. In age group events (athletes 30 +) the World Athletics Combined Events False Start rule will be applied.

For all Para events, the start rule will be applied as per individual classification standards (see later for information related to assistance).

- Starting blocks (for events up to and including 400m) are mandatory for Classes T01, T11, T12, T13 and T20
- Starting blocks may be used for sport classes T21, T35-T38, T40-T47, T61-64 and T71-72 in all races up to an including 400m, these athletes may require their starting blocks to be set for them by the Starter's Assistant.
- A crouch start is not required by athletes in sport classes T21, T35-38, T40-47, T61-64 and T71-72.
- Only those starting blocks supplied by the venue can be used. Personal blocks are not permitted.

### **Replacement Athlete – Under 18, Under 20 and Open only**

Where an athlete withdraws from a round of competition after the initial round, the athlete can be replaced by the next most qualified athlete. This will only be done where sufficient time is available to notify and prepare the next athlete. The competition will not be delayed for the incoming athlete. Athletes who, after the initial round, do not plan to take any further part in the competition are encouraged to notify the TIC as soon as possible to enable the procedure to be completed.

The replacing athlete will take lane/position of the withdrawn athlete (assuming the withdrawal takes place after the draw is completed).

Athletes who do withdraw are still subject to World Athletics TR4.4

### **Information regarding Track Events:**

#### **Lane Draws and Seeding**

The preferred lanes for events from 100m to 800m inclusive (including hurdles) will follow the World Athletics rules TR20.4.2 for an 8-lane track.

#### **Seeding Round**

To ensure the Technical Delegate and the Competition Manager can seed the first round of the sprint events, all athletes will need to have a performance at World Ranking Competition in 100m and 200m in the qualifying period.

If an athlete does not have a performance at World Ranking Competition, they will be entered into the Seeding Round.

Additionally, any athlete entered the Oceania Championships, is eligible to compete in the Seeding Round. Athletes that have a performance at a World Ranking Competition but would like another race should advise the Technical Delegate no later than Sunday 17<sup>th</sup> May 0900hrs by emailing [anthony@oceaniaathletics.com](mailto:anthony@oceaniaathletics.com)

100m                      Monday 18<sup>th</sup> May

#### **Progression to Finals (Track Events)**

The number of rounds and heats to be conducted for all track events, and the number of athletes who progress to the next round, will be determined in accordance with World Athletics TR20.

Rules for progression and qualifying rounds are as follows. These are the numbers of athletes checked-in and over-ride the World Athletics Rules and remain subject to changes directed by the Technical Delegate.

Event	Confirmed Athletes	Rounds
100m, 200m, 400m, all Hurdles, Relays	1-8	Final Only
	9-32	Two Rounds
	Over 32	Three Rounds
800m (8 lane track)	1-11	Final only
	Over 12	Two Rounds
1500m	1-15	Final Only
	Over 16	Two Rounds
Events over 1500m		Final Only- may be conducted in two division
Field Events		Final Open

\*Where a venue has 9 lanes, the 9<sup>th</sup> lane may be used at the discretion of the Technical Delegate and may change after the Technical Meeting.

#### Track Progressions – where Semi Finals are conducted

5 heats: First 4 per heat plus the next 4 fastest times to the semi-finals  
 4 heats: First 3 per heat plus the next 2 fastest times to the semi-finals  
 3 heats: First 2 per heat plus the next 2 fastest times to the final  
 2 heats: First 3 per heat plus the next 2 fastest times to the final

3 semi-finals: First 2 per semi-final plus the next 2 fastest times to the final  
 2 semi-finals: First 3 per semi-final plus the next 2 fastest times to the final

#### Track Progressions – where no Semi Finals are conducted

5 heats: First 1 per heat plus the next 3 fastest times to the semi-finals  
 4 heats: First 1 per heat plus the next 4 fastest times to the semi-finals  
 3 heats: First 2 per heat plus the next 2 fastest times to the final  
 2 heats: First 3 per heat plus the next 2 fastest times to the final

\*at the discretion of the Technical Delegate a B final may be conducted.

#### Next Fastest

The next fastest will be decided on times to 0.01 second. If the times are equal and there is space available, then both or all such athletes will be advanced. Where there is no space available then the photo finish will be re-read to 0.001 second if possible. If further ties remain then a coin toss will be conducted with the athletes concerned and the Technical Delegate.

There will be a maximum of one (1) invitational athlete through to a final of eight (8). An Invitational/Exhibition athlete will be listed in the start list and designated by an Asterix.

For Masters, and Under 16 Track events will be conducted as Timed Finals.

#### Draws, Cancelled Rounds and Additional Rounds

The draw shall be made no later than 90 minutes before the advertised start time of the event. Where all scheduled rounds of a competition are not required then (unless otherwise advertised in the timetable):

- The first round will be cancelled for events with two rounds
- The semifinal will be cancelled for all events with three rounds unless otherwise advised in advance

If additional rounds are required, the following steps will be taken to notify athletes via their Team Manager, via OAA social media and Website, Announcements at the Stadium and email/text to athletes where possible.

### A and B Finals

Where any event is conducted with an A and B final there where athletes have the same time to 1/100 and are from different heats the times are not taken to the 1/1000 for the purposes of giving medals. If in the same heat, then placing to the 1/1000 still applies.

### Field Events

All athletes will have three (3) trials, After the conclusion of the 3 trials, the top eight (8) will have a further three (3) trials.

- For Under 18, Under 20 and Senior the order will be changed after round 3.
- For Under 16, Masters and Para the order will **not** be changed.

The take-off boards to be used for triple jump and the starting heights in high jump are set out in the appendix.

Where qualifying rounds are required to be held the Technical Delegates will determine the automatic qualifying heights or distances. If less than 10 athletes achieve the automatic mark, the next best athletes will be included in the final. Where required countbacks will apply.

Jump offs (for Under 18, Under 20 and Senior) will be conducted under World Athletics TR26.9. The Technical Delegate can terminate the jump-off if the prevailing weather or light conditions justify the termination of the competition at that point. All other age groups there will be no jump off.

No athlete will be allowed to enter the competition after the commencement of the fourth round.

In cases of a significant clash the Referee may allow simultaneous attempts within one round, provided all athletes involved are informed.

If the number of athletes 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.

Timed allowed for Trials for all age groups are in accordance with World Athletics Rule TR25.17, with the exception to seated throws below.

All athletes in seated throws will do their throws consecutively. A reasonable amount of time will be permitted for an athlete's throwing frame to be secured in the circle before the athlete attains a seated position on the throwing frame. The maximum time allowed for athletes to secure themselves to the chair and have as many warmups throws as time permits is:

- 4 minutes for F32-34 and F45-57
- 5 minutes for F31 and F51-53

*Athletes will be allowed a one-minute break between their third and fourth throws.*

### Relays

The intention to contest a relay must be confirmed in writing by the team managers by 1500 hours the day prior to the scheduled relay using the appropriate form proved at TIC. The running order must be submitted to TIC 2 hours prior to the scheduled start time. Teams will be able to make changes at the final Call Room time.

For all mixed relays the order will be Male, Female, Male, Female. Masters Relays should be submitted to TIC – 24hrs prior to the scheduled start time.

Age Group	Gender	Event	Date
Under 18	Men	4x100m	Tuesday 19 <sup>th</sup> May
Under 18	Women	4x100m	Tuesday 19 <sup>th</sup> May
Under 18	Mixed	4x400m	Wednesday 20 <sup>th</sup> May
Senior	Men	4x100m	Friday 22 <sup>nd</sup> May

<b>Senior</b>	Women	4x100m	Friday 22 <sup>nd</sup> May
<b>Senior</b>	Mixed	4x400m	Friday 22 <sup>nd</sup> May
<b>Masters</b>	Mixed	4x100m	Saturday 23 <sup>rd</sup> May
<b>Masters</b>	Mixed	4x400m	Saturday 23 <sup>rd</sup> May
<b>Under 20</b>	Mixed	4x400m	Saturday 23 <sup>rd</sup> May

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.

If there are more than 8 teams entered, Relays will be run as timed finals.

If sufficient lanes are available, composite teams or additional teams from a Member Federation these may be entered at the discretion of the Technical Delegate. These additional teams are not eligible for Oceania Championships Medals.

\* Relays for the Age Group Masters will be conducted as multi-age events.

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

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

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.

### Personal Implements

Athletes who wish to use their own throwing implements in the equipment pool (which may be used by any athlete in the same competition), must lodge them with the Technical Manager at the Technical Room, **no later than 1600 hours the day prior to event. Implements submitted after that time will be at the complete discretion of the Technical Manager. For events held on Monday 18 May – Implements must be checked in no later than 1500 hours.**

If implements are accepted by the Technical Manager, they will be impounded and then can be collected from the technical room after the event. If qualifying is held in field events and personal implements are lodged and the athletes that lodged them make the final, they will be impounded until the final is held.

The following is the maximum number of implements that can be submitted

Senior 2 personal implements per athlete

All other age groups 1 personal implement per athlete

**There should be no rough stickers in the discus. Both ends of the hammer wire must be covered by “clear plastic tubing to prevent the wire unravelling during competition”. This is the responsibility of the athlete not the technical team.**

### Race Walking – Penalty Zone

The penalty zone will be in place for all race-walking events 5000 metres and longer.

### Para Athletics – Baseline Performances

Baseline provides a simplified way for athletes, administrators, and coaches to compare performances in multi-class events across all athletes with an eligible classification. Baseline uses a base time/distance/height in each class for each contestable event and, measures this against the individual athletes’ performances to generate a score.

For the Championships, Oceania Athletics will use the Australian Athletics baselines. Oceania Athletics may change or amend the baseline guidelines and associated resources (including base performance) at any time.

### Para Athletics – Assistance/Guides

All approval forms are on the Australian Athletics website <https://shorturl.at/lWafc> and must be sent to [anthony@oceaniaathletics.com](mailto:anthony@oceaniaathletics.com) by the 15<sup>th</sup> May.

#### Assistance without any requirement of paperwork/forms/approval

- T11-12 Guide Runners, all athletes in the T11 classification run with a guide and are blindfolded, T12 athletes have the option to use a guide
- F31-33 and F51-54 can have one assistant per athlete per event
- T11/12 – Can have two (2) guides for jumping events
- F11/12 – Can have one (1) assistant per athlete for throwing events
- No other classes are entitled to have an assistant on the field of play

#### Assistance which requires approval (appropriate forms)

##### Form required and always approved

- Starting Block assistance (by the starters assistant) for T12, T20, T21, T35-38, T40-47, T61-65, T71-72
- Field Event assistance (runway makers by field judge) for T/F20, T/F21, T.F35-38, T/F42-47, T/F61-64

Assistance outside of those above may still be permitted but require justification and approval by the Technical Delegate prior to competition. Applications of this type must be submitted at the time of entries and should include

- The rationale for requiring assistance
- The health and safety risks that may arise in the event without assistance
- Be accompanied by medical or other professional evidence to support the request

#### Assistance for athletes with a hearing disability which requires approval

- Startling light systems are regarded as personal equipment and the athlete needs to provide their own. Athletes requiring lights should fill out the appropriate form and submit it to TIC the day before competition.

### Para Athletics – MASH

For athletes requiring a MASH (T61/T62), in para-athletics:

- Athletes competing in the Oceania Championships must have an approved MASH.

### Para Athletics – Coaching for Seated Throws

Athletes in seated throwing events are unable to move to the edge of the track to receive coaching support in the same way as athletes in other events.

To facilitate appropriate coaching support between attempts, coaches will be able to move from a designated location near the side of each seated throwing event to provide advice to athletes. This location will be determined by the Referee on an event-by-event basis.

Sport Class F31-33 and F51-54 are allowed one assistant per athlete as per WPA rules. If the assistant is also the coach, they will be permitted to move to the designated location when it is their athletes turn to provide coaching advice between their trials.

For Sport Classes F34 and F55-57, or where the assistant is not the coach, the coach will be granted access to the Field of Play to provide coaching advice to their athletes during their trials.

In the Club Throw and Discus, the coach must be escorted both in and out of the cage with no delay to the event. No coaching is allowed from any other location within the Field of Play, and no recording devices are permitted within the Field of Play.

#### Procedure

- While the athlete is being secured to their throwing frame, the coach (if not an assistant) will be escorted from the coaching area outside the field of play to the designated location within the field of play. Once

assistants (where applicable) have finished helping their athlete, they will move either to the designated location to assume the coaching role (if also the coach) or back to their designated seating for assistance withing the field of play.

- After each attempt the coach may move to and speak to the athlete until the next attempt is announced. The coach must then return to the designated location with their the field of play and can only talk to the athlete after they have completed their next attempt. The coach must be silent throughout the attempt.
- Once an athlete has completed their attempts, coaches who are not the assistant will return to the designated coach's area an assistants will return to their designated seating within the field of play.
- The next athletes coach will be escorted onto the field of play if applicable
- This process will be repeated for all athletes until the event is completed.

### **Post Competition Procedures**

At the conclusion of each event (including field events, heats, and semi-finals) athletes must leave the Field of Play via the mixed zone and then post event. In the mixed zone, the media may conduct short interviews. After passing through the mixed zone, athletes move onto the Post Event Area where they will be able to recover and collect accreditations. In the case of a Medal Ceremony, press conference or doping control, the athletes concerned will be escorted to the relevant area.

Please note athletes do not have to stop to talk to media if they choose not to.

Doping Control may be carried out by Sport Integrity Australia (SIA). Any athlete selected for doping control will be collected from Post Event Control. If athletes have other events or duties, they should sign the acknowledgement and ask the chaperone to wait.

### **Medal Presentations**

After the Championship Finals, medal presentations will be made as soon as possible after the event. All placegetters are asked to assist with this procedure by going with an official at the completion of the event. Each athlete must wear either their competition singlet or presentation uniform.

For Para events, the medals will be awarded separately in Ambulant/Frame Running and Wheelchair/Seated.

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

### **Protests & Appeals**

Protests must be lodged initially with the relevant Referee as per World Athletics Technical Rule 8 within 30 minutes of the announcement of the result.

Appeals to the Jury are to be made in writing on the appropriate appeal form which can be collected from the Technical Information Centre (TIC).

The cost of an appeal will be \$100AUD. This will need to be paid in cash at the time of the lodgement of the appeal.

At these Championships an approved team manager may be present to assist an Under 16 or Under 18 athlete whenever an athlete is being addressed or questioned by a Referee or Jury of Appeal.

Eligibility protests under World Athletics Technical Rule 8.1 shall be dealt with by the Technical Delegates. Any appeal shall be dealt with by Oceania Athletics.

## Appendix

### 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

Open Women	9m or 11m
Open Men	11m or 13m
Under 20 Women	9m or 11m
Under 20 Men	9m, 11m, 13m
Under 18 Women	7m, 9m, 11m
Under 18 Men	9m, 11m, 13m
Under 16 Women	7m, 9m, 11m
Under 16 Men	7m, 9m, 11m
Masters Men	3m, 5m, 7m, 9m, 11m, 13m
Masters Women	3m, 5m, 7m, 9m, 11m

For Long Jump

Masters Men	1m or 2m
Masters Women	1m or 2m
Other Age Groups	2m

### 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' athletes 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 or another increment as decided by the Technical Delegate. World Athletics Rules will apply for all vertical jumps. Athletes will go up in 3 or 5 cm increments until there is only one athlete left competing. In Masters competition where there are multiple age groups competing simultaneously no dispensation will be given to alter the increments if there is one athlete left in their age group

Athletes joining the high jump after the start of competition must commence at the current height of the bar.

### Starting Heights

The High Jump-starting heights will consider the entry standard, and the athletes entered. All athletes entered will need to a Season Best on entry.

Starting heights and progressions will be confirmed by the Technical Delegate after the entries close.

For information, the following table is Starting and Winning Heights from Previous Oceania Championships

Starting Heights	2026	2024	2022	2019	2017	2015	2014	2013	2010	2008	2006
U18 Men	<b>1.50</b>	1.55	1.80	1.60	1.60	1.70	-	1.40	-	1.55	-
U18 Women	<b>1.45</b>	1.40	1.30	1.30	1.20	1.40	-	1.25	-	1.25	1.25
U20 Men	<b>1.50</b>	1.55	1.85	1.60	1.60	-	1.55	-	1.65	-	-
U20 Women	<b>1.40</b>	1.35	1.60	1.40	1.30	-	1.35	-	1.30	-	-
Senior Men	<b>1.75</b>	1.80	1.60	1.80	1.70	1.70	1.65	1.65	1.65	1.65	1.65
Senior Women	<b>1.40</b>	1.50	1.60	1.35	1.50	1.40	1.40	1.30	1.30	-	-

Winning Heights	2024	2022	2019	2017	2015	2014	2013	2010	2008	2006
U18 Men	2.03	2.01	2.05	2.00	2.06	-	1.95	-	1.90	-
U18 Women	1.76	1.74	1.71	1.67	-	-	1.58	-	1.67	1.75
U20 Men	2.05	2.07	2.11	2.09	-	2.09	-	-	-	-
U20 Women	1.45	1.82	1.82	1.64	-	1.63	-	1.80	-	-
Senior Men	2.28	2.24	2.30	2.04	2.15	2.00	2.06	2.20	1.92	2.07
Senior Women	1.86	1.85	1.86	1.67	1.80	1.63	1.55	1.80	-	-

### Progressions (subject to change following the Technical Meeting)

#### U18 Men

1.50m, 1.55m, 1.60m, 1.65m, 1.70m, 1.75m, 1.80m, 1.85m, 1.90m, 1.95m, 1.98m, 2.01m, 2.04m

#### U18 Women

1.45m, 1.50m, 1.55m, 1.60m, 1.65m, 1.70m, 1.73m, 1.76m, 1.79m

#### U20 Women

1.40m, 1.45m, 1.50m, 1.55m, 1.60m, 1.65m, 1.70m, 1.75m, 1.80m

#### U20 Men

1.50m, 1.55m, 1.60m, 1.65m, 1.70m, 1.75m, 1.80m, 1.83m, 1.86m, 1.89m

#### Senior Men

1.75m, 1.80m, 1.85m, 1.90m, 1.95m, 2.00m, 2.05m, 2.10m, 2.15m, 2.20m, 2.23m, 2.26m, 2.29m

#### Senior Women

1.40m, 1.45m, 1.50m, 1.55m, 1.60m, 1.65m, 1.70m, 1.75m, 1.80m, 1.85m, 1.90m, 1.93m, 1.96m

### Appendix – Masters

#### 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.

#### Throws Pentathlon

Athletes 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.

Throws Pentathlon athletes will only need to go through the Call Room at the beginning of each day. Following that, the referee will liaise with athletes about timings for the rest of the day events.

#### Outdoor Pentathlon

In the Pentathlon, only a single attempt at each running event is allowed and a maximum of three attempts shall be allowed in all field events.

Competing order will be random for each event.

In sprints, all athletes are allowed one break. A second break will result in disqualification. Failure to start in any event means that the athlete has abandoned the competition.

*Order of events:*

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

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

Pentathlon athletes will only need to go through the Call Room at the beginning of each day. Following that, the referee will liaise with athletes about timings for the rest of the day 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.

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

### Honest Effort in events

Athletes 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.

### Appendix: Hurdle and Steeplechase Heights and Specifications

Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish(m)
U16 Women	90	0.762	9	13	8	13
U18 Women	100	0.762	10	13	8.5	10.5
U20 Women	100	0.838	10	13	8.5	10.5
Senior Women	100	0.838	10	13	8.5	10.5
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
U18 Women	400	0.762	10	45	35	40
U20 Women	400	0.762	10	45	35	40
Senior Women	400	0.762	10	45	35	40
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)
U16 Men	100	0.838	10	13	8.5	10.5
U18 Men	110	0.914	10	13.72	9.14	14.02
U20 Men	110	0.991	10	13.72	9.14	14.02
Senior Men	110	1.067	10	13.72	9.14	14.02
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
U18 Men	400	0.838	10	45	35	40
U20 Men	400	0.914	10	45	35	40
Senior Men	400	0.914	10	45	35	40
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

#### Appendix Steeplechase

Age Group	Distance	Height
U18 Women	2000m	0.762m
U18 Men	2000m	0.838m
U20 Women	3000m	0.762m
Under 20 Men	3000m	0.914m
Senior Women	3000m	0.762m
Senior Men	3000m	0.914m
Women 30+	2000m	0.762m
Men 30-59	3000m	0.838m
Men 60+	2000m	0.762m

#### Appendix: Throwing Implements Able Bodied

Age Group	Women - Hammer	Women - Shot	Women - Discus	Women - Javelin	Men - Hammer	Men - Shot	Men - Discus	Men - Javelin
U16	3.00kg	3.00kg	1.00kg	500g	4.00kg	4.00kg	1.00kg	700g
U18	3.00kg	3.00kg	1.00kg	500g	5.00kg	5.00kg	1.50kg	700g
U20	4.00kg	4.00kg	1.00kg	600g	6.00kg	6.00kg	1.75kg	800g
Open	4.00kg	4.00kg	1.00kg	600g	7.26kg	7.26kg	2.00kg	800g
30-49	4.00kg	4.00kg	1.00kg	600g	7.26kg	7.26kg	2.00kg	800g
50-59	3.00kg	3.00kg	1.00kg	500g	6.00kg	6.00kg	1.50kg	700g
60-69	3.00kg	3.00kg	1.00kg	500g	5.00kg	5.00kg	1.00kg	600g
70-74	3.00kg	3.00kg	1.00kg	500g	4.00kg	4.00kg	1.00kg	500g
75-79	2.00kg	2.00kg	0.75kg	400g	4.00kg	4.00kg	1.00kg	500g
80+	2.00kg	2.00kg	0.75kg	400g	3.00kg	3.00kg	1.00kg	400g

## Weight Throw

Age Group	Women – Weight	Men Weight
30-49	9.080kg (20lb)	15.880kg (35lb)
50-59	7.260kg (16lb)	11.340kg (25lb)
60-69	5.450kg (12lb)	9.080kg (20lb)
70-74	5.450kg (12lb)	7.260kg (16lb)
75-79	4.00kg (8.8lb)	7.260kg (16lb)
80+	4.00kg (8.8lb)	5.450kg (12lb)

## Appendix: Throwing Implements Para

Class	Women - Shot	Women - Discus	Women – Javelin/Club	Men - Shot	Men - Discus	Men - Javelin/Club
F01	4.0kg	1.0kg	600g	7.26kg	2.0kg	800g
F11	4.0kg	1.0kg	600g	7.26kg	2.0kg	800g
F12	4.0kg	1.0kg	600g	7.26kg	2.0kg	800g
F13	4.0kg	1.0kg	600g	7.26kg	2.0kg	800g
F20	4.0kg	1.0kg	600g	7.26kg	2.0kg	800g
F21	3.00kg	750g	400g	4.00kg	1.00kg	600g
F31	NE	NE	Club 397g	NE	NE	Club 397g
F32	2.0kg	1.0kg	Club 397g	2.0kg	1.0kg	Club 397g
F33	3.0kg	1.0kg	600g	3.0kg	1.0kg	600g
F34	3.0kg	1.0kg	600g	4.0kg	1.0kg	600g
F35	3.0kg	1.0kg	600g	4.0kg	1.0kg	600g
F36	3.0kg	1.0kg	600g	4.0kg	1.0kg	600g
F37	3.0kg	1.0kg	600g	5.0kg	1.0kg	600g
F38	3.0kg	1.0kg	600g	5.0kg	1.5kg	800g
F40	3.0kg	750g	400g	4.0kg	1.0kg	600g
F41	3.0kg	750g	400g	4.0kg	1.0kg	600g
F42	4.0kg	1.0kg	600g	6.0kg	1.5kg	800g
F43	4.0kg	1.0kg	600g	6.0kg	1.5kg	800g
F44	4.0kg	1.0kg	600g	6.0kg	1.5kg	800g
F45	4.0kg	1.0kg	600g	6.0kg	1.5kg	800g
F46	4.0kg	1.0kg	600g	6.0kg	1.5kg	800g
F51	NE	1.0kg	Club 397g	NE	1.0kg	Club 397g
F52	2.0kg	1.0kg	600g	2.0kg	1.0kg	600g
F53	3.0kg	1.0kg	600g	3.0kg	1.0kg	600g
F54	3.0kg	1.0kg	600g	4.0kg	1.0kg	600g
F55	3.0kg	1.0kg	600g	4.0kg	1.0kg	600g
F56	3.0kg	1.0kg	600g	4.0kg	1.0kg	600g
F57	3.0kg	1.0kg	600g	4.0kg	1.0kg	600g
F60	4.0kg	1.0kg	600g	7.26kg	2.0kg	800g
F61	4.0kg	1.0kg	600g	6.0kg	1.5kg	800g
F62	4.0kg	1.0kg	600g	6.0kg	1.5kg	800g
F63	4.0kg	1.0kg	600g	6.0kg	1.5kg	800g
F64	4.0kg	1.0kg	600g	6.0kg	1.5kg	800g

#### Appendix 4: Records

Athletes will be eligible to break Oceania Championships records. All records will be able to be found prior to the Championships: [Oceania Athletics Association Records](#)

There is no need to submit a record application for Records, except for Masters World Records and Para Regional and World Records. Member Federations requiring paperwork for National Records should go to the TIC and request relevant photo finish images or Referee signatures.

#### Version Control

Date	Update	Person Responsible for update
10 <sup>th</sup> May 2026	Spike length update	Technical Delegate
14 <sup>th</sup> May 2026	Implement Check in time for events held on Monday 18 <sup>th</sup> May	Technical Delegate