

PROPOSAL TO FORMALIZE REGULATIONS FOR INTRODUCTION OF NZ TRACK AND FIELD CHAMPIONSHIPS FOR UNDER 16 GRADES

The attached sections of the Athletics NZ Competition Regulations highlight **in red** the proposed changes needed to formalize introduction of NZ Track and Field Championships for Under 16 grades. The specific changes required are listed below:

- (1) In **Regulation C2.1 – EVENTS (TRACK and FIELD)**: Add a section for Under 16 and Under 15 NZ Records. A procedure for establishment of initial record or record standards for these age-groups will need to be decided and suggestions are welcome.
- (2) In **Regulation C3.2.2 – ELIGIBILITY for entry to TRACK and FIELD, and COMBINED EVENTS CHAMPIONSHIPS**: Specification of age requirement for entry in Under 16 Championships and exclusion of some younger athletes from entry to Senior and Under 20 Championships. Provision is also made for an **Athletics NZ Dispensation committee** to consider any application for dispensation from the age entry restrictions.
- (3) In **Regulations C4.1 and C5.1 – Events**: Listing of all individual events proposed for the Under 16 age groups in the Track and Field and Combined Events Championships, including specification of hurdle and throws specifications.
- (4) In **Attachment “A” – The Athletics NZ Supplementary Rules**: Throwing implement and hurdle specifications for Under 16 grades.

PROPOSED REGULATION CHANGES

REGULATION C2- RECORDS

C2.1 - EVENTS (TRACK and FIELD)

NZ Records (Allcomers, National and Resident) will be recognised for the following events:

MEN

100 metre	Decathlon
200 metre	Long Jump
400 metre	Triple Jump
800 metre	High Jump
1000 metre	Pole Vault
1500 metre	Shot Put

1 Mile	Javelin
2000 metre	Discus
3000 metre	Hammer
5000 metre	4x100 metre Relay
10 000 metre	4x200 metre Relay
1 hour	4x400 metre Relay
3000m Steeplechase	4x800 metre Relay
110 metre Hurdles	4x1500 metre Relay
400 metre Hurdles	3000 metre Walk
	5000 metre Walk
	10 000 metre Walk
	20 000 metre Walk
	30 000 metre Walk
	50 000 metre Walk

WOMEN

100 metre	Heptathlon
200 metre	Decathlon
400 metre	Long Jump
800 metre	Triple Jump
1000 metre	High Jump
1500 metre	Pole Vault
1 mile	Shot Put
2000 metre	Javelin
3000 metre	Discus
5000 metre	Hammer
10 000 metre	4x100 metre Relay
1 hour	4x200 metre Relay
3000m Steeplechase	4x400 metre Relay
100 metre Hurdles	4x800 metre Relay
400 metre Hurdles	3000 metre Walk
	5000 metre Walk
	10 000 metre Walk
	20 000 metre Walk

NZ Records (National only) will be recognised for the following events:

OPEN MIXED

4X400 metre Relay

MEN UNDER 20 (M-U20) & MEN UNDER 19 (M-U19)

[A Man Under 20 (M20) or a Man Under 19 (M-U19) is a competitor as defined in Regulation C1.2.2].

100 metre

Decathlon

200 metre	Long Jump
400 metres	Triple Jump
800 metre	High Jump
1000 metre	Pole Vault
1500 metre	Shot Put (6.00kg)
1 mile	Javelin (800g)
3000 metre	Discus (1.75kg)
5000 metre	Hammer (6.00kg)
10 000 metre	4x100 metre Relay
3000m Steeplechase	4x400 metre Relay
110 metre Hurdles (0.990m)	3000 metre Walk
400 metre Hurdles (0.914m)	5000 metre Walk
	10 000 metre Walk

WOMEN UNDER 20 (W-U20) & WOMEN UNDER 19 (W-U19)

[A Woman Under 20 (W20) or a Woman Under 19 (W-U19) is a competitor as defined in Regulation C1.2.2].

100 metre	Heptathlon
200 metre	Long Jump
400 metre	Triple Jump
800 metre	High Jump
1000 metre	Pole Vault
1500 metre	Shot Put (4.00kg)
1 Mile	Javelin (600g)
3000 metre	Discus (1.00kg)
5000 metre	Hammer (4.00kg)
10 000 metre	4x100 metre Relay
3000m Steeplechase	4x400 metre Relay
100 metre Hurdles (0.840m)	3000 metre Walk
400 metre Hurdles (0.762m)	5000 metre Walk
	10 000 metre Walk

MEN UNDER 18 (M-U18) & MEN UNDER 17 (M-U17)

[A Man Under 18 (M-U18) or a Man Under 17 (M-U17) is a competitor as defined in Regulation C1.2.2]

100 metre	Long Jump
200 metre	Triple Jump
400 metre	High Jump
800 metre	Pole Vault
1500 metre	Shot Put (5.00kg)
3000 metre	Javelin (700g)
2000m Steeplechase	Discus (1.50kg)
110 metre Hurdles (0.914m)	Hammer (5.00kg)
300 metre Hurdles (0.840m)	4x100 metre Relay
Decathlon	4x400 metre Relay
3000 metre Walk	5000 metre Walk

WOMEN UNDER 18 (W-U18) & WOMEN UNDER 17 (W-U17)

[A Woman Under 18 (W-U18) or a Woman Under 17 (W-U17) is a competitor as defined in Regulation C1.2.2]

100 metre	Long Jump
200 metre	Triple Jump
400 metre	High Jump
800 metre	Pole Vault
1500 metre	Shot Put (3.00kg) *
3000 metre	Javelin (500g) *
2000m Steeplechase	Discus (1.00kg)
100 metre Hurdles (0.762m)	Hammer (3.00kg) *
300 metre Hurdles (0.762m)	4x100 metre Relay
Heptathlon	4x400 metre Relay
3000 metre Walk	5000 metre Walk

* Applications for Shot Put (3.00kg), Javelin (500g) and Hammer Throw (3.00kg) will only be considered if the distance thrown is further than existing records with the heavier implement.

Men UNDER 16 (M-U16) & Boys UNDER 15 (M-U15)

[A Man Under 16 (M-U16) or a Boy Under 15 (M-U15) is a competitor as defined in Regulation C1.2.2]

100 metre	Long Jump
200 metre	Triple Jump
400 metre	High Jump
800 metre	Pole Vault
1500 metre	Shot Put (5.00kg)
3000 metre	Javelin (700g)
2000m Steeplechase	Discus (1.25kg)
100 metre Hurdles (0.838m)	Hammer (4.00kg)
300 metre Hurdles (0.762m)	4x100 metre Relay
Octathlon	4x400 metre Relay
3000 metre Walk	

Women UNDER 16 (W-U16) & Girls UNDER 15 (W-U15)

[A Woman Under 16 (W-U16) or a Girl Under 15 (W-U15) is a competitor as defined in Regulation C1.2.2]

100 metre	Long Jump
200 metre	Triple Jump
400 metre	High Jump
800 metre	Pole Vault

1500 metre	Shot Put (3.00kg)
3000 metre	Javelin (500g)
2000m Steeplechase	Discus (1.00kg)
80 metre Hurdles (0.762m)	Hammer (3.00kg)
300 metre Hurdles (0.762m)	4x100 metre Relay
Pentathlon	4x400 metre Relay
3000 metre Walk	

REGULATION C3 - NZ CHAMPIONSHIPS - GENERAL

The clauses contained in Regulation C3 shall apply to all NZ Championships as set out hereafter.

C3.1 - CONDUCT OF CHAMPIONSHIPS

1. Championship Events shall be conducted in accordance with Athletics NZ's appropriate Notes for Guidance.
2. The Organising Committee conducting the championships shall not later than three (3) months before the championship send to Athletics NZ National Office for approval a plan, with a full description of the course, of any cross country or road course, certified by a Level A Road Race Measurer. When approved the plan and description of the course shall be published.
3. After the meeting has been held, the Organising Committee conducting the championship shall forward to Athletics NZ National Office, a copy of the programme with amendments, and a full set of results of the championship events.

C3.2 - ELIGIBILITY

1. (a) An athlete (including an athlete returning to New Zealand from overseas) to be eligible to compete in a New Zealand championship event and gain an official placing shall:
 - i Be an Active Member of Athletics NZ in accordance with Membership and Database Regulation 6.4; and
 - ii be a NZ citizen or a permanent resident (as these terms are defined in the Immigration Act 2009); and

- iii have not represented another World Athletics affiliated country or territory during the past three years.
- b) Any other athlete may at the discretion of Athletics NZ compete in a NZ championship event, provided that the athlete is an Active Member of Athletics NZ or meets the requirement of Competition Regulation 7.2(c).

Note: Such athlete shall be deemed to be a visiting athlete and is not eligible to gain an official NZ Championship placing. A relay team that includes one or more visiting athletes is not eligible to gain an official NZ Championship placing, except as provided for in Regulation C10.1.5(c) – Road Relays.

2. TRACK and FIELD, and COMBINED EVENTS CHAMPIONSHIPS

- a) An athlete to compete in either the Senior Men or Senior Women Grades shall be aged ~~15~~ 18 years or over on the 31st December in the year of competition and have achieved the required senior standard in the event they wish to compete.
- b) An athlete to compete in either the Men Under 20 (M-U20) or Women Under 20 (W-U20) Grades shall be aged ~~15~~, 16, 17, 18 or 19 on the 31st December in the year of competition and have achieved the required junior standard in the event they wish to compete.
- c) An athlete to compete in either the Men Under 18 (M-U18) or Women Under 18 (W-U18) Grades shall be aged 15, 16 or 17 years on the 31st December in the year of competition and have achieved the required youth standard in the event they wish to compete.
- d) An athlete to compete in either the Men Under 16 (M-U16) or Women Under 16 (W-U16) Grades shall be aged 14 or 15 years on the 31st December in the year of competition and have achieved the required youth standard in the event they wish to compete.

Athletes can apply for age group dispensation via the Athletics NZ Dispensation committee. There will be no dispensation for athletes aged under 14 on the 31st of December in the year of competition.
[Link to dispensation form \(Hyperlink\).](#)

3. OUT of STADIUM CHAMPIONSHIPS

- a) Except for the Road Relay, Half-marathon, Marathon, Mountain Running – Senior Grade, 20km walk, 50km walk and Trail Running.
 - i. An athlete to compete in either the Senior Men or Senior Women Grades shall be aged 18 years or over on the 31st December in the year of competition.

- ii. An athlete to compete in either the Men Under 20 (M-U20) or Women Under 20 (W-U20) Grades shall be aged, 16, 17, 18 or 19 years on the 31st December in the year of competition.
 - iii. An athlete to compete in either the Men Under 18 (M-U18) or Women Under 18 (W-U18) Grades shall be aged 15, 16 or 17 years on the 31st December in the year of competition.
 - iv. An athlete to compete in either the Men Under 16 (M-U16) or Women Under 16 (W-U16) Grades shall be aged 14 or 15 years on the 31st December in the year of competition. Athletes can apply for age group dispensation to compete in higher age groups via the Athletics NZ Dispensation committee. There will be no dispensation for athletes aged under 14 on the 31st of December in the year of competition.
[Link to dispensation form \(Hyperlink\).](#)
 - b) Eligibility for the Road Relay refer Rule S241.
 - c) An athlete to compete in either the Half-marathon, Mountain Running – Senior Grade or the 20km Walks Championship shall be aged 18 years or over on the 31st December in the year of competition.
 - d) An athlete to compete in either the Marathon, 50km, 100km, 24-hour, 50km Walks or Trail Running Championship shall be aged 20 years or over on the 31st December in the year of competition
4. In exceptional circumstances the Board of Directors may, at their sole discretion, permit an athlete who is ineligible as defined in either Regulation C3.2.2 or C3.2.3 to compete in a specified event.
 5. In Championship Events where Masters Grades are recognised, any intending competitor for a Masters championship event (including an athlete returning to NZ from overseas) must be the correct age as defined in Attachment "B" - Masters Age Group Definitions and be an Active Member of Athletics NZ in accordance with Membership and Database Regulation 6.4.

C3.10 - CHAMPIONSHIP MEDALS

1. The first three place getters in events for the following grades shall be awarded National Championship Medals - Men, Women, Men Under 20 (M-U20), Women Under 20 (W-U20), Men Under 18 (M-U18), Women Under 18 (W-U18), **Men Under 16 (M-U16) and Women Under 16 (W-U16)**. The National Championship Medals shall be of an approved design and awarded as follows:
 - 1st - gold
 - 2nd - silver
 - 3rd - bronze

2. (a) The first three place getters in events for the following grades shall be awarded Age Group Championship Medals - Boys Under 14 (B-U14), Girls Under 14 (G-U14) and all Masters Grades as set out in Attachment "B" of these Regulations. The Age Group Championship Medals shall be of an approved design and awarded as follows:
 - 1st – gold
 - 2nd - silver
 - 3rd - bronze

- (b) The Age Group Championship medals shall be of a design distinct from the National Championship medals.

REGULATION C4 - TRACK AND FIELD CHAMPIONSHIPS

This REGULATION shall be read in conjunction with REGULATION C3 - NZ CHAMPIONSHIPS-GENERAL.

C4.1 - EVENTS

- 1 Annual track & field championships for Men, Women, Men Under 20 (M-U20), Women Under 20 (W-U20), Men Under 18 (M-U18) Women Under 18 (W-U18), **Men Under 16 (M-U16) and Women Under 16 (W-U16)** shall be held under the auspices of Athletics NZ when the following championship events shall be contested:

MEN

100 metre	Long Jump
200 metre	Triple Jump
400 metre	High Jump
800 metre	Pole Vault
1500 metre	Shot Put
1 mile	Javelin
3000 metre	Discus
5000 metre	Hammer
10 000 metre	4x100 metre Relay
3000m Steeplechase	4x400 metre Relay
3000m Track Walk	110 metre Hurdles
10,000m Track Walk	
400 metre Hurdles	

WOMEN

100 metre	Long Jump
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200 metre
 400 metre
 800 metre
 1500 metre
 1 mile
 3000metre
 5000 metre
 10 000 metre
 3000m Steeplechase
 100 metre Hurdles
 400 metre Hurdles
 3000 metre Track Walk

Triple Jump
 High Jump
 Pole Vault
 Shot Put
 Javelin
 Discus
 Hammer
 4x100 metre Relay
 4x400 metre Relay
 10,000m Track Walk

MEN UNDER 20 (M-U20)

100 metre
 200 metre
 400 metre
 800 metre
 1500 metre
 1 mile
 3000 metre
 5000 metre
 10000 metre
 3000m Steeplechase
 400 metre Hurdles
 110 metre Hurdles
 3000 metre Track Walk

Long Jump
 Triple Jump
 High Jump
 Pole Vault
 Shot Put
 Javelin

 Discus
 Hammer
 4x100 metre Relay
 4x400 metre Relay
 10,000m Track Walk

WOMEN UNDER 20 (W-U20)

100 metre
 200 metre
 400 metre
 800 metre
 1500 metre
 1 Mile
 3000 metre
 5000 metre
 3000m Steeplechase
 100 metre Hurdles
 400 metre Hurdles
 3000 metre Track Walk

Long Jump
 Triple Jump
 High Jump
 Pole Vault
 Shot Put
 Javelin
 Discus
 Hammer
 4x100 metre Relay
 4x400 metre Relay
 10,000m Track Walk

MEN UNDER 18 (M-U18)

100 metre	Long Jump
200 metre	Triple Jump
400 metre	High Jump
800 metre	Pole Vault
1500 metre	Shot Put
3000 metre	Javelin
2000m Steeplechase	Discus
110 metre Hurdles	Hammer
300 metre Hurdles	4x100 metre Relay
3000 metre Track Walk	4x400 metre Relay
5000 metre Track Walk	

WOMEN UNDER 18 (W-U18)

100 metre	Long Jump
200 metre	Triple Jump
400 metre	High Jump
800 metre	Pole Vault
1500 metre	Javelin
3000 metre	Shot Put
2000m Steeplechase	Discus
3000 metre Track Walk	Hammer
5000 metre Track Walk	4x100 metre Relay
100 metre Hurdles	4x400 metre Relay
300 metre Hurdles	

MEN UNDER 16 (M-U16)

100 metre	Long Jump
200 metre	Triple Jump
400 metre	High Jump
800 metre	Pole Vault
1500 metre	Shot Put (5.00kg)
3000 metre	Javelin (700g)
2000m Steeplechase	Discus (1.25kg)
100 metre Hurdles (0.838m)	Hammer (4.00kg)
300 metre Hurdles (0.762m)	4x100 metre Relay
Octathlon	4x400 metre Relay
3000 metre Walk	

WOMEN UNDER 16 (W-U16)

100 metre	Long Jump
200 metre	Triple Jump
400 metre	High Jump
800 metre	Pole Vault
1500 metre	Shot Put (3.00kg) *

3000 metre	Javelin (500g)
2000m Steeplechase	Discus (1.00kg)
80 metre Hurdles (0.762m)	Hammer (3.00kg)
300 metre Hurdles (0.762m)	4x100 metre Relay
Pentathlon	4x400 metre Relay
3000 metre Walk	

NOTE: Where possible the programme should provide for one clear day between the 3000m track walks and the 10,000m track walks.

REGULATION C5 - COMBINED EVENTS CHAMPIONSHIP

This REGULATION shall be read in conjunction with REGULATION C3 - NZ CHAMPIONSHIPS-GENERAL.

C5.1 - EVENTS

- Annual Combined Events championships for Men, Women, Men Under 20 (M-U20), Women Under 20 (W-U20), Men Under 18 (M-U18) and the Women Under 18 (W-U18), Masters Men (5-year age groups), and Masters Women (5-year age groups) shall be held under the auspices of Athletics NZ when the following championship events shall be contested:

Men	Decathlon
Women	Heptathlon
Masters Men (5-year age groups)	Decathlon
Masters Women (5-year age groups)	Heptathlon
Men Under 20 (M-U20)	Decathlon
Men Under 18 (M-U18)	Decathlon
Women Under 20 (W-U20)	Heptathlon
Women Under 18 (W-U18)	Heptathlon
Men Under 16 (M-U16)	Octathlon
Women Under 16 (W-U16)	Pentathlon

The championships shall be held over (2) two days or such other period as Athletics NZ National Office may from time to time determine.

A competitor shall be a member of a duly selected Centre Team, but if not selected for same and has achieved the required standard may compete as an individual.

- Competitors shall compete in their Centre uniform, unless competing as an individual then they shall compete in their club uniform.

ATTACHMENT"–A" - The Athletics NZ Supplementary Rules.

Note: For ease of use, where appropriate, the Supplementary Rules have been given the same Rule number as the related World Athletics Competition or Technical Rule 2020 Edition, with the prefix "S".

Rule STR22 - Hurdle Races

Distances: The following are the standard distances for Men, M-U20, M-U19, M-U18, M-U17, Women, W-U20, W-U19, W-U18, and W-U17.

Men	110 metres,	400 metres
M-U20/M-U19	110 metres,	400 metres
M-U18/M-U17	110 metres,	300 metres
M-U16/B-U15	100 metres,	300 metres
Women	100 metres,	400 metres
W-U20/W-U19	100 metres,	400 metres
W-U18/W-U17	100 metres,	300 metres
W-U16/G -U15	80 metres	300 metres

Note: 1. Table of hurdle heights and placings refer Appendix 1.

Rule STR33 - Shot

- The shot to be used by W-U20 and W-U19 shall conform to the specifications shown for Women, and for W-U18, W-U17, **W-U16 and G-U15** those shown for U18 Women,

The shot to be used by M-U20 and M-U19 shall conform to the specifications shown for U20 Men, and for M-U18, M-U17, **M-U16 and B-U15** those shown for U18 Men.

(For details refer Rule TR33.5)

Rule STR34 - Discus

- The discus to be used by W-U20, W-U19, W-U18 , W-U17, **W-U16 and G-U15** shall conform to the specifications shown for Women.
- The discus to be used by M-20 and M-U18 shall conform to the specifications shown for U20 Men and for M-U19 and M-U17 those shown for U18 Men. **A 1.25kg discus is proposed for the M-U16 and B-U15 grades. Specifications are yet to be identify**

(For details refer Rule TR34.1 & TR34.2)

Rule STR36 - Hammer

1. The Hammer to be used by W-U20 and W-U19 shall conform to the specifications shown for Women and for W-U18 , W-U17, W-U16 and G-U15 those shown for U18 Women.
2. The Hammer to be used by M-U20 and M-U19 shall conform to the specifications shown for U20 Men, for M-U18 and M-U17 those shown for U18 Men and for M-U16 and B-U15 those shown for Women.

(For details refer Rule TR36.4 –36.8)

Rule STR38 - Javelin

1. The Javelin to be used by M-U20 and M-U19 shall conform to the specifications shown for Men. The javelin to be used by W-U20 and W-U19 shall conform to the specifications shown for Women.
2. The Javelin to be used by M-U18, M-U17, M-U16 and B-U15 shall conform to the specifications shown for U18 Men and by W-U18, W-U17, W-U16 and G-U15 those shown for U18 Women.

(For details refer Rule TR38.5 – 38.13)

Rule STR39 - Combined Events Competitions

1. The M-U16 and B-U15 Octathlon shall conform to the Specification for the former Boys Youth Octathlon (Rule 200.5 - WA Competition Rules 2013-2014).

(Note that the M-U18 NZ Championship event was changed to **Decathlon** from February 2015.)

2. Notwithstanding Rule TR39.9, for domestic competition (including New Zealand Championships), times obtained from a fully automatic Photo Finish system shall be applied regardless of whether such times are available for all other competitors in that event.

APPENDIX ONE - HURDLES

	Distance of race	No of hurdles	Height of hurdle	Distance from start line to first hurdle	Distance between hurdles	Distance from last hurdle to finish line
	metr		mm	metres	metres	metres
Men	110	10	1067	13.72	9.14	14.02
	400	10	914	45	35	40
M-U20/M-U19	110	10	991	13.72	9.14	14.02
	400	10	914	45	35	40
M-U18/M-U17	110	10	914	13.72	9.14	14.02
	300	7	838	50	35	40
M-U16/B-U15	100	10	838	13	8.5	10.
	300	7	762	50	35	40
Women	100	10	838	13	8.5	10.5
	400	10	762	45	35	40
W-U20/W-U19	100	10	838	13	8.5	10.5
	400	10	762	45	35	40
W-U18/W-U17	100	10	762	13	8.5	10.5
	300	7	762	50	35	40
W-U16/G-U15	80	8	762	12	8	12
	300	7	762	50	35	40

COMMENT

These proposals are now posted for the required 50-day consultation period before any recommendations for adoption go to the Board. In particular, comment is sought on the choice of events for the proposed Under 16 T&F Championships and any suggestions relating to initial establishment of NZ Records for the U16 and U15 age groups would be welcome.

Rod Syme, John McBrearty, Don Mackenzie and Andrew Orme, Rules Committee