



Athletics New Zealand (Incorporated)

Incorporated Society No. 216839

COMPETITION REGULATION

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(Amended [July 2024](#), changes made within 12 months are identified in [blue](#).)

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Table of Contents

PART I – GENERAL	4
1. Purpose.....	4
2. Status.....	4
3. Commencement Date.....	4
PART II – SPECIFIC MATTERS	5
4. Athletics NZ Authorised Competitions.....	5
5. Unauthorised competitions	7
6. Authorisation Fees	7
7. Eligibility to Compete	8
8. Athlete Representatives	9
9. Trophies.....	9
10. Officials and Coaches Accreditation and Grading	9
11. Competition Rules of Athletics NZ.....	10
12. Definitions	11
APPENDIX A - CENTRE DISTRICTS	12
APPENDIX B – COMPETITION RULES OF ATHLETICS NZ	13
Table of Contents.....	13
REGULATION C1- GENERAL	15
REGULATION C2- RECORDS	17
REGULATION C3 - NZ CHAMPIONSHIPS - GENERAL	25
REGULATION C4 - TRACK AND FIELD CHAMPIONSHIPS	32
REGULATION C5 COMBINED EVENTS CHAMPIONSHIPS	36
REGULATION C6 - CROSS COUNTRY CHAMPIONSHIPS	37
REGULATION C7 - TRAIL RUNNING CHAMPIONSHIPS	39
REGULATION C8 - MOUNTAIN RUNNING CHAMPIONSHIPS	40
REGULATION C9 - ROAD RELAY CHAMPIONSHIPS	41
REGULATION C10 – HALF MARATHON CHAMPIONSHIPS	43
REGULATION C11 MARATHON CHAMPIONSHIPS	44
REGULATION C12 100km and 50km CHAMPIONSHIPS	44
REGULATION C13 – LONG DISTANCE ROAD RACE WALKING CHAMPIONSHIPS	46

REGULATION C14 – 24-HOUR CHAMPIONSHIPS	47
REGULATION C15 – ONE MILE ROAD RUNNING CHAMPIONSHIPS	47
REGULATION C16 – 5K ROAD RUNNING CHAMPIONSHIPS	48
REGULATION C17 – 10K ROAD RUNNING CHAMPIONSHIPS	50
ATTACHMENT "A" - The Athletics NZ Supplementary Rules.....	52
ATTACHMENT "B" - MASTERS AGE GROUP DEFINITIONS.....	72

Athletics New Zealand (Incorporated)

Competition Regulation

PART I – GENERAL

1. Purpose

- 1.1 The purpose of this Competition Regulation is to set out the rules relating to Athletics competitions.
- 1.2 Athletics NZ is responsible for supervising all authorised athletics competition held in New Zealand, including any International Competitions authorised by the World Athletics, World Paralympics Association or the Oceania Area Association.
- 1.3 This Competition Regulation covers:
- a. Authorised Competition;
 - b. Eligibility to compete;
 - c. Athlete representatives;
 - d. Officials and Coaches; and
 - c. Competition Rules.

2. Status

- 2.1 This Regulation was made by the Board under rule 31 of the Constitution.
- 2.2 This Regulation replaces the Athletics NZ By-Laws (Administration) (December 2014) and Athletics NZ Regulations (Competition) (November 2017) including Attachment A (November 2017), with effect from the Commencement Date.
- 2.3 This Regulation is binding on all Members and other persons who agree to be bound by it.

3. Commencement Date

- 3.1 This Regulation shall come into force with effect from 12 September 2018.

PART II – SPECIFIC MATTERS

4. Athletics NZ Authorised Competitions

4.1 Authorised Competitions

- a. All athletic competitions in New Zealand which are intended to permit Members to enter must be authorised.
- b. A competition which is not an Automatically Authorised Competition listed as clause 4.2 needs to be granted authorisation prior to taking place by either the relevant Centre or by Athletics NZ as per clause 4.3 in order to become an Authorised Competition.
- c. Except where specifically excluded, all Authorised Competitions shall be entitled to services provided by Athletics NZ. This includes the publication of the competition in the calendar of events, and public liability insurance.
- d. The entry form and all other entry information for every Authorised Competition shall include a statement that the competition has been "Authorised by Athletics NZ and is to be held under the Rules of Athletics New Zealand".
- e. Merit prizes and spot prizes may be offered for any Authorised Competition. Where spot prizes are offered, the requirements of the Gambling Act 2003 shall apply. Attention is drawn to the need to satisfy the tax laws.
- f. [In all Authorised Competitions, the value of Merit Prizes per event within the meeting must be equal for women and men and any opportunity for bonus awards within a meeting must be equal for women and men.](#)

4.2 Automatically Authorised Competitions

- a. All competitions held by Member Clubs and Associate Members in accordance with the Athletics NZ Regulations including Member Club Competitions as defined at clause 4.5 and Active Member Only Competitions as defined in clause 4.7;
- b. School Competitions as defined at clause 4.6; and
- c. Competitions Held by or Under the Auspices of Athletics NZ.

4.3 Competitions Requiring Specific Authorisation

Any competition which does not meet the requirements of clause 4.2 such as events involving mixed competition between Active Members of Athletics NZ and other competitors requires specific authorisation:

- a. If the competition is held exclusively within its Centre District, the applicable Centre acting under delegated authority may authorise.
- b. In all other instances, Athletics NZ will be responsible for authorising.

4.4 Conditions for approval

- a. Approval of an Authorised Competition shall be subject to the following conditions and by any other specific conditions required by Athletics NZ and the Centre:
 - i. Agreement by the competition organiser to pay any applicable Fees;
 - ii. Agreement by the competition organiser to pay for any services provided by the Centre or by a Member Club;
 - iii. Agreement by the competition organiser on an appropriate Safety Management Plan for the event and a clearly identified Officer as defined in the Health and Safety at Work Act 2015; and
 - iv. Agreement by the competition organiser to abide by the Regulations and Rules of Athletics NZ.
- b. If a Centre becomes aware that any Member Club or competition organiser has failed to comply with any such applicable conditions the Centre shall immediately notify Athletics NZ.
- c. A Member Club or competition organiser that fails to comply shall be subject to such actions as the Board may decide.

4.5 Member Club Competitions

- a. A Member Club Competition is a competition organised by a Member Club only for Members of that club.
- b. Only Active Members and Social Members belonging to the Club may compete in the Member Club Competitions organised by that Club.
- c. No fee is payable to Athletics NZ for Member Club Competitions.

4.6 School Competitions

- a. A School Competition is a competition organised by a school or schools.

- b. School Competitions may be included into the Athletics NZ calendar of events and other publicity, by Athletics NZ. However, if this occurs it shall not be construed as granting any right to access the Athletics NZ public liability insurance to the school, or any person or organisation hosting such event. If a Centre or Member Club hosts such an event, it may charge for such services.

4.7 Active Members Only Competitions

Where a competition is an Active Members Only Competition:

- a. no fee as set out in this Regulation shall be payable.
- b. only Active Members as defined at clause 6.4.c.i of the Membership and Database Regulation may compete.

4.8 Competitions Held By or Under the Auspices of Athletics NZ

The Board will decide on what Athletics competitions are to be arranged, hosted or controlled by Athletics NZ.

4.9 Team Managers

All teams participating in national events under the jurisdiction of Athletics NZ, should have a Manager.

Athletics NZ has a Community Volunteer Membership category for team managers and others in similar roles, which includes police vetting. Individuals in Centre and club team management roles must currently hold Community Volunteer Membership, Community Coach Membership, or Accredited Coach Membership.

5. Unauthorised Competitions

- 5.1 Where competitions do not comply with this Regulation, the competition shall be classed as an “Unauthorised Competition”.
- 5.2 Any Member Club that organises or supports an Unauthorised Competition may be liable for suspension as a Member.
- 5.3 Athletics NZ will advise all Clubs and Centres of any athletic competition that it is aware of which has not been authorised.

6. Authorisation Fees

- 6.1 Except where expressly stated otherwise, where an Authorised Competition is open to both Active Members and other athletes, the competition organiser shall pay such fees as set by the authority (Centre or Athletics NZ) that authorised the competition.
- 6.2 Fee collection: Unless otherwise agreed between the competition organiser and the authorising authority, the Fees shall be collected by the competition organiser, and forwarded to the authorising authority not later than fourteen (14) days after the day on which the competition is held.

7. Eligibility to Compete

7.1 World Athletics Rules

The rules of the World Athletics regarding Athlete eligibility apply to all persons wishing to compete in competitions held by or under the authority of Athletics NZ, any Member Club or any Associate Member.

7.2 Eligibility

- a. **Members:** An Individual Member of Athletics NZ is entitled to compete in any Authorised Competition consistent with their Category of Membership as defined in clause 6.4 of the Membership and Database Regulation.
- b. **Athletes residing outside New Zealand:** Any athlete who is a New Zealand citizen residing outside New Zealand wishing to retain eligibility to represent Athletics NZ or to compete while visiting New Zealand, shall enrol as an Active Member of Athletics NZ.
- c. **Visitor athletes:** An athlete visiting New Zealand for three (3) months or less, who has current Active Membership or its equivalent with the World Athletics affiliated national governing body of their normal country of residence and can, if required, provide satisfactory evidence of such, is eligible to compete in Athletics NZ Authorised Competitions.
- d. **Entry fees:** Members wishing to compete in any Competitions Held By or Under the Auspices of Athletics NZ may be required to pay an entry fee, if required by Athletics NZ.
- e. **School Competitions:** An athlete who competes in a School Competition shall not be required to be a Member of Athletics NZ.

7.3 Ineligibility

- a. **Ineligible athletes:** Any athlete who is currently suspended or declared ineligible under the provisions of the Judicial Regulation is ineligible to compete in any Authorised Competition.
- b. **Role of officers or officials:** No officers or officials of any Member Club or Associate Member shall permit any person to take part in any competition held by or under the authority of a Member Club or Associate Member while such person does not, to their knowledge, meet the eligibility requirements of this Regulation. This does not apply to any competition that is restricted to the masters age groups [thirty five (35) years and over for both men and women].

8. Athlete Representatives

- 8.1 Athletes may use an Athlete Representative to assist them in the negotiation of their athletic programme and in such other matters as they agree.
- 8.2 Athlete Representatives must be authorised and registered in accordance with the World Athletics Rules and the World Athletics Athlete Representatives Regulations.
- 8.3 Athletics NZ will be responsible for the authorisation and recognition of Athlete Representatives in accordance with the World Athletics Rules and the World Athletics Athlete Representatives Regulations.
- 8.4 Any athlete who uses a representative who is not an authorised Athlete Representative shall be liable to sanctions in accordance with World Athletics Rules and World Athletics Athlete Representative Regulations.

9. Trophies

- 9.1 Every Club shall, within one (1) week from the date of any athletic competition held by it, hand over to the successful competitors the prizes, other than certificates won (which shall be handed over as soon as possible), provided that in the case of a protested event the prizes, other than certificates for such event, shall be handed over to the successful competitors within one week from the determination of such protest. Failure to comply with this clause shall render a Club liable to suspension as a Member.

10. Officials, Coaches and Managers Membership and Accreditation

- 10.1 Coaches Accreditation Scheme

Athletics NZ will have the following two types of membership for Coaches, both of which include police vetting: 1) Accredited Coach membership, and 2) Community Coach Membership. Both types of coach membership will be administered by the Athletics NZ Coach Development Lead or such other person decided by the Chief Executive.

10.2 Officials development programme

Athletics NZ will have a development programme for Officials which is administered by an appointed staff member. The staff member will be supported by an Advisory Group of four members called the National Officials Advisory Group, who may make recommendations to the Chief Executive. The committee shall be appointed by the Chief Executive to hold office for 2 years, usually commencing 1 July in the year of appointment, except that 2 members shall retire each year as decided by the Chief Executive.

10.3 Community Volunteer Membership

Athletics NZ will have a community volunteer membership category, including police vetting, for team managers and others in similar team support roles which is administered by the Athletics NZ Community Manager or such other person decided by the Chief Executive.

11. Competition Rules of Athletics NZ

- 11.1 The Competition Rules of Athletics NZ applicable to all Competitions Held By or Under the Auspices of Athletics NZ and any other Authorised Competitions are set out in Appendix B (including the Athletics NZ Supplementary Rules to the World Athletics Competition and Technical Rules).

PART III - DEFINITIONS

12. Definitions

12.1 To the extent of any inconsistency between this Regulation and the Athletics NZ Constitution, the applicable provisions of the Athletics NZ Constitution shall prevail.

12.2 The words and phrases used in this Regulation shall have the same meaning as defined in the Constitution, unless specified otherwise.

12.3 Definitions

The additional words and phrases used in this Competition Regulation shall have the meanings given to them in this Regulation as follows:

Centre District is the geographical area within New Zealand in which a Centre may (subject to the Constitutions and Regulations) organise Athletics as set out in Appendix A.

Competitions Held By or Under the Auspices of Athletics NZ means an Athletics competition arranged, hosted, or controlled by Athletics NZ, including but not limited to, the following seniors and age group events:

New Zealand Combined Events Championships;
New Zealand Cross Country Championships;
New Zealand Half Marathon Championships;
New Zealand Long Distance Race Walking Championships;
New Zealand Marathon Championships;
New Zealand Mountain Running Championships;
New Zealand Road Championships;
New Zealand Road Relay Championships;
New Zealand Track & Field Championships;
New Zealand 10,000m Championships;
New Zealand 50km and 100km Championships;
New Zealand 24 Hour Championships;
New Zealand 3000m Championships; and,
New Zealand Trail Running Championships.

Member means an Individual Member of Athletics NZ as defined at clause 6.4(c) of the Membership and Database Regulation.

12.4 **Rules of Athletics NZ** (also referred to as the **Competition Rules of Athletics NZ**) means the rules of competition applicable to all Competitions Held by or Under the Auspices of Athletics NZ and any other Athletics competitions sanctioned by Athletics NZ, as set out in Appendix B.

APPENDIX A - CENTRE DISTRICTS

The Centre Districts, which may be updated from time to time, are as follows:

Centre	District Description
Athletics Northland	The boundaries of the Northland Region and that area of the Rodney District north of a line in an east-west direction drawn north of the localities of Warkworth and Mangakura
Athletics Auckland	The boundaries of the Auckland Region as defined for the Auckland Council.
Athletics Waikato-Bay of Plenty	The boundaries of the Waikato and Bay of Plenty Regions and the Ohura and Taumaranui wards of the Ruapehu District Council and excluding that part of the Franklin District Council in the Waikato Region.
Athletics Taranaki	The boundaries of the Taranaki Region
Athletics Hawkes Bay Gisborne	The boundaries of the Hawkes Bay and Gisborne Regions and the wards of Norsewood, Dannevirke and Akitio of the Tararua District Council.
Athletics Wellington	The boundaries of the Wellington Region.
Athletics Manawatu Wanganui	The boundaries of the Manawatu Wanganui Region excluding Norsewood, Dannevirke and Akitio wards of the Tararua District Council and the Ohura and Taumaranui wards of the Ruapehu District Council.
Athletics Tasman	The boundaries of the Nelson Marlborough Region and the West Coast Region excluding the Westland District Council and Grey District Council
Athletics Canterbury	The boundaries of the Canterbury Region, and the Westland District Council and Grey District Council of the West Coast Region, excluding the area of the Canterbury Region south of the Waitaki River
Athletics Otago	The boundaries of the Otago Region and the area of the Canterbury Region south of the Waitaki River, excluding the Wakatipu and Arrowtown wards of the Queenstown District Council and the West Otago ward of the Clutha District Council.
Athletics Southland	The boundaries of the Southland Region and the Wakatipu and Arrowtown wards of the Queenstown District Council and the West Otago ward of the Clutha District Council.

APPENDIX B – COMPETITION RULES OF ATHLETICS NZ

Table of Contents

REGULATION C1- GENERAL	15
C1.1 - THE ATHLETIC RULES OF ATHLETICS NZ	15
C1.2 - AGE GROUP DEFINITIONS	15
REGULATION C2- RECORDS (amended in June 2020)	17
C2.1 - EVENTS (TRACK and FIELD)	17
Archived (October 2019)	20
MEN & WOMEN 20 000 metre 25 000 metre	20
30 000 metre	20
C2.2 – EVENTS (INDOOR)	20
C2.3 - EVENTS (ROAD)	20
C2.4 - RECORDS BY MASTERS ATHLETES AND PARA-ATHLETES	21
C2.5 - CONDITIONS FOR RECORDS	21
C2.6 - RECOGNISED SUPPLEMENTARY PERFORMANCES	24
REGULATION C3 - NZ CHAMPIONSHIPS - GENERAL	25
C3.1 - CONDUCT OF CHAMPIONSHIPS	25
C3.2 - ELIGIBILITY	25
C3.3 - ENTRY	27
C3.4 - CONTROL OF CHAMPIONSHIPS	27
C3.5 - INCOME AND EXPENDITURE	28
C3.6 - COMBINING WITH OTHER AUTHORISED COMPETITIONS	29
C3.7 - PROGRAMME	29
C3.8 - TEAM MANAGERS	29
C3.9 - DISPUTE OR PROTEST	29
REGULATION C4 - TRACK AND FIELD CHAMPIONSHIPS	32
C4.1 - EVENTS	32
C4.2 - ENTRIES	34
C4.3 - CHAMPIONSHIP AWARDS	35
REGULATION C5 - COMBINED EVENTS CHAMPIONSHIPS	36
C5.1 - EVENTS	36
C5.2 - CHAMPIONSHIP MEDALS	36
REGULATION C6 - CROSS COUNTRY CHAMPIONSHIPS	37
C6.1 - EVENTS	37
C6.2 - CHAMPIONSHIP MEDALS	39
REGULATION C7 - TRAIL RUNNING CHAMPIONSHIPS	39
C7.1 - EVENTS	39
C7.2 - CHAMPIONSHIP MEDALS	39
REGULATION C8 - MOUNTAIN RUNNING CHAMPIONSHIPS	40
C8.1 - EVENTS	40
C8.2 - CHAMPIONSHIP MEDALS	40
REGULATION C9 - ROAD CHAMPIONSHIPS	Error! Bookmark not defined.
C9.1 - EVENTS	Error! Bookmark not defined.
C9.2 - CHAMPIONSHIP MEDALS	Error! Bookmark not defined.

REGULATION C10 - ROAD RELAY CHAMPIONSHIPS.....	41
C10.1 - EVENTS.....	41
C10.2 - CHAMPIONSHIP MEDALS	42
REGULATION C11 - HALF MARATHON CHAMPIONSHIPS.....	43
C11.1 - EVENTS.....	43
C11.2 - CHAMPIONSHIP MEDALS	43
REGULATION C12 - MARATHON CHAMPIONSHIPS	44
C12.1 - EVENTS.....	44
C12.2 - CHAMPIONSHIP MEDALS	44
REGULATION C13 - 100km and 50km CHAMPIONSHIPS	44
C13.1 - EVENTS.....	44
C13.2 - CHAMPIONSHIP MEDALS	45
REGULATION C14 - LONG DISTANCE ROAD RACE WALKING CHAMPIONSHIPS	46
C14.1 - EVENTS.....	46
C14.2 - CHAMPIONSHIP MEDALS	46
REGULATION C15 – 24-HOUR CHAMPIONSHIPS	47
C15.1 - EVENTS.....	47
C15.2 - CHAMPIONSHIP MEDALS	47
ATTACHMENT "A" - The Athletics NZ Supplementary Rules.....	52
ATTACHMENT "B" - MASTERS AGE GROUP DEFINITIONS	71

REGULATION C1- GENERAL

C1.1 - THE ATHLETIC RULES OF ATHLETICS NZ

(including the SUPPLEMENTARY RULES to the WORLD ATHLETICS COMPETITION and TECHNICAL RULES)

1. The Athletics NZ Supplementary Rules to the World Athletics Competition and Technical Rules shall be read in conjunction with the Athletic Rules of World Athletics and the combined rules shall constitute the Athletic "Rules of Athletics NZ".
2. All Authorised Competitions shall be held under the "Rules of Athletics NZ" and this shall be stated in all announcements, advertisements, programmes and printed matter.
3. Where World Athletics Rules state reference to or prior permission of the Federation is necessary, for competitions in NZ, this shall be read as reference to or prior permission of the Board of Directors of Athletics NZ.
4. The Athletics NZ Supplementary Rules to the World Athletics Competition and Technical Rules are set out in Attachment "A" of these Regulations.

Note: For ease of use, the Supplementary Rules have been given the same number as the related World Athletics Rule, but with the prefix "S".

C1.2 - AGE GROUP DEFINITIONS

Men Under 20 Grade (M-U20): Male athletes aged nineteen (19) years on the thirty-first (31st) day of December in the year of competition.

[Note: The M-U20 & M-U19 Grades as specified are the World Athletics Men Under 20 grade]

Men Under 19 Grade (M-U19): Male athletes aged eighteen (18) years on the thirty-first (31st) day of December in the year of competition.

Men Under 18 Grade (M-U18): Male athletes aged seventeen (17) years on the thirty-first (31st) day of December in the year of competition.

[Note: The M-U18 & M-U17 Grades as specified are the World Athletics Boys Under 18 grade]

Men Under 17 Grade (M-U17): Male athletes aged sixteen (16) years on the thirty-first (31st) day of December in the year of competition.

Men Under 16 Grade (M-U16): Male athletes aged fifteen (15) years on the thirty-first (31st) day of December in the year of competition.

Boys Under 15 Grade (B-U15): Male athletes aged fourteen (14) years on the thirty-first (31st) day of December in the year of competition.

Boys Under 14 Grade (B-U14): Male athletes aged thirteen (13) years on the thirty-first (31st) day of December in the year of competition.

Boys Under 13 Grade (B-U13): Male athletes aged twelve (12) years on the thirty-first (31st) day of December in the year of competition.

Women Under 20 Grade (W-U20): Female athletes aged nineteen (19) years on the thirty-first (31st) day of December in the year of competition.

[Note: The W-U20 & W-U19 Grades as specified are the World Athletics Women Under 20 grade]

Women Under 19 Grade (W-U19): Female athletes aged eighteen (18) years on the thirty-first (31st) day of December in the year of competition.

Women Under 18 Grade (W-U18): Female athletes aged seventeen (17) years on the thirty-first (31st) day of December in the year of competition.

[Note: The W-U18 & W-U17 Grades as specified are the World Athletics Girls Under 18 grade]

Women Under 17 Grade (W-U17): Female athletes aged sixteen (16) years on the thirty-first (31st) day of December in the year of competition.

Women Under 16 Grade (W-U16): Female athletes aged fifteen (15) years on the thirty-first (31st) day of December in the year of competition.

Girls Under 15 Grade (G-U15): Female athletes aged fourteen (14) years on the thirty-first (31st) day of December in the year of competition.

Girls Under 14 Grade (G-U14): Female athletes aged thirteen (13) years on the thirty-first (31st) day of December in the year of competition.

Girls Under 13 Grade (G-U13): Female athletes aged twelve (12) years on the thirty-first (31st) day of December in the year of competition.

Note: Masters Age Group Definitions are listed in Attachment "B" of this Document. (Inserted March 2004).

2. For a record to be recognised in an age grade the athlete shall be the correct age (or under) on the day on which the performance is achieved.

[Note: Age records are based on actual age on the day of the performance, not the "competition age group" (as defined in Regulation C1.2.1). In events for which competition specifications change an athlete may compete in a lower grade (in a non-Championship event) until their appropriate birthday if by doing so the athlete may then be eligible to achieve a record in the lower grade.]

REGULATION C2- RECORDS (amended in June 2020)

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)

Athletics NZ Competition Regulation – Appendix B – Competition Rules May 2023

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.

NOTE: The following events have been deleted (archived) from the Records list (March 2004)

<i>MEN</i>	<i>5000 metre Track Walk*</i>	
<i>WOMEN</i>	<i>2000 metre Steeplechase</i>	<i>4x1500 metre Relay</i>
<i>MEN UNDER 20 (M-U20)</i>	<i>2000 metre</i>	<i>2000 metre Steeplechase</i>
	<i>4x200 metre Relay</i>	<i>4x800 metre Relay</i>
	<i>4x1500 metre relay</i>	<i>5000 metre Walk*</i>
<i>WOMEN UNDER 20 (W-U20)</i>	<i>4x200 metre Relay</i>	
<i>MEN UNDER17 (M-U17)</i>	<i>1000 metre</i>	<i>1500 metre Steeplechase</i>
	<i>100 metre Hurdles (0.914m)</i>	<i>300 metre Hurdles</i>
	<i>Decathlon</i>	<i>5000m Track Walk*</i>
<i>WOMEN UNDER17 (W-U17)</i>	<i>400 metre Hurdles</i>	<i>5000m Track Walk*</i>
<i>*Reinstated (January 2015)</i>		

Archived (January 2015):

<i>MEN</i>	<i>Pentathlon</i>	<i>2 hour Walk</i>
<i>MEN UNDER 20 & UNDER 19</i>	<i>Pentathlon</i>	
<i>WOMEN UNDER 20 & UNDER 19</i>	<i>2000 metre Steeplechase</i>	
<i>MEN UNDER 18 & UNDER 17</i>	<i>Octathlon</i>	
<i>WOMEN UNDER 18 & Under 17</i>	<i>Shot Put (4.00 kg)</i>	<i>Javelin (600g)</i>
	<i>Hammer Throw (4.00kg)</i>	

Archived (October 2019)

MEN & WOMEN

20 000 metre
30 000 metre

25 000 metre

C2.2 – EVENTS (INDOOR)

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

MEN and WOMEN

60 metre	60 metre Hurdles
200 metre	Long Jump
400 metre	Triple Jump
800 metre	High Jump
1000 metre	Pole Vault
1500 metre	Shot Put
1 Mile	Heptathlon (Men only)
3000 metre	Pentathlon (Women only)
5000 metre	5000 metre walk (Men only)
	3000 metre walk (Women only)

C2.3 - EVENTS (ROAD)

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

MEN and WOMEN

5 kilometre	Half marathon
10 kilometre	Marathon
100 kilometre	20 kilometre walk
(Ekiden) Road Relay	50 kilometre walk (Men only)

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

8 kilometre	5 kilometre walk
10 kilometre walk	

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

5 kilometre	5 kilometre walk
10 kilometre walk	

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

6 kilometre	5 kilometre walk
10 kilometre walk	

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

5 kilometre	5 kilometre walk
10 kilometre walk	

Athletics NZ Competition Regulation – Appendix B – Competition Rules May 2023

(Note: Refer Rule SCR31.9 for the specifications for Road Event Records.)

ARCHIVED (JULY 2019):

MEN and WOMEN	15 kilometre	20 kilometre
	25 kilometre	30 kilometre
MEN UNDER 20 & UNDER 19	20 kilometre Walk	

C2.4 - RECORDS BY MASTERS ATHLETES AND PARA-ATHLETES

1. NZ Masters Athletics Inc. shall be responsible for listing the events, setting of the specifications and conditions, approving and keeping a record of the holders of all records of all Masters grades.

[A list of events and the specifications and conditions for the setting of Masters records may be found in the NZ Masters Athletics Inc. handbook for the current year]

2. The Para-Athletes Manager of Athletics New Zealand shall be responsible for listing the events, setting of the specifications and conditions, approving and keeping a record of the holders of all records of all Para-Athletes grades.

[The list of all Para-Athlete Records will be hosted on the Athletics New Zealand Rankings and Records website]

C2.5 - CONDITIONS FOR RECORDS

1. No claim for a record shall be considered by Athletics New Zealand unless the following conditions have been complied with:

- a) Except as provided in Regulation C2.5.3 hereafter the performance must have been accomplished in a competition:

- i. One of the categories of "International Competition" as defined In the World Athletics Competition and Technical Rules, or in a permit event ratified by Athletics NZ for selection and international ranking purposes.

- ii At a properly constituted athletic meeting, or in an event at a mixed gathering held under the "Athletics NZ Rules", in either case authorized by Athletics NZ in accordance with Competition Rule 4 and at which all Technical Officials in relevant areas of responsibility shall have at least the same grading levels as required for a NZ Track and Field Championship as set out in Regulation C3.4.7 and no one person may act in more than one Technical position, except a Referee may also act as the Technical Manager.

- b) No performance shall be recognised as a New Zealand record until it has been ratified by Athletics NZ in accordance with procedures approved by the Board of Directors.

- c) No application for a record for a performance achieved at a competition held under (a)(i) above, is required. The performance will be automatically ratified as a record by Athletics New Zealand based on the official results.
- d) Application for a record for a performance achieved at a competition held under (a)(ii) above, is required and such application together with the requisite certificates duly completed, shall be made on the official form and shall be filed with the Athletics NZ National Office within a period of thirty (30) days [two (2) calendar months for a performance outside NZ by a NZ athlete] from the date of the performance.

NOTES:

- a. *Application forms are available from <http://www.anzrankings.org.nz>*
 - b. *For age-group records the requirements of Regulation C1.2.2 must be met.*
 - c. *Refer also Rule CR31 – World Athletics Competition Rules (World Records) and Athletics NZ Supplementary Rule SCR31.*
2. a) A NZ Allcomers Record may be held by a competitor from overseas if the performance has been made in competition in NZ.
- b) A NZ National Record can only be held by a New Zealand citizen, who, at the time of the performance, is eligible to represent New Zealand under World Athletics eligibility rules.
- c) A NZ Resident Record can only be held by a NZ resident and the performance must have been made in competition in NZ, who, at the time of the performance, is eligible to represent New Zealand under World Athletics eligibility rules.

NOTE: A competitor from overseas is a person temporarily visiting or residing in NZ or who is not domiciled in NZ. "Resident" means an athlete who is an Active Member of Athletics NZ and who has resided continuously in NZ for at least 12 months.

3. If an athlete who is *an Active Member of Athletics NZ* equals or betters a NZ National Record while competing outside NZ in a competition other than those detailed in C2.5.1(a)(i), the performance shall be recognised as a NZ National Record provided it has been accomplished in a competition at a property constituted athletic meeting held under World Athletics Rules and meets the requirements for the establishment of such record. An application for the record must be made either on the official "Athletics NZ form" or on an equivalent Member Federation form and forwarded to the Athletics NZ National Office through the Member of World Athletics in the country where the performance was accomplished. The application is to be endorsed with a certificate from the Secretary or an equivalent official of that Member of World Athletics that the application is in order.
4. Only electronic timing shall be accepted for record applications for 100m, 200m, 400m, 800m, 100mH, 110mH, 300mH, 400mH, 4x100m Relay, 4 x 200m Relay, and 4 x 400m Relay. Hand timing shall be recognised for track events longer than 800m.
5. For a record on the Road (Regulation C2.3) to be recognised the performance shall have been achieved in:
- a) A World Athletics Platinum, or Gold, or Silver, or Bronze Label event or a World Athletics Race Walk Challenge event.

- b) An event in NZ officially authorized by Athletics NZ (Competition Regulation 4), or an event overseas which complies with World Athletics Rule CR31.1, in either case where all Technical Officials in relevant areas of responsibility shall have at least the same grading levels as required for a NZ Road Championship as set out in Regulation C3.4.7 and no one person may act in more than one Technical position, except a Referee may also act as the Technical Manager. The relevant conditions specified in Athletics NZ Supplementary Rule SCR31 must be satisfied.
- 6. No application for a record for a performance achieved at a competition held under 5 (a) above, is required. The performance will be automatically ratified as a record by Athletics New Zealand.
- 7. Application for a record for a performance achieved at a competition held under 5 (b) above, is required, as specified in Regulation in C2.5.1(d)

C2.6 - RECOGNISED SUPPLEMENTARY PERFORMANCES

1. A list of recognised performances shall be maintained to give recognition to historical performances which are better than the currently listed NZ records.
2. To be listed, a performance shall satisfy the following conditions:
 - a) The performance must be better than the corresponding current NZ record.
 - b) There is good reason to believe that had the performance been made under the present rules it would qualify for recognition as a NZ Record.
3. All records in age grades and events formerly recognised by Athletics NZ shall be retained and made available when required.

Note: The purpose of this Regulation is to acknowledge that anomalies have occurred as a result of changes to competition rules over many years. These changes include:

- (i) age group definitions*
- (ii) performances out of age groups*
- (iii) categories of records*

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 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 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.](https://athletics.org.nz/wp-content/uploads/2023/02/National-Championship-Dispensation-Request-Form.pdf)

<https://athletics.org.nz/wp-content/uploads/2023/02/National-Championship-Dispensation-Request-Form.pdf>

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 17 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 15, 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-16) 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.

<https://athletics.org.nz/wp-content/uploads/2023/02/National-Championship-Dispensation-Request-Form.pdf>
- 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 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.

C3.3 - ENTRY

1. The entry fee for a championship event shall be such amount as Athletics NZ National Office shall determine based on a budget submitted by the Organising Committee (*refer to policy on entry levy*).
2. Intending competitors for a championship (Individuals and Centre Teams) shall submit their entry, with the entry fee, in the form stipulated by the Organising Committee conducting the championship prior to the closing date for entries.
3. Competitors shall compete in the uniform stipulated by the Regulation for the individual Championships. Any exceptions to this (for example, squad uniforms) must have the approval of Athletics NZ National Office.

Notwithstanding Regulation C3.3, where a championship event is held in conjunction with a Club event a competitor may wear a uniform of their choice.

4. There shall be no limit to the number of competitors or relay teams representing a Centre or Club in any particular event unless otherwise specified.
5. No athlete shall receive a competition number unless an entry fee has been paid by or for the athlete.

C3.4 - CONTROL OF CHAMPIONSHIPS

1. The Athletics NZ National Office shall decide on the venue and dates for championships after receiving applications.
2. The championships shall be controlled by Athletics NZ who shall be represented by a Technical Delegate appointed by the National Officials **Advisory Group**. For championships involving a small number of events and/or competitors, the National Officials **Advisory Group** may recommend that a Referee be appointed to act as the Technical Delegate. It is recommended that such appointments be made at least nine (9) months prior to a Track and Field Championship and six (6) months for all other championship events.

*[Note: The Technical Delegate should normally be selected from the current panel of World Athletics International Technical Officials or be a TOECS Level II graded Official or be an experienced National Technical Official with the appropriate Level A qualification. For championships involving a small number of events and/or competitors the National Officials **Advisory Group** may choose to recommend the appointment of a Referee to act as the Technical Delegate.]*

3. The Technical Delegate should act in a manner as set in World Athletics Rule CR5 (Technical Delegates). The Technical Delegate should arrange for the correction of any irregularity to be done either through the manager of the meeting or the appropriate Referee. The Technical Delegate may use discretion, in the light of the evidence presented, to correct errors in entries.
4. Athletics NZ National Office may appoint an Organisational Delegate, normally an employee of Athletics NZ, who should act in a manner as set in World Athletics Rule CR4 (Organisational Delegates).

5. The Chairperson and other members of the Jury of Appeal shall be appointed by the National Officials Advisory Group at least two (2) months prior to the holding of the championships, normally from a list nominated by the Organising Committee conducting the championships.
6. For the Track and Field Championships the National Officials Advisory Group may appoint one or more Assistant Technical Delegates to assist the Technical Delegate in the running of the event.
7. All positions of responsibility shall be appointed by the National Officials Advisory Group, normally from a list nominated by the Organising Committee conducting the championships. These positions shall comply with the following restrictions:

The following positions (as required) shall be Level A or higher in the appropriate category;

- (a) Competition Director/Meeting Manager (All Events)
 Technical Manager (All Events)
 Referees (All Events), including the Call Room Referee (Track & Field)
 Start Area Coordinator (Track)
 Starters (Track Events using blocks)
 - (b) For all walking events at least two (2) walking judges shall be graded Level A or higher as a Race Walking Judge of which one shall be the Chief Walking Judge.
 - (c) The following positions (as required) shall be Level B or higher in the appropriate category
 Starters (Track Events 800m+ and Non Stadium Events)
 Chief Photo-finish Judge (All Events using Photo-finish)
 Chief Transponder Timing Judge (All Events using Transponder-timing)
 Chief Judge (All Events, including Field Events)
 Chief Manual Timekeeper (All Events)
 Recalls (Track Events)
 Chief Starters Assistant (All Events)
 Chief Call Room Judge (Track and Field)
8. All other officials shall be appointed by an Officials Appointment Committee comprising the following delegates:
 - National Officials Advisory Group member (Convenor)
 - Championship Technical Delegate
 - Local Organising Committee – Officials Manager
 - Athletics NZ Representative
 9. A list of the names of all officials nominated by the Officials Appointment Committee, including nominations for the Jury of Appeal, shall be submitted to the National Officials Advisory Group at least three (3) months for the Track and Field Championships and two (2) months for all other championships prior to the holding of the championships.

C3.5 - INCOME AND EXPENDITURE

1. A budget of income and expenditure shall be submitted by the Organising Committee conducting the championship to the Athletics NZ National Office three (3) months prior to the

holding of such championships. The Athletics NZ National Office shall determine the financial arrangements.

NOTE: Policy details shall be outlined in the Notes For Guidance for the championships.

2. A certified statement of accounts shall be forwarded to the Athletics NZ National Office within three (3) months following the championships.

C3.6 - COMBINING WITH OTHER AUTHORISED COMPETITIONS

The championship events described in Regulations C7, C8, C10, C11, C12, C13, C14 and C15 may be held in conjunction with other authorised athletics events. Only Active Members of Athletics NZ, however, are eligible for a placing in the championship.

C3.7 - PROGRAMME

1. The order of championship events and the starting time of each event or session shall be decided or approved by the Athletics NZ National Office.
2. No other events shall be added to the championship programme without the prior written consent of the Athletics NZ National Office.
3. The Technical Delegate, in consultation with the Manager of the meeting, shall have the power to vary the order of events and the starting time of any event if number of entries, weather or other conditions warrant such action.

C3.8 - TEAM MANAGERS

All teams participating in a championship event should have a Manager meeting the requirements of Regulation 4.9.

C3.9 - DISPUTE OR PROTEST

Any dispute or protest arising out of the conduct of the Championship as laid down in the Regulations or the Rules of Athletics NZ shall follow the process as set out in the Judicial Regulation.

NOTE: Disputes concerning the Technical Rules will be dealt with under procedures set out in the World Athletics Rules.

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.
3. The Athletics NZ National Office shall obtain all medals for the Championship and forward them to the Organising Committee conducting the championships before the championships are held.
4. The cost of the championship medals shall be a charge against the championship meeting.
5. A visiting competitor as set out in Regulation C3.2.1(b) who would normally gain a place may, at the discretion of the Athletics NZ National Office, receive a medal (known as a visitor's medal) or other suitable memento.

C3.11 - TROPHIES OTHER THAN MEDALS

1. The championship trophies hereinafter mentioned shall never be won outright by any team or any individual but shall always remain the property of Athletics NZ and remain in the care of the Athletics NZ National Office unless otherwise specified in these Regulations.
2. The following trophies from the Track and Field Championships (Regulation C4) shall be engraved with the names of the respective winners of the listed championship event:

Yvette Williams Trophy	Women's Long Jump
Victor Hugo Memorial Trophy	Women's 4x100 m Relay
Macassey Cup	Men's 400 metre
Hooper Cup	Men's 800 metre
Lovelock Cup	Men's 1500 metre
Keddell Memorial Shield	Men's 110 metre hurdles

The Keddell Memorial Shield is permanently in the custody of the Waitaki Boys High School. The winner's name shall be engraved on the Shield each year.

[formerly Regulation C4.3.2]

3. The following trophies for teams from the Track and Field Championships (Regulation C4) shall be engraved with the names of the respective winners of the listed championship competition:

Queensland Jubilee Shield	The Centre scoring the most points overall in all grades i.e. the Men, Women, Men Under 20 (M-U20), Women Under 20 (W-U20), Men Under 18 (M-U18) and the Women Under 18 (W-U18).
N.Z. Championship Shield: Championship.	The Centre scoring most points in the Men's Championship.
Lumley Sisters Memorial Shield:	The Centre scoring most points in the Women's Championship.
H.L. Tower Shield	The Centre scoring most points in the Men Under 20 (M-U20) Championship.
USSR Trophy (1)	The Centre scoring most points in the Women Under 18 (W-U18) Championship.
USSR Trophy (2)	The Centre scoring most points in the Men Under 18 (M-U18) Championship
<i>"Refer Note below"</i>	The Centre scoring most points in the Women Under 20 (W-U20) Championship.
Jewellers' Baton	The Centre scoring the most points at the Championships in the Men, Women, Men Under 20 (M-U20), Women Under 20 (W-U20), Men Under 18 (M-U18) and the Women Under 18 (W-U18) relay events – both 4x100 & 4x400.

Note: At present there is no Trophy for the Women Under 20 Championship.

4. The following trophies from the Cross Country Championships (Regulation C6) shall be engraved with the names of the respective winners of the listed championship event:

A Championship Shield	Centre Men's Team Race.
A Championship Shield	Centre Men Under 20's (M-U20) Team Race.
The Seville Trophy	Centre Women's Team Race.
A Championship Trophy	Centre Women Under 20's (W-U20) Team Race.

5. The following trophy from the Road Running Championship (Regulation C9) shall be engraved with the names of the respective winners of the listed championship event:

Canadian National Exhibition Trophy Centre Men's Team Race.
[formerly Regulation C9.2.1]

The following trophy from the Marathon Championship (Regulation C9) shall be engraved with the names of the respective winners of the listed championship event:

Canadian National Exhibition Trophy: Individual Men's Championship.

The trophies shall be fully insured in the name of Athletics NZ.

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

MEN UNDER 20 (M-U20)

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
5000 metre
10000 metre
3000m Steeplechase
400 metre Hurdles
110 metre Hurdles
3000 metre Track Walk

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
200 metre
400 metre
800 metre
1500 metre
3000 metre
2000m Steeplechase
110 metre Hurdles
300 metre Hurdles
3000 metre Track Walk
5000 metre Track Walk

Long Jump
Triple Jump
High Jump
Pole Vault
Shot Put
Javelin
Discus
Hammer
4x100 metre Relay
4x400 metre Relay

WOMEN UNDER 18 (W-U18)

100 metre
200 metre
400 metre
800 metre
1500 metre
3000 metre
2000m Steeplechase
3000 metre Track Walk
5000 metre Track Walk
100 metre Hurdles
300 metre Hurdles

Long Jump
Triple Jump
High Jump
Pole Vault
Javelin
Shot Put
Discus
Hammer
4x100 metre Relay
4x400 metre Relay

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
3000 metre Track Walk	4x400 metre Relay

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
3000 metre Track Walk	4x400 metre Relay

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

2. The Championships shall be conducted at a ground where the track and jumping runways are on all-weather surfaces, the throwing circles are of concrete or similar material and all are approved from time to time by the Athletics NZ National Office.
3. The 1 mile and 3000 metre events for Men, Women, Men Under 20 (M-U20) and Women Under 20 (W-U20) shall be held at a time different from the main Track and Field Championships.
 - (a) Athletics NZ National Office on the approval of the Board of Directors may hold any individual Championship event at a time and venue different from the main Track and Field Championships.
 - (b) Athletics NZ National Office on the approval of the Board of Directors may hold one or more Championship grades at a time and venue different from the other grades of the Track and Field Championships.

C4.2 - ENTRIES

1. In all finals of track events and final rounds of field events at least four (4) places shall be reserved for NZ athletes as defined in Regulation C3.2.1(a).
2. 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.

Note: Clubs may enter teams in any relay event, but a competitor having declined selection in their Centre relay team shall not be eligible to compete for their club or any other team.

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

C4.3 - CHAMPIONSHIP AWARDS

1. The first three (3) placed individuals in each event shall each receive a medal of approved design as set out in Regulation C3.10.
2. (a) The Centre Teams scoring the most points in the Men, Women, Men Under 20 (M-U20), Junior Women (W-U20), Men Under 18 (M-U18) and the Women Under 18 (W-U18), All Grades and Relays shall win the Team trophies as set out in Regulation C3.11.3.

(b) All events in the respective grades held at the Track & Field Championships and the Combined Events Championships as set out in Regulations C4 and C5 shall be included in the scoring of the Team Trophies.
Note: This shall include any event so listed but not held at the Championship meeting.

(c) The scoring members for all Team Trophies shall be the first eight place getters (i.e. the 8 finalists) using 10, 8, 6, 5, 4, 3, 2, 1 points for the places. In the event of a tie or dead-heat the aggregate points for the places concerned shall be divided equally among the competitors tying. When the number of competitors is less than eight only those competitors finishing shall count but the scoring shall remain 10, 8, 6 etc.

(d) If the points gained by two or more Centre Teams are equal, the Centre whose athletes win the greatest number of Championship events shall be declared the winner providing that should there still be a tie then the trophy shall be held jointly by the Centres concerned.
3. (a) Awards for an outstanding athlete in each of the competition grades Men, Women, Men Under 20 (M-U20), Women Under 20 (W-U20), Men Under 18 (M-U18) and the Women Under 18 (W-U18) may be presented at the conclusion of the individual events of the NZ Track & Field Championships.

(b) The Track & Field Selectors shall make the selections.

REGULATION C5 - COMBINED EVENTS CHAMPIONSHIPS

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

C5.1 - EVENTS

1. 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 U20 (M-U20)	Decathlon
Men U18 (M-U18)	Decathlon
Women Under20 (W-U20)	Heptathlon
Women U18 (W-U18)	Heptathlon
Men Under 16 (M-U16)	Octathlon
Women Under 16 (W-U16)	Pentathlon

2. The championships shall be held over (2) two days or such other period as Athletics NZ National Office may from time to time determine.
3. 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.
4. Competitors shall compete in their Centre uniform, unless competing as an individual then they shall compete in their club uniform.

C5.2 - CHAMPIONSHIP MEDALS

1. The first three (3) placed individuals in each event shall each receive a Championship medal of approved design as set out in Regulation C3.10.

REGULATION C6 - CROSS COUNTRY CHAMPIONSHIPS

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

C6.1 - EVENTS

1. Annual Cross Country individual races for Men, Women, Men Under 20 (M-U20), Women U20 (W-U20), Men Under 18 (M-U18) and the Women Under 18 (W-U18), Boys Under 16 (B-U16), Girls Under 16 (G-U16), Boys Under 14 (B-U14), Girls Under 14 (G-U14), Masters Men (5-year age groups), and Masters Women (5-year age groups) shall be held under the auspices of Athletics NZ when the championship events shall be contested over the following distances:-

Men	10 km
Women	10 km
Masters Men (M35-64)	8 km
Masters Men (M65+)	6 km
Masters Women (W35+)	6 km
Men Under 20 (M-U20)	8 km
Men Under 18 (M-U18)	6 km
Boys Under 16 (B-U16)	4 km
Boys Under 14 (B-U14)	3 km
Women Under 20 (W-U20)	6 km
Women Under 18 (W-U18)	5 km
Girls Under 16 (G-U16)	4 km
Girls Under 14 (G-U14)	3 km

2. The distance of the race shall in each case be subject to tolerance of plus or minus 3% providing that the actual distance shall be notified as requested by Regulation C3.1.2 above.
3. The course shall be over true cross country and in general terms comply with Athletics NZ Competition Rule STR56.
4. Annual Cross Country Team races shall be contested by duly selected Centre Teams for Men, Women, Men Under 20 (M-U20), Women Under 20 (W-U20), Men Under 18 (M-U18), Women Under 18 (W-U18), **Boys Under 16 (M-U16)**, **Girls Under 16 (W-U16)**, Masters Men (M35+), Masters Men (M50+), Masters Men (65+), Masters Women (W35+) and Masters Women (W50+) and Masters Women (65+).

Notes:

- a. *The members of Centre Teams shall be selected by the Centre so concerned, who shall submit their names to the Championship Organising Committee prior to the closing date for the receipt of entries. An individual athlete can compete for only one team.*
- b. *An individual competitor not selected for their Centre Team may however enter the championships as an individual in accordance with the provisions of Regulation C3.3.2. Such a competitor may be transferred as a substitute to a Centre team up to one hour before the start of the race in which the individual is entered.*
- c. *The Team races shall be contested only between competitors from the duly selected Centre Teams whose names have been declared prior to the event. The original Team in any grade may be amended up to one hour before the start of the race by the substitution of individuals as outlined in Note b or by transfer of an eligible Centre Team athlete from another grade.*

- d. *There shall be no Team races for the Boys Under 16, Boys Under 14, Girls Under 16, and Girls Under 14, or Masters Men (M65+). Competitors eligible for the Masters Men (M65+) grade may be selected for a Masters Men (M50+) team but will then be included in the Masters Men (M60-64) grade for individuals and run 8km.*
- e. *All competitors in the Boys Under 16, Boys Under 14, Girls Under 16 and Girls Under 14 races shall be aged 12 years or over at the 31st December in the year of competition.*
5. The Centre races referred to in Regulation C6.1.4 shall be contested by teams of a maximum of eight (8) members in all grades of the competition.
6. The counting members for Centre Team events shall be the first four (4) members of each team in the Men, Women, Masters Men (M35+), Masters Men (M50+), Masters Women (35+), Masters Women (50+), U20 Men (M-U20), U20 Women (W-U20), U18 Men (M-U18), U18 Women (W-U18), **U16 Boys (M-U16) and the U16 Girls (W-U16)** events, and the first three (3) members of each team in the Masters Men (M 65+) and Masters Women (W65+). The team with the lowest number of points (taking the placing of each competitor as the number of points, after having listed and place numbered only the competitors who had been selected to represent their Centre) shall win the Team race in the respective event.
(Note: Competitors competing as individuals or who are visitors shall be omitted when listing the places for calculating the results of the Team races.)
7. In the event of a tie in a Team event, the result shall be resolved in favour of the team whose last scoring member finishes nearer the first place.
8. Members of Centre Teams submitted in accordance with Regulation C6.1.5 shall compete in their Centre uniform. All other competitors, including all competitors in the Boys Under 16, Boys Under 14, Girls Under 16 and Girls Under 14, shall compete in their Club uniform.
9. (a) **Annual Inter-Club Mixed Cross Country Relay Championships shall be held under the auspices of Athletics NZ when the championship events shall be contested for:**
- Senior Men and Women;
 - Masters Men and Women (35+, 50+ and 65+ age groups);
 - Under 20 Men and Women;
 - Under 18 Men and Women;
 - Under 16 Men and Women;
 - Grades for Para athletes, as appropriate.
- (b) **Each event will be held over a distance of 8km (consisting of 4 laps of 2km), each team comprising two male and two female athletes from the same Club, running in the order male/female/male/female. A club may enter more than one team in each grade.**
- (c) **There may be non-Championship events in each grade for teams whose members do not meet the requirements of Athletics NZ Regulation C3.2.1(a) or consist of members of more than one Club.**
- (d) **Competitors should compete in their Club uniform. (Refer Regulation C3.3)**

C6.2 - CHAMPIONSHIP MEDALS

1. The first three (3) placed individuals in each event shall each receive a Championship medal as set out in Regulation C3.10.
2. The counting members of the first three (3) placed teams in each Team race shall each receive a Championship medal of approved design as set out in Regulation C3.10.

REGULATION C7 - TRAIL RUNNING CHAMPIONSHIPS

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

C7.1 - EVENTS

1. Annual 50 km (approximate distance) and 80 km (approximate distance) Trail Running Championships for individuals shall be held under the auspices of Athletics NZ. The short distance (40 – 55 km) championship events shall be contested for:

Men

Women

Masters Men (5-year age groups)

Masters Women (5-year age groups)

The long distance (70 – 85 km) championship event shall be contested for:

Men

Women

2. The type and length of the course and the venue shall be decided from year to year by the Athletics NZ National Office.
3. Competitors should compete in their Club uniform.
Refer Regulation C3.3.3
4. Competitors must designate before the start the distance in which they are competing.

C7.2 - CHAMPIONSHIP MEDALS

1. The first three (3) placed individuals in each event shall each receive a Championship medal of approved design as set out in Regulation C3.10.

NOTE: For combining with an Authorised Competition refer Regulation C3.6

REGULATION C8 - MOUNTAIN RUNNING CHAMPIONSHIPS

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

C8.1 - EVENTS

1. Annual Mountain Running Individual Championships for Men, Women, Men Under 20 (M-U20) and Women Under 20 (W-U20), Masters Men (5-year age groups), Masters Women (5-year age groups) shall be held under the auspices of Athletics NZ.
2. (a) In each year the type of course to be run (whether Mostly Uphill or Start and Finish at the Same Level) should be the same as for the World Athletics Mountain Running Championship for that year.

(b) The recommended approximate distances and total amount of ascent are as follows:

	Mainly Uphill		Start/Finish at Same Level	
	Distance	Ascent	Distance	Ascent
Senior Men Masters Men (M35+) Senior Women	12 km	1200m	12 km	750m
Masters Women (W35+) Masters Men (M50+) Men Under 20 (M-U20)	8 km	800m	8 km	500m
Women Under 20 (W-U20) Masters Women (W50+)	4 km	400m	4 km	250m

- (c) Notwithstanding Regulation C8.1.2(b) the event for Masters Men (M35+) may be held with the Masters Men (50+) and/or the Masters Women with the Women Under 20 (W-U20).
3. The conditions as set out in Supplementary Rule STR57 shall apply.
4. Competitors should compete in their Club uniform. (*Refer Regulation C3.3.3*)

C8.2 - CHAMPIONSHIP MEDALS

1. The first three (3) placed individuals in each event shall each receive a Championship medal of approved design as set out in Regulation C3.10.

NOTE: For combining with an Authorised Competition refer to Regulation C3.6.

REGULATION C9 - ROAD RELAY CHAMPIONSHIPS

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

C9.1 - EVENTS

1. Annual Road Relay Championships for Clubs shall be held under the auspices of Athletics NZ for the following grades:

Men
Women
Masters Men (M35+)
Masters Women (W35+)
Masters Men (M50+)
Masters Women (W50+)
Open Masters (over 60)
Open Master (over 70)
Men Under 20 (M-U20)
Women Under 20 (W-U20)
Boys Under 16 (M-U16)
Girls Under 16 (W-U16)

These championships shall be held on the same day and in the same area.

Note:

- *The Open Masters (over 70) event will be run on a trial basis for three years from 2021 and will not count for Overall Club Championship points during that period.*
 - *The Boys Under 16 (M-U16) and Girls Under 16 (W-U16) events will be run on a trial basis for three years from 2024 and will not count for Overall Club Championship points during that period.*
2. An Annual Overall Competition for Clubs shall be determined from the eight (8) championship grades in the annual Road Relay championships. The three highest scoring teams of a Club in three different championship grades shall be used in determining the overall winner. The scoring system as set out in the Table in Rule STR55.11.3 of Appendix "A" of these Regulations shall be used. (Refer: Rule STR55 of Appendix "A" of these Regulations (Supplementary Rules) for the Competition details).
 3. The Race Rules as set out in Regulation C1.1.4 Attachment A: Rule STR55 – Race Rules for the NZ Road Relay Championships shall apply, along with the normal race rules applicable to the designated Relay Race providing they do not conflict with the race rules in Rule STR55.
 4. Competitors in Masters team events shall, on the day of the event, be not less than the minimum age specified in each age grade.
 5. For a team to be eligible for a Road Relay championship the Club shall be affiliated to Athletics NZ and
 - (a) All the members of that team (apart from any Foreign Athlete covered by the provisions of Regulation C10.1.5(c) below) must meet the eligibility requirements of Athletics NZ Regulation C3.2.1(a) and before the day of the race shall be an Active Member of the Club. Any athlete needing to transfer registration from another club in order to meet this

requirement must have completed by the first day of (1st) August in the year of the event all the transfer requirements set out in Athletics NZ Membership and Database Regulation 7.9 and any requirements set out in the Rules and Regulations of the Centre concerned.

- (b) An athlete who is eligible as set out in Athletics NZ Regulation C3.2.1(a), but resides outside NZ is eligible to compete providing the athlete is an Active Member of the Club which they are to represent within 7 days of the event.

[Note: Such an athlete may arrive in NZ up to the time of competition]

- (c) A team may include one member who is a Visitor Athlete as set out in Athletics NZ Regulation 7.2(c), provided that by first day of (1st) August in the year of the event that athlete is resident in NZ and is an Active Member of Athletics NZ in accordance with Athletics NZ Membership and Database Regulation 6.4, in the name of the Club which they are to represent

- 6. There shall be a non-Championship event (called “Composite Grade”) for teams whose members do not meet the requirements of Athletics NZ Regulation C10.1.5. Such teams may consist of members of more than one club.

- 7. Competitors shall compete in their Club uniform.

C9.2 - CHAMPIONSHIP MEDALS

- 1. Members of the first three (3) placed teams in the Championship Grades will each receive a Championship medal as set out in Regulation C3.10.

NOTE: For combining with an Authorised Competition refer Regulation C3.6.

REGULATION C10 - HALF MARATHON CHAMPIONSHIPS

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

C10.1 - EVENTS

1. Annual Half Marathon Championships for individuals shall be held under the auspices of Athletics NZ when the championship events shall be contested for:

Men
Women
Masters Men (5-year age groups)
Masters Women (5-year age groups)
2. Annual Half Marathon Team races shall be contested for Club Teams for Men* and for Women*. [** In this clause "Men" means all male competitors and "Women" means all female competitors.*]
3. There shall be no limit on the number of competitors representing any Club but only the first four (4) male, or first three (3) female competitors from each Club, shall count for points in each Team event.
4. Scoring shall be by the lowest aggregate of the times recorded by the scoring members and any tie shall be decided in favour of the team which has the last scoring member with the faster time.
5. Competitors should compete in their Club uniform.
Refer Regulation C3.3.3

C10.2 - CHAMPIONSHIP MEDALS

1. The first three (3) placed individuals in each event shall each receive a Championship medal of approved design as set out in Regulation C3.10.
2. The counting members of the first three (3) placed teams in each Club Team race shall each receive a Championship medal of approved design as set out in Regulation C3.10.

NOTE: For combining with an Authorised Competition refer Regulation C3.6

REGULATION C11 - MARATHON CHAMPIONSHIPS

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

C11.1 - EVENTS

1. Annual Marathon Championships for individuals shall be held under the auspices of the Athletics NZ when the championship events shall be contested for:
 - Men
 - Women
 - Masters Men (5-year age groups)
 - Masters Women (5-year age groups)
2. Annual Marathon Team races shall be contested for Club Teams for Men* and for Women*. [**In this clause "Men" means all male competitors and "Women" means all female competitors.*]
3. There shall be no limit on the number of competitors representing any Club but only the first four (4) male or first three (3) female competitors from each Club shall count for points in each Team event.
4. Scoring shall be by the lowest aggregate of the times recorded by the scoring members and any tie shall be decided in favour of the team which has the last scoring member with the faster time.
5. Competitors should compete in their Club uniform. (*Refer Regulation C3.3.3*)

C11.2 - CHAMPIONSHIP MEDALS

1. The first three (3) placed individuals in each event shall each receive a Championship medal of approved design as set out in Regulation C3.10.
2. The counting members of the first three (3) placed teams in each Club Team race shall each receive a Championship medal of approved design as set out in Regulation C3.10.

NOTE: For combining with an Authorised Competition refer Regulation C3.6

REGULATION C12 - 100km and 50km CHAMPIONSHIPS

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

C12.1 - EVENTS

1. Annual 100km and 50km Championships shall be held under the auspices of Athletics NZ when the championship events shall be contested for:
 - Men
 - Women
2. Competitors should compete in their Club uniform. (*Refer Regulation C3.3.*)
3. Competitors must designate before the start the distance in which they are competing.

C12.2 - CHAMPIONSHIP MEDALS

The first three (3) placed individuals in each event shall each receive a Championship medal of approved design as set out in Regulation C3.10.

NOTE: For combining with *an Authorised Competition* refer Regulation C3.6

REGULATION C13 - LONG DISTANCE ROAD RACE WALKING CHAMPIONSHIPS

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

C13.1 - EVENTS

1. Annual Long Distance Road Race Walking 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 championship events shall be contested over the following distances: -

Open (Male & Female)	50km
Women	20km
Masters Men (M35+)	50km
Masters Men (M50+)	50km
Masters Women (W35+)	20km
Masters Women (W50+)	20km
Men Under 20 (M-U20)	20km
Men Under 18 (M-U18)	10km
Women Under 20 (W-U20)	10km
Women Under 18 (W-U18)	10km

Competitors should compete in their Club uniform. (Refer Regulation C3.3.3)

C13.2 - CHAMPIONSHIP MEDALS

1. The first three (3) placed individuals in each event shall each receive a Championship medal of approved design as set out in Regulation C3.10.

NOTE: For combining with an Authorised Competition refer Regulation C3.6

REGULATION C14 – 24-HOUR CHAMPIONSHIPS

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

C14.1 - EVENTS

1. Annual 24-Hour Championships shall be held under the auspices of Athletics NZ when the championship events shall be contested for:
 - a. Men
 - b. Women
2. Competitors should compete in their Club uniform. - Refer Regulation C3.3.3

C14.2 - CHAMPIONSHIP MEDALS

1. The first three (3) placed individuals in each event shall each receive a Championship medal of approved design as set out in Regulation C3.10.

NOTE: For combining with an Authorised Competition refer Regulation C3.6

REGULATION C15 – ONE MILE ROAD RUNNING CHAMPIONSHIPS

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

C15.1 - EVENTS

1. Annual Individual One Mile Road Championship shall be held under the auspices of Athletics NZ when the championship events shall be contested for:
 - Senior Men and Women;
 - Masters Men and Women (5-year age groups);
 - Under 20 Men and Women
2. Para athlete sections may be available in each age group, as appropriate.
3. Competitors should compete in their Club uniform. (Refer Regulation C3.3.).

C15.2 – CHAMPIONSHIP MEDALS

3. The first three (3) placed individuals in each event shall each receive a Championship medal of approved design as set out in Regulation C3.10.

NOTE: For combining with an Authorised Competition refer Regulation C3.6

REGULATION C16 – 5k ROAD RUNNING CHAMPIONSHIPS

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

C16.1 - EVENTS

1. Annual Individual 5k Road Running Championships shall be held under the auspices of Athletics NZ, and in alignment with relevant World Athletics regulations, when the championship events shall be contested for:
 - Senior Men and Women.
 - Master's Men and Women (5-year age groups)
 - Under 20 Men and Women.
 - Under 18 Men and Women.
 - Under 16 Men and Women.
 - Grades for Para athletes, as appropriate
2. In association with the championship, an annual Centre 5k Road Running Team Race Championships shall be held under the auspices of Athletics NZ when the championship events shall be contested for:
 - Senior Men and Women;
 - Masters Men and Women (35+, 50+ and 65+ age groups)
 - Under 20 Men and Women;
 - Under 18 Men and Women;
 - Under 16 Men and Women;
3. The counting members for the Centre Team events shall be the first four (4) members of each team. The team with the lowest number of points (taking the grade placing of each competitor as the number of points) shall win the Teams race in the respective event.
4. In association with the championship, an annual Inter-Club 5k Road Running Team Race Championships shall be held under the auspices of Athletics NZ when the championship events shall be contested for:
 - Senior Men and Women;
 - Masters Men and Women (35+, 50+ and 65+ age groups)
 - Under 20 Men and Women;
 - Under 18 Men and Women;
 - Under 16 Men and Women;
5. The counting members for the Inter-Club Team events shall be the first three (3) members of each team. The team with the lowest number of points (taking the grade placing of each competitor as the number of points) shall win the Teams race in the respective event.

6. Notes:

- a) The first four members from a Centre to finish will constitute the Centre Team and the first three members from a Club will constitute the Club Team. An individual athlete can compete for only one Centre team and one Club team.
- b) The Team races shall be contested only between competitors from Centre or Club Teams whose names have been declared prior to the event. The original Team in any grade may be amended up to one hour before the start of the race by the transfer of an eligible Centre or Club Team athlete from another grade.
- c) There is no limit on team size, although a minimum of four for Centre teams and three for Club teams is required for a team.

7. Competitors should compete in their Club uniform. (Refer Regulation C3.3).

8. An additional 3k event may be held for non-championship participants, including Under 14 Men and Women.

REGULATION C17– 10k ROAD CHAMPIONSHIPS

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

C17.1 - EVENTS

1. Annual Individual 10k Road Running Championship shall be held under the auspices of Athletics NZ when the championship events shall be contested for:
 - Senior Men and Women
 - Master's Men and Women (5-year age groups)
 - Under 20 Men and Women
 - Grades for Senior Para athletes, as appropriate.

2. Annual Individual Road Walk Championship shall be held under the auspices of Athletics NZ when the championship events shall be contested for the following distances:
 - Senior Men and Women 10 km
 - Under 20 Men and Women 10 km
 - Master's Men and Women (5-year age groups) 10 km
 - Under 18 Men and Women 5 km
 - Under 16 Men and Women 5 km

3. In association with the championships, an annual Centre 10k Road Running Team Race Championships shall be held under the auspices of Athletics NZ when the championship events shall be contested for:
 - Senior Men and Women
 - Masters Men and Women (35+, 50+ and 65+ age groups)
 - Under 20 Men and Women

4. The counting members for the Centre Team events shall be the first four (4) members of each team. The team with the lowest number of points (taking the grade placing of each competitor as the number of points) shall win the Teams s race in the respective event.

5. In association with the championships, an annual Inter-Club 10k Road Running Team Race Championships shall be held under the auspices of Athletics NZ when the championship events shall be contested for:
 - Senior Men and Women;
 - Masters Men and Women (35+, 50+ and 65+ age groups)
 - Under 20 Men and Women

6. The counting members for the Inter-Club Team events shall be the first three (3) members of each team. The team with the lowest number of points (taking the grade placing of each competitor as the number of points) shall win the Teams s race in the respective event.

7. In association with the championships, an annual Centre Road Walking Team Race Championships shall be held under the auspices of Athletics NZ when the championship events shall be contested for:
 - Senior Men and Women;
 - Masters Men and Women (35+, 50+ and 65+ age groups);
 - Under 20 Men and Women;
 - Under 18 Men and Women

8. In association with the championships, an annual Inter-Club Road Walking Team Race Championships shall be held under the auspices of Athletics NZ when the championship events shall be contested for:
 - Senior Men and Women;
 - Masters Men and Women (35+, 50+ and 65+ age groups);
 - Under 20 Men and Women;
 - Under 18 Men and Women

9. The counting members for both the Centre and Inter-Club Team events shall be the first three (3) members of each team. The team with the lowest number of points (taking the grade placing of each competitor as the number of points) shall win the Team_s race in the respective event.

Notes:

- For the 10k Road Running events the first four members from a Centre to finish will constitute the Centre Team and the first three members from a Club will constitute the Club Team. An individual athlete can compete for only one Centre team and one Club team.
 - For the Road Walking events the first three members from a Centre to finish will constitute the Centre Team and the first three members from a Club will constitute the Club Team. An individual athlete can compete for only one Centre team and one Club team.
 - The Team races shall be contested only between competitors from Centre or Club Teams whose names have been declared prior to the event. The original Team in any grade may be amended up to one hour before the start of the race by the transfer of an eligible Centre or Club Team athlete from another grade.
 - There is no limit on team size, although a minimum of four for Centre teams and three for Club teams is required for a team.
10. Competitors should compete in their Club uniform. (Refer Regulation C3.3.).

ATTACHMENT "A" - The Athletics NZ Supplementary Rules.

(effective from 1 July 2020)

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".

Index

Rule STR3 - Age Groups	53
Rule STR4 - Entries	53
Rule STR5 - Clothing, Shoes and Numbers	53
Rule STR8 - Protests	54
Rule STR9 - Mixed Competition	55
Rule STR14 - Track Measurements (Inserted October 2007).....	55
Rule STR20 - Qualification from Preliminary Heats	55
Rule STR22 - Hurdle Races	55
Rule STR23 – Steeplechase	57
Rule STR24 - Relay Races	57
Rule STR31 - Triple Jump	57
Rule STR33 - Shot.....	57
Rule STR34 - Discus	57
Rule STR35 - Discus Cage (Removed 1 October 2021)	57
Rule STR36 - Hammer.....	57
Rule STR37 - Hammer Cage (Removed 1 October 2021).....	58
Rule STR38 - Javelin	58
Rule STR39 - Combined Events Competitions	58
Rules STR54, STR55, STR56 and STR57 - Non Stadium Events.....	58
Rule STR54 - Race Walks	60
Rule STR55 - Race Rules for The New Zealand Road Relay Championships	60
Rule STR56 - Cross Country Races	65
RULE STR57 MOUNTAIN RUNNING	67
Rule SCR31 - Records.....	67
Rulings.....	69
APPENDIX ONE - HURDLES	70

Rule STR3 - Age Groups

See Regulation C1.2 of the Athletics New Zealand Competition Regulations for general information.

Rule STR4 - Entries

1. Entries shall be made and all events contested in the real name of the competitor, and entries shall be forwarded to the Secretary of the meeting or some other official specially appointed to receive them at least fourteen (14) days before the advertised date of the meeting. The Board of Directors of Athletics New Zealand, or any organisation promoting competition under the Rules and Regulations of Athletics New Zealand, shall have the power to refuse to receive, and, having received, of cancelling any entry before the start without being bound to assign a reason, and no entry shall be received unless accompanied by the entrance fee. (Entries may be forwarded by facsimile or electronic mail, but a copy of the entry must follow with the required entry fees.)
2. Any intending competitor in any age limit event must state their date of birth and, if required, must furnish a certificate of their date of birth.
3. (a) In Track and Field and Out-of-Stadium events where more than one grade is being contested in the same event, or in concurrent events, for convenience, a competitor (other than a Masters athlete) shall compete and be placed in one grade only. A competitor may specify the grade they wish to compete in before the event, otherwise the competitor shall be placed in the grade based on the date of birth declared on the competitor's registration form or on the entry form for the event. A Masters athlete may be placed in a concurrent Senior event as well as in the appropriate Masters grade.
(b) In Out-of-Stadium non-championship events where the event is open to more than one grade the organisers may acknowledge the order each competitor finishes in their individual grade as well as the actual order competitors finish in the event, but should not record a competitor (other than a Masters athlete) as a finisher in more than one individual grade.

[Note: In Out-of-Stadium events where prizes are being awarded organisers should state on the entry form or in the race rules whether Rule STR4.3(a) or (b) is being applied].

4. Failure to Participate - Rule TR4.4 - shall be applied in domestic competition except that exclusion from participation in all further events should not be enforced where the referee is satisfied that the circumstance causing the failure to participate could not reasonably have been foreseen by the competitor and that those circumstances were advised to the referee at the first available opportunity.
5. The Board of Directors of Athletics New Zealand, or any organisation promoting competition under the rules of Athletics New Zealand, shall have the power to include a rule specifying a minimum age to compete in an event as a condition of entry, but in doing so shall advertise such condition in the conditions of entry.

Rule STR5 - Clothing, Shoes and Numbers

1. In normal domestic competition, such as inter-club competition, specific competition uniforms shall not be mandatory. A meeting organiser may not penalise an athlete for not wearing a specific uniform. Notwithstanding the fore mentioned the organisation the athlete represents may require the athlete to wear a specific uniform. In such case, only the organisation that the uniform represents may penalise the individual athlete for not complying with their uniform requirement. There shall be no restrictions on the number or size of logos, labels and advertisements on clothing worn within the competition arena.

2. In New Zealand Championship events and any national event so specified an athlete shall wear the correct uniform specified in the appropriate Regulation or the meeting rules. Any athlete not competing in the correct uniform may be disqualified. Where the athlete is a member of a team, the team may be disqualified. A Centre may deem the Centre Championships to be a national event under this rule.

Note: The uniform shall include the top and the shorts.

3. In all International competition within New Zealand, as defined by World Athletics Rules or as so determined from time to time by the Board of Directors, all clothing worn within the competition arena shall comply with the rules and regulations of the World Athletics.
4. All bags and other permissible items taken into the competition arena shall conform with 1 and 3 above.
5. Dimension of Spikes: For non-synthetic surfaces the maximum length of spike shall be 25 mm and the maximum diameter 4 mm.
6. For domestic competition purposes, the wearing of two numbers as required by Rule TR5.7 is not mandatory, except for walks where two numbers may be required to be worn.
One number is usually worn in New Zealand however some meetings may require competitors to wear two numbers plus side numbers.

Rule STR8 - Protests

1. For domestic competition, where reference in Rule TR8.1 is made to "and the matter be referred to the relevant governing body" this be read as "and the matter be referred to the Board of Directors of Athletics New Zealand".
1. For New Zealand domestic competitions, the following appeal deposits shall apply unless otherwise provided for in the rules of the competition.

National Teams Competition	\$50
National Championships	\$50
Grand Prix Series	\$50
All other meetings	\$20

Note: No appeal against a referee's decision or on a technical matter or on the status of an athlete may be made outside the time limits set out in Rule TR8. There is no further right of appeal to the Association or to any other body (Rule TR8.11).

Rule STR9 - Mixed Competition

Notwithstanding Rule TR9, for domestic competition held completely in the stadium, mixed events between male and female participants are permitted.

Note that performances in mixed track events do not qualify for New Zealand (or World) Records and, except for events 5000m or longer meeting the requirements of TR9.2.1, do not qualify for World Athletics ranking or qualification standards.

Rule STR14 - Track Measurements (Inserted October 2007)

The kerb specified in Rule TR14.1 is not required for grass tracks. For grass tracks without a kerb, the inner edge shall be marked with lines 50 mm in width, flagged at intervals of 4 m with flags placed at an angle of 60° with the ground away from the track. Flags approximately 250 mm x 200 mm in size mounted on a staff 450 mm long are the most suitable for this purpose.

Rule STR20 - Qualification from Preliminary Heats

1. Scratchings for any event should be notified to the competition secretary at least one hour before the advertised time of starting.
2. Should the number of scratchings in any heat of an event be such as, in the opinion of the referee, to make the competition in such unfair as compared with other heats, the referee shall have power to order the heats in the event to be redrawn.
3. In every event for which heats or semi-finals have been included in the programme, if, in the opinion of the Referee, the total number of competitors who present themselves to the Starter's Assistant be insufficient to require such number of heats or semi-finals, the event shall be redrawn under the supervision of the Meeting Manager or their nominee.
4. Any athlete who qualifies in a heat or round must compete in succeeding rounds and/or final unless the consent of the Referee to the athlete's withdrawal has been obtained otherwise the athlete shall be liable to exclusion by the Referee from participation in further events including relays at the meeting.

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.
 2. For hurdle specifications refer Rule TR22.2, TR22.3, TR22.4 & TR22.5.

Rule STR23 – Steeplechase

1. The standard distance for M-U18, M-U17, M-U16, M-U15, W-U18, W-U17, W-U16 and W-U15 shall be 2000 metres.
2. The general provisions of Rule TR23 shall apply to the M-U18, M-U17, M-U16, M-U15, W-U18, W-U17, W-U16 and W-U15 events.
3. The height of the hurdles for M-U18 and M-U17 shall be 838mm and for M-U16, M-U15, W-U18, W-U17, W-U16 and W-U15 762mm.

Rule STR24 - Relay Races

For a grass track, athletes may each make one check-mark within their own lane by scratching the track.

Rule STR31 - Triple Jump

For New Zealand record purposes, in all triple jump competitions, where there is not a regulation take-off board at an appropriate distance from the pit, it is acceptable to use a take-off area of the similar dimensions marked on the runway by tape or other suitable material, with sand or other suitable material used in place of a plasticine indicator board.

Rule STR33 - Shot

1. 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 Girls.
2. 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 Boys.

(For details refer Rule TR33.5)

Rule STR34 - Discus

1. 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.
2. The discus 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, apart from a mass of 1.250kg, those shown for a 1.000kg implement.

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

Rule STR35 - Discus Cage (Removed 1 October 2021)

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 and 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 and 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 STR37 - Hammer Cage (Removed 1 October 2021)

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-16 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 Girls.

(For details refer Rule TR38.5 – 38.13)

Rule STR39 - Combined Events Competitions

1. The M-U16 and B-U15 Octathlon shall consist of eight events, which shall be held on two consecutive days in the following order:

First day: 100m; Long Jump; Shot Put; 400m

Second day: 100m Hurdles; High Jump; Javelin Throw; 1000m

(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.

Rules STR54, STR55, STR56 and STR57 - Non Stadium Events

1. Sponge Stations - Notwithstanding the requirements of Rules TR54.10; TR55.8, TR56.8 and TR57.13, the provision of sponges by the Organising Committee is optional, but an area shall be provided at each drink/sponge station where an athlete may be provided with a sponge or sponges by the athlete's representative.
2. In all out of stadia events if the organisers do not provide drinking/sponging stations the race referee may permit competitors to receive refreshments at any location during the race without penalty.

Note: This does not absolve race organisers their obligation to provide refreshments as required in Rules TR54.10, TR55.8, TR56.8 and TR57.13.

3. For all Road Relay events, drinking/sponging shall be provided at the start and finish of every lap, if weather conditions warrant such provision.

Rule STR54 - Race Walks

1. Chief Judge: Notwithstanding Rule TR54.4.2, at all competitions in New Zealand the Chief Judge may also act as a race walking judge.

Note: The Chief Judge, provided he or she is an Athletics NZ Officials Education Scheme (ANZOES) Level "A" Walks Judge or equivalently graded visiting official, may exercise the power under Rule TR54.4.1 at any competition in New Zealand.

Rule STR55 - Race Rules for The New Zealand Road Relay Championships

Notes of Explanation:

For championship grades at the NZ Road Relay Championships these rules may be added to but not amended.

For non-championship grades (i.e. B, C and Composite Grades) at the NZ Road Relay Championships these rules may be amended as set out in the Notes for Guidance for Non-Stadium events (Road Relays).

A Composite Grade Team is normally made up of athletes from more than one club. A team made up of both male and female athletes from the same club is not a composite team and should normally be permitted to compete in a non-championship B or C Grade (refer Note to Rule 2.1).

For Road Relays other than relays incorporating the NZ Championships these rules may be used as a template, in which case they may be amended as required.

1. THE COURSE

- 1.1 Senior Women & Masters Women: The Senior Women and Masters Women (W35-49) shall run the same course as the Senior Men and Masters Men, with the same laps and the same number of athletes. These grades should start their race at the same time as one of the men's grades, (either Senior Men, Masters Men or, if provided for, a non-championship grade).
- 1.2 U20 Men (M-U20), U20 Women (W-U20), Masters Women (Over 50) and Open Master (Over 60): The maximum number of laps for each of these four grades is six (6) and preferably should not include large or steep hill ascents or descents.

2. ELIGIBILITY

- 2.1. Competitors in the Men's championship grades (senior, U20 and masters) shall be male athletes only.

[Teams in non-championship 'men's grades, (i.e. B, C & composite grades), should be open to female competitors as well as male competitors and may be called Open Grades.]

- 2.2. Competitors in the Women's grades (senior, U20 and masters) shall be female athletes only.

- 2.3. Competitors in the U20 Men and U20 Women Grades shall be aged 14, 15, 16, 17, 18 or 19 years on the 31st December in the year of the race.
- 2.4. Competitors in the Masters Men's grade shall be aged 35 years or over on the day of the race.
- 2.5. Competitors in the Masters Women's grade shall be aged 35 years or over on the day of the race.
- 2.6. Competitors in the Masters Men (Over 50) and Masters Women (Over 50) Grades shall be aged 50 years or over on the day of the race and may be either Male or Female.
- 2.7. Competitors in the Open Master (Over 60) Grade shall be aged 60 years or over on the day of the race.
- 2.8. (i) Competitors in either the Senior Men or Senior Women Grades shall be aged 17 years or over on the 31st December in the year of the race.

(ii) In exceptional circumstances the Board of Directors may, at their sole discretion, permit an athlete who is ineligible as defined in Rule 2.3 or 2.8(i) to compete in a specified grade.
- 2.9. All athletes shall compete for the club that they are registered through.

Reference to Regulation C10.1

3. LAP CHANGE ZONE AND PROCEDURE

- 3.1. Lap change zone: As specified in Rule TR55.5, each lap change zone shall be clearly shown by a single line (minimum width of 50mm marked across the lap change zone is recommended) at the end of each lap, and the change shall be made within 10 metres either side of the lap change line.
- 3.2. Lap change procedure: The use of batons is optional:
 - (i) In relays where batons are not used the incoming athlete and the outgoing athlete shall touch hands within each lap change zone.
 - (ii) In relays where batons are used Rule TR24.6 shall apply, in that the baton shall be carried in the hand throughout the race, but if dropped retrieved by the athlete who drops it, and gloves may be worn. Notwithstanding Rule TR24.5, it is recommended that the batons be made of a material and be of a size and weight, suitable for a road relay race (smaller and lighter).

4. NUMBERS and UNIFORMS

- 4.1. All athletes shall wear their team's assigned number bib on the front of their competition uniform, so that it is clearly visible to race officials. If a sponsor's name is also on the number bib, the sponsor's name must be wholly visible. The number bib may not be defaced or folded in any way.

- 4.2. All athletes shall compete in their official club uniform.
5. TEAMS
 - 5.1. No athlete may compete for more than one team.
 - 5.2. No athlete may compete in more than one lap, except in the case of a replacement in accordance with Rule 7.2.1.
6. PACING AND TIMING OF ATHLETES
 - 6.1. Pacing of an athlete by vehicles, cyclists or by an athlete not contesting that particular lap, may lead to that athlete receiving a penalty.
 - 6.2. An athlete contesting a lap shall not be in possession of or use a video or cassette recorder, radio, CD, radio transmitter, mobile phone or similar device, hereafter known as a banned device.
 - 6.3. Verbal communication to athletes during their lap shall not be considered assistance.
7. RUNNING ORDER AND REPLACEMENTS
 - 7.1. Team Managers may replace athletes or re-arrange the running order of their teams by notifying the Race Manager in writing on a form provided by the organisers at least 30 minutes before the start of their race, without penalty.
 - 7.2. Replacement of Athletes:
 - 7.2.1. Where an athlete is unable to complete a lap, that athlete may be replaced by the athlete who is to compete the next lap, or if it is the last lap another member of that team having already competed but not by a reserve or emergency athlete. Written advice of the substitution shall be given to the Referee or to an Assistant Referee, within 15 minutes after the completion of the lap by the Team Manager or his/her nominee. Any team making a substitution shall incur a time penalty as set out in Rule 10.10. Failure to provide written timely advice of a substitution shall result in team disqualification. Disqualification shall result in the team and its members being ineligible to claim any award or trophy associated with the race.
 - 7.2.2. A competitor who is replaced shall take no further part in the race.
8. SAFETY
 - 8.1. Athletes shall at all times run on the course as set out in the race rules On public roads this shall normally be within one metre of the edge of the carriageway on the side as directed by the race organisers, except where there are crossing points or where directed otherwise by the race organisers.
 - 8.2. Liability - All athletes compete at their own risk.

9. DISQUALIFICATIONS, PROTESTS AND APPEALS

9.1. Infringements:

- (i) A team may be disqualified for a major infringement, particularly in regard to safety or a team member or members failure to follow the instructions of a race official or behaving in an unsporting manner towards a race official.
- (ii) For certain infringements a team can expect to receive a time penalty as set out in Rule 10. Any time penalty incurred will be added to the offending athlete's overall running time before arriving at the team's finishing time and therefore place in the race.
- (iii) A warning need not be given before an athlete or team receives a penalty.

9.2. Notification of Penalties

- (i) Where a team incurs a time penalty, the results will show the athlete(s) who incurred time penalties, the time penalty incurred and the offence.
- (ii) Where a team is disqualified, the athlete(s) incurring the disqualification along with the offence(s) will be shown in the results.
- (iii) There shall be a Board at the finish which will show all penalties and disqualifications made during the race.

9.3. Protests and Appeals:

All protests shall in the first instance be made to and decided by the Race Referee who may consult with his/her assistants. All appeals against a referee's decision shall be made to the Jury of Appeal in accordance with the regulations laid down by the Association and World Athletics. A fee of \$NZ50 is required with each appeal.

Note: No appeal made outside the time limits laid down by the Association and World Athletics or made directly to the Association shall be considered.

10. INFRINGEMENTS AND THEIR PENALTIES:

10.1 Wrong uniform.	30 seconds
10.2 Number not clearly displayed.	30 seconds
10.3 Number defaced.	30 seconds
10.4 Making a false start (as in starting before the gun has fired or changing outside the change zone* or when there is no baton not touching hands)	1 minute (60 seconds)
10.5 When batons are used baton not being carried in the hand.	1 minute (60 seconds)
10.6 Running at a greater distance from the side of the road than specified in the race rules but in a non-dangerous manner.	1 minute (60 seconds)
10.7 Cutting a corner in non-dangerous manner.	1 minute (60 seconds)
10.8 Pacing in any manner what-so-ever.	2 minutes
10.9 Being in possession of or using a banned device	2 minutes
10.10 Notified replacement of an athlete during the event	7 minutes
10.11 Unapproved replacements or change of running order	Team Disqualification
10.12 Infringements 10.6 & 10.7, but in a dangerous manner or	

position Team Disqualification
 10.13 Impeding another athlete or acting in an unsporting manner Team Disqualification

NOTES:

(i) *Infringements 10.1, 10.2, 10.3, 10.4, 10.5 and 10.9 - An athlete (team) may be penalised only once per lap, but the team may be penalised in other laps for the same offence. Infringements 10.6, 10.7 and 10.8 are cumulative and penalties may be imposed more than once per lap.*

The penalty for 10.10 is cumulative and shall be imposed for every athlete in a team who is replaced.

Strict Traffic Management Plans may result in 10.6 & 10.7 incurring automatic team disqualification.

** This does not apply to a replacement under Rule 7.2*

11. COMPETITION FOR BEST OVERALL CLUB:

11.1. There shall be a competition for the best overall club in the eight (8) championship grades. The three highest scoring teams of a club in any three grades shall be used to calculating the result.

The nine (9) championship grades are: Senior Men A grade (SM), Senior Women (SW), U20 Men (M-U20), U20 Women (W-U20), Masters Men 35+ (M 35-49), Masters Women 35+ (W35-49), Masters Men over 50 (M50+), Masters Women over 50 (W50+) and Open Masters over 60 (O60+).

11.2. Using the Table in Rule 11.3 the three teams from a club scoring the highest number of points shall be added together, and the club with the highest number of points shall be adjudged the winning club.

11.3. Table of Points scored by a team, based on their place and grade

Place	Grade							
	SM	SW	M-U20	W-U20	MM 35+	MW 35+	MM & MW 50+	O60+
1 st	20	20	18	18	18	18	16	16
2 nd	18	18	16	16	16	16	14	14
3 rd	16	16	14	14	14	14	12	12
4 th	14	14	12	12	12	12	10	10
5 th	12	12	10	10	10	10	8	8
6 th	10	10	8	8	8	8	6	6
7 th	8	8	6	6	6	6	4	4
8 th	6	6	4	4	4	4	2	2

9 th	4	4	2	2	2	2	1	1
10 th	2	2	1	1	1	1	1	1
>10 th	1	1						

11.4. If two or more clubs finish with the same total score, the result shall be determined:

- (i) In favour of the club whose third highest scoring team has the higher score. If there is still a tie, the result will be determined in favour of the club whose second highest scoring team has the higher score. If there is still a tie the result will be determined in favour of the club whose highest scoring team has the higher score.
- (ii) If the teams are still tied they shall be declared first equal in the Best Overall Club competition title.

11.5. If an individual grade is sub-divided into more than one grade only the top grade (A Grade) is a championship grade. Other grades (B & C grades etc) are non-championship grades.

11.6. Clubs with teams placed in fewer than three championship grades are eligible to be included in this competition.

12. REFRESHMENT STATIONS

12.1. If weather conditions warrant such provision, drinking/sponging stations shall, be provided at the start and finish of every lap.

12.2. If the organisers do not provide drinking/sponging stations the race referee may permit competitors to receive refreshments at any location during the race without penalty.

Rule STR56 - Cross Country Races

The following rules supersede Rule TR56.

The race shall be run on a bona fide cross-country course properly marked.

1. COURSE

- (a) It is recommended when a course comprises loops that the loops should not be less than 1750m. If necessary, a small loop can be added in order to adjust the distances of the various events, in which case the small loop must be run in the early stages of the event. It is recommended that each long loop have a total ascent of at least 10m.
- (b) There should be no obstacle, sharp bend or restriction closer than 250 metres from the start of any race or closer than 150 metres to the finish.
- (c) Where possible, the finish area shall be roped off to prevent crowding and interference with competitors.

- (d) Except where race rules declare otherwise, a competitor may go over, under or through any obstacle.
- (e) Obstacles should normally not exceed 1200mm in height and those that are dangerous to life or limb are prohibited.
- (f) here water must be waded, the depth of water should normally not exceed 500mm.
- (g) The course shall be of such width that any runner overtaking another shall have room to pass.
- (h) The course shall be marked in the following manner, in order of preference:
 - (i) Marked with tape on both sides of the course. Where the course leads over or through fences, hedges, gates or changes direction, it shall be properly marked, preferably with tape both sides of the course.
 - (ii) Marked by a double row of flags or suitable markers, red to the left and white to the right, placed at important vantage points and observable by an approaching competitor from a distance of at least 50 metres. Where there is a double row of flags or suitable markers the competitors shall go between them.
 - (iii) Marked by a single row of flags or suitable markers placed at important vantage points and observable by an approaching competitor from a distance of at least 50 metres. Where there is only a single row of flags or suitable markers competitors shall be allowed a margin of five metres on either side of such a course so marked.
 - (iv) Any combination of the above.
- (i) Umpires shall be placed at turning and other important points and their duties shall be to direct competitors on the correct course and to see that the rules of the race are observed.
- (j) The start and finish may be within a recognised athletic ground but the course in general shall be genuine cross country and should be selected to include a variety of obstacles and terrain.

2. GENERAL

- (a) A competitor shall be disqualified if paced during any event by a non-competitor, and for the purpose of this rule runners shall be classed as non-competitors immediately they have passed the winning post.
- (b) It shall be the duty of the Club or Centre conducting a race to appoint officers familiar with the course and able to advise athletes and teams accurately thereon.
- (c) In utilising the power conferred under Rule CR18, the Referee shall, in all decisions concerning deviation from the course, be guided by whether the competitor has gained an unfair advantage.
- (d) In all cases not specifically covered by the foregoing, the appropriate rules governing track competition shall apply.

RULE STR57 MOUNTAIN RUNNING

In Mountain Running races the following conditions should be adhered to:

- (e) The course shall not contain any dangerous sections.
- (f) The course shall be adequately marked.
- (g) Not more than 20% of the distance may be on asphalted roads. The courses that start and finish at the same level may be of a lap design.
- (h) Guidelines for downhill sections are as follows:
 - (i) They must not have rock steps.
 - (ii) They must not consist of loose rock terrain.
 - (iii) They must not exceed a 30% rate of descent, averaged over each km from the starting point of descent.
- (i) For Mostly Uphill courses, the total amount of descent should not exceed 10% of the total ascent.
- (j) For Up and Downhill courses which do not start and finish at the same point, the difference in elevation between the start and finish should not be greater than 5% of the total ascent.

[These conditions are taken from Rule TR57 and WMRC Technical Regulation Sept 2008.]

Rule SCR31 - Records

Rule CR31 applies to NZ records except for the following amendments:

1. Where required by C2.5 the official application form of Athletics New Zealand shall be filled in and filed with Athletics New Zealand in accordance C2.5.1(d). (This replaces Rule CR31.6).
2. Doping controls are not mandatory for New Zealand records. (This replaces Rule CR31.3.5).
3. For a record to be approved, the meeting officials required to oversee the event and certify the record shall have at least the grading level under the current grading scheme as required for a NZ Track and Field Championship. No person in a position of responsibility shall hold more than one key technical position, except a Referee may also act as the Technical Manager. Key officials for New Zealand Championships shall be approved by National Officials Committee (NOC). Officials for other meetings shall be appointed or approved by the Centre.

4. In Rule CR31.1, the wording in the second sentence of this clause is to be replaced by - "At least two competitors (or teams) must participate in the event". (Dispensation allowing New Zealand Records to be set in all mixed competition rescinded in August 2019)
5. Notwithstanding Rule CR31.19, at an event where a New Zealand record (or qualification to a New Zealand team) is being claimed, at least two of the judges shall be ANZOES Level "A" Judges or above. The Walks Referee shall sign the record form verifying the competition. The names and gradings of Judges shall be included on the record form.
6. Starting blocks linked to World Athletics approved false start control apparatus (Rule CR31.14.5) are not required for New Zealand records.
7. For events run on the straight it is permissible to run them in either direction provided the track is surveyed and marked for the events prior to the commencement of the competition.
8. For Age Grade records note Regulation C1.2.2.
9. For a record on the Road (Regulation C2.3) to be recognised the following condition shall apply.
 - (a) The course has been measured by an ANZOES Level "B" or above Course Measurer and the documentation approved by an ANZOES Level "A" or above Course Measurer (for method of measuring refer Rule TR55.3, noting that a course measurement certificate is valid for a maximum of 5 years). The application shall include a certificate by an ANZOES Level "B" or above Course Measurer that the course had been set out on the day of the race as described in the documentation on the course measurement. Where the course has not had prior documented approval for a New Zealand Championship event the approved course documentation shall be included with the application. The course need not be re-measured as required under the Rule CR31.21.5.

(The Course measurer who checks the course on the day of the race may or may not be the same person who originally measured the course)
 - (b) Conditions as set out in Rule CR31.21.2 and CR31.21.3 shall apply, namely
 - (i) The Start and Finish shall be no further apart than 50% of the race distance.
 - (ii) The overall decrease in elevation between the start and finish shall not exceed 1:1000, i.e. 1m per km.
 - (c) For a Road Relay record to be recognised the following conditions shall apply:
 - (i) The race shall be held over the marathon distance.
 - (ii) The team shall consist of a maximum of six runners each running one lap only.
 - (iii) No lap shall have a distance greater than two and a half (2.5) times the distance of the shortest lap.
 - (iv) Only the total time shall be recognised for record purposes (individual lap times will not be recognised for record purposes).
10. In other respects the World Athletics requirements as set out in Rule CR31 apply to New Zealand Resident Records, New Zealand National Records and New Zealand All comers Records.

11. New Zealand Record Application Forms are available from Athletics New Zealand National Office or from the Athletics New Zealand Website.

Rulings

1. Field Events Implements: Any athlete may use their own implements provided their specifications have been checked by either the Technical Manager or their nominee before competition and they are put into the pool for use by all competitors in the event.
2. Timekeepers and Timing: No timekeeper shall use more than one watch and all timekeepers' watches shall be officially accepted and identified before the commencement of the meeting.
3. Official Surveyor: The official surveyor appointed shall be a registered surveyor or suitably qualified professional engineer.
4. Records: The words "Duly Advertised" mean the prior normal making known of the competition either through the Press or typed or written forms or an Athletics Centre web- site for the information of the athletes or the public.
5. Records: In the track events where the time for the first and second place-getters is the same, a record may be granted for both competitors where the usual requirements are in order for each competitor involved.
6. Teams Races in Cross Country Events: All members' placings in a team are taken into account in arriving at the points gained by other teams.

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
	metres		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	4
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

ATTACHMENT "B" - MASTERS AGE GROUP DEFINITIONS

1. A male athlete becomes a Masters Men 35 Grade (M35) or a Masters Men 35 - 39 Grade (M35-39) athlete on his thirty-fifth (35th) birthday.

A male athlete becomes a Masters Men 40 - 44 Grade (M40-44) athlete on his fortieth (40th) birthday.

A male athlete becomes a Masters Men 45 - 49 Grade (M45-49) athlete on his forty-fifth (45th) birthday.

A male athlete becomes a Masters Men 50 - 54 Grade (M50-54) athlete on his fiftieth (50th) birthday.

A male athlete becomes a Masters Men 55 - 59 Grade (M55-59) athlete on his fifty-fifth (55th) birthday.

A male athlete becomes a Masters Men 60 - 64 Grade (M60-64) athlete on his sixtieth (60th) birthday.

A male athlete becomes a Masters Men 65 - 69 Grade (M65-69) athlete on his sixty-fifth (65th) birthday.

A male athlete becomes a Masters Men 70 - 74 Grade (M70-74) athlete on his seventieth (70th) birthday.

A male athlete becomes a Masters Men 75 - 79 Grade (M75-79) athlete on his seventy-fifth (75th) birthday.

A male athlete becomes a Masters Men 80 - 84 Grade (M80-84) athlete on his eightieth (80th) birthday.

A male athlete becomes a Masters Men 85 - 89 Grade (M85-89) athlete on his eighty-fifth (85th) birthday.

A male athlete becomes a Masters Men 90 - 94 Grade (M90-94) athlete on his ninetieth (90th) birthday.

A male athlete becomes a Masters Men 95 - 99 Grade (M95-99) athlete on his ninety-fifth (95th) birthday.

2. A female athlete becomes a Masters Women 35 Grade (W35) or Masters Women 35 - 39 Grade (W35-39) athlete on her thirty-fifth (35th) birthday.

A female athlete becomes a Masters Women 40 - 44 Grade (W40-44) athlete on her fortieth (40th) birthday.

A female athlete becomes a Masters Women 45 - 49 Grade (W45-49) athlete on her forty-fifth (45th) birthday

A female athlete becomes a Masters Women 50 - 54 Grade (W50-54) athlete on her fiftieth (50th) birthday.

A female athlete becomes a Masters Men Women 55 - 59 Grade (W55-59) athlete on her fifty-fifth (55th) birthday.

A female athlete becomes a Masters Women 60 - 64 Grade (W60-64) athlete on her sixtieth (60th) birthday

A female athlete becomes a Masters Women 65 - 69 Grade (W65-69) athlete on her sixty-fifth (65th) birthday.

A female athlete becomes a Masters Women 70 - 74 Grade (W70-74) athlete on her seventieth (70th) birthday.

A female athlete becomes a Masters Women 75 - 79 Grade (W75-79) athlete on her seventy-fifth (75th) birthday.

A female athlete becomes a Masters Women 80 - 84 Grade (W80-84) athlete on her eightieth (80th) birthday.

A female athlete becomes a Masters Women 85 - 89 Grade (W85-89) athlete on her eighty-fifth (85th) birthday.

A female athlete becomes a Masters Women 90 - 94 Grade (W90-94) athlete on her ninetieth (90th) birthday.

A female athlete becomes a Masters Women 95 - 99 Grade (W95-99) athlete on her ninety-fifth (95th) birthday.

Note: should an athlete have had or be having their one hundredth or a subsequent birthday the same rules of grading shall apply.

Where a competition is for more than one (1) day the competitor shall compete in the correct grade as of the first day of competition.