

Night of Fives - Area Permit Meet

AUT Millennium

23 March 2022

TECHNICAL REGULATIONS

TEAM MANAGERS AND ATHLETES ARE TO READ THE FOLLOWING CAREFULLY

1. RULES of COMPETITION

The 2022 Night of Fives – Area Permit meet will be conducted using the current World Athletics (WA) and World Para Athletics (WPA) rules.

2. COVID-19

It is highly likely we will be delivering the Meet at the red light setting in the Government's Covid Protection Framework. We are fortunate to currently still be able to provide this important competition opportunity for our athletes; however, there are precautions and protocols we need to put in place to ensure the event runs safely and adhering to the setting rules. Please respect and cooperate with us so that our amazing sport can continue.

If you are unwell, please do not travel. Stay home and get tested. Symptoms resemble other viral illnesses which is why testing is necessary even if you think Covid is unlikely. Symptoms include recent onset of fever, sore throat, runny nose, loss of sense of smell, headache, body ache, cough, shortness of breath, diarrhoea, nausea, and vomiting. If you have ANY of these symptoms, even if mild, seek medical advice or a test.

A reminder that the Meet is a My Vaccine Pass (MVP) enabled event and all attendees will need to be verified the first time they enter the venue with a customised wrist band system operating once checked. Once inside the stadium spectators MUST stay in their designated Zone and use bathroom facilities within this zone. Please also ensure you scan into the Park each time you visit the venue using the QR codes displayed at the entrance and enable Blue Tooth on your smartphone. If unable to scan in - please sign in on the sign in sheets at the entrance.

Please practice good hygiene, maintain appropriate social distancing, and wear a mask whilst in any indoor facilities at AUT Millennium. There will be hand sanitiser stations throughout the venue or bring your own.

Policy for mask wearing for outdoors will be confirmed closer to the event.

Good luck to everyone competing. We very much appreciate your help in running a safe and responsible event.

3. SAFETY

In the interest of Safety to athletes, officials, coaches, volunteers and spectators the following should always be adhered to:

- Spikes are only to be worn on the Field of Play (FOP) or in relevant warm up areas.
- Athletes are not to cross the infield of the FOP
- Warm ups must be done in the designated warm up area
- Warm ups in the FOP must be supervised by Officials and not commenced until instructed.
- No glass is permitted within the FOP
- Athletes must take care crossing the track and adhere to directions from officials
- Read the Safety notice that follows, and abide by the Health and Safety plan

4. STADIUM ENTRY

- Entry to stadium is via controlled gates where QR codes will be displayed as well as sign in sheets for people who don't have scanning capability.
- Zoned spectator entry is via pre-sale tickets ONLY and you will need to collect your zone arm band at gate entry.
- Your 'My Vaccine Pass' will have to be shown at entry.
- No unauthorised person(s) shall be allowed into the FOP.

5. UNIFORMS

- All athletes competing must wear their approved Club uniform or sponsorship uniform.

6. COMPETITION BIBS/NUMBERS

- Athlete bibs can be collected from their designated Gate, when entering the stadium (see stadium map). Bibs must be collected at least 60 minutes prior to the scheduled start time of their **FIRST** event they are entered in.
- Athletes bibs need to be firmly attached with four pins.
- The entire bib and sponsorship information must be able to be seen.
- No part of the bib can be folded under the uniform.
- Athletes tampering with competition bib may be liable for disqualification.
- Any athlete who loses their number should go to TIC to obtain a replacement bib.
- Hip numbers will be provided in the Track Call Room area and must remain firmly attached with pins.

7. PERSONAL IMPLEMENTS

- Athletes who wish to use their own throwing implements during the competition **MUST** lodge them with the Technical Manager at the Technical room which is located at Bays Club House, just inside entrance of Zone F.
 - On Wednesday between 1400 and 1500
- Personal Implements will be kept until after the event they have been submitted for and then at the conclusion of their event can be collected from the Technical Room.

- Athletes can only hand in a maximum of two implements per event in which they are competing.
- Pole vault athletes must hand their vaulting poles in to the Technical Shed and they must be well labelled with athletes name and what event they are for.

8. SCRATCHINGS

Scratching's are to be submitted to TIC

- These need to be submitted as soon as possible but **NO LATER** than 30 minutes before the event start time.
- If an athlete fails to scratch from an event after confirmation or does not compete in all rounds of an event in which s/he has qualified, may not be permitted to compete further.
- No athlete who has retired from competition due to ill health will be able to re-enter the competition (relay team included) unless the athlete supplies a medical certificate and clearance has been obtained from the Technical Delegate.

9. DRAWS

- FIELD: the order for field events will be random
- TRACK: draws for track events will be published after confirmations have been received and posted on the information boards and online.

10. WARM UP

- Warm ups are not permitted in the FOP, except for practice trials immediately prior to your event under supervision of Officials, or if any area inside the stadium has been allocated for warm up.
- No trainings sessions can be held within the FOP during competition times.
- All throws warm ups must be carried out at the appropriate throwing circle/runway under supervision of a spotter. This area is the lower throws area beside the NAC pool.
- **NO** overhead backward warm up throws are allowed inside the FOP.
- 800 & 2,000m warm ups are done in the Indoor Sports hall next to the track
- Sprint, & 5,000m warm ups are done on the back straight prior to the event. Athletes will report to the [track call room area](#) first (Call time 15 minutes), then be escorted to the back straight or top bend.
- Unfortunately, there are no jumps warm up areas at this venue.

11. CALL ROOM [AREA PROCEDURES](#)

- Due to Covid restrictions no formal Call Room will be in operation.
- Several Call Room areas will be set up.
 - Middle distance inside the Indoor Sports Hall
 - Sprinters, below the ANZ offices
 - Long distance at the Bays clubrooms

- There is no call room/area for Field events. Please report to your event site **20mins** prior to its start time, Pole vault **60 mins prior**.
- All athletes are required to report to the **appropriate** Call Room area prior to their event by the final call time
- Failure to do so will make the athlete liable for **DISQUALIFICATION**
- Only athletes are allowed into the call room area
- Officials will check all athletes in accordance with the WA & WPA rules:
 - Correct uniform is worn on entry to the Call Room area
 - Competition Numbers are worn on entry
 - Checking of competition shoes including spikes
 - Check of competition race chairs and throwing frames for WPA athletes
 - Personal material (athletes are not allowed to have glass bottles or containers, video recorders, radios or similar devices into the FOP) Please do not bring these to this area. It will not be a contact inspection
 - **ONLY water allowed onto the FOP**
- Call Room judges will **NOT** retain any personal material that contravenes the rules, so do not bring them as you will be sent to dispose of them and may miss your event.

Mobile Phones ○ Field event athletes – phones will be allowed onto the FOP but **MUST** be turned **OFF** and kept in the athletes' bag. Any athlete found using or looking at their phone on the FOP will be issued with a Yellow Card or a Red Card depending on the circumstance.

- Track athletes – must NOT bring their phones into the Call Room **area** but leave them with a responsible person.
- Athletes will proceed to the start of their event from the Call Room area accompanied by an Official.
- Athletes who proceed to the event without going through the Call Room **area** may not be allowed to start.

Call Room Area Reporting Times

Athletes must report at the following times preceding the advertised start time of their event: ○ Track Events - 15 minutes ○ Field Events - 20minutes ○ Pole Vault – 60 mins

12. SPIKES

The requirements of the Millennium track surface are: ○ Maximum length of spikes is **6mm** (7mm will be accepted) except in High Jump and Javelin where a maximum of **9mm** is allowed. ○ Only Pyramid/Cone shapes are permitted.
○ Needle, Pin, and undercut pyramid are **NOT** allowed

13. PROGRESSIONS

- RULES FOR PROGRESSION TO FINALS WILL BE DETERMINED AS FOLLOWS:

100m:

1 to 8 Direct to final
9 to 16 2 heats First 3 and next 2 fastest to final

- Should entry numbers not reach the required numbers for heats to take place, the event will proceed to final and be held at finals time.

14. STARTING BLOCKS

- Only starting blocks provided by the Organising Committee shall be used.
- Private starting blocks will not be permitted.

17. STARTING HEIGHTS

High Jump – Starting Height

Senior Men	1.83 + 5	2.08 + 4	2.24 + 3
Senior Women	1.57 + 5	1.72 + 4	1.88 + 3

Pole Vault - Starting Height

Senior Men	4.00 + 20	5.20 + 15	5.50 + 10
Senior women	3.40 + 20	4.00 + 15	4.45 + 10 4.65 + 5

18. FIELD EVENTS

- In throwing events all athletes will have three trials
- At the conclusion of round three the best 3 athletes of each gender with a valid trial will have a further 3 rounds in reverse order.
- If 8, or fewer athletes each, all athletes will have 6 trials

19. POST EVENT CONTROL

- All athletes are to leave the FOP to their assigned zone
- Warm downs must be done **outside the stadium**

20. PARA EVENTS

All Para events are mixed Sport Class events and the placing will be determined by using a scoring table based on percentages of the world record in their Sport Class.

21. PROTESTS AND APPEALS

- Athletes must first Protest orally to the Referee concerned either immediately or within 30 minutes of the Official Result being posted
- If the Referee is not available, protest is to be made through TIC on the appropriate form.
- The Referee's decision may be appealed to the Jury of Appeal in writing and on payment of \$50.

22. MEDAL PRESENTATIONS

- There will be no formal medal presentation. Athletes receiving prize money will be emailed and payments will be made electronically.

23. FIRST AID

- Medical assistance will be present at the event. Ambulance will be on site from 3.30pm. Ambulance will be situated beside inside the entrance in zone E

24. DOPING CONTROL

- Athletes are reminded that they may be required to undertake doping control at the conclusion of their event
- Athletes may elect to have a representative/support person present
- If you have further events or duties (such as medal presentations or interviews) please advise the doping control chaperone when you are first approached

SAFETY INSTRUCTIONS FOR ATHLETES

In the interests of safety to athletes, coaches, officials, volunteers and spectators the following must be adhered to at all times:

- Entry to the Field of Play (FOP) by athletes is under control of officials.
- Athletes are not to cross the infield of the FOP.
- The Official at the event site must supervise all Official Warm-ups within the FOP.
- Spikes are only to be worn on the FOP, in relevant warm-up areas and along marked path from Call Room.
- No glass is permitted within the FOP.
- Throwing implements should only be picked up when directed by officials.
- No overhead backwards Shot Put warm up throws are permitted in the FOP
- Athletes should take care crossing the track at all times and adhere to directions from officials regarding crossing the track especially when going to talk to their coaches.

- **Access to the Field of Play (FOP)** ○ The FOP is defined as the area inside of the rail fence that runs around the perimeter of the track, The only persons permitted access at all times are athletes competing in an event, at the time, and officials conducting the event.
 - Prior approved persons may enter the FOP under the direction of the designated Safety Manager and/or Assistants and will be required to wear a high visibility vest. These persons must present themselves to the Safety Manager and/or Assistants prior to entry.

 - Athletes must not cross the inner competition area or the main straight for any reason. To reach and leave your competition area you will be escorted by an Official. **PLEASE FOLLOW DIRECTIONS OF OFFICIALS AT ALL TIMES**

- **Warm Up Areas**
 - EXCEPT for authorised throws or jumps under the control of Officials prior to events, warm up must **NOT** take place in the FOP. The main warm up area is located on the grass on the lower throws field. **Practice throws must be carried out with a spotter at all times for safety reasons.** Vigilance must be used at all times to ensure safe throwing practices are adhered to. Athletes should not attempt warmup throws without checking the landing area is clear first.

 - When warming up outside the FOP it is your individual responsibility to ensure your warm- up activities do not endanger yourself, other competitors. However once again follow any directions of officials at this time.

- **Duty of Care**
 - I undertake to exercise my Duty of Care, as is reasonably practicable, to prevent harm, by my actions, to myself. Fellow competitors, officials and members of the general public.

By competing in these Championships you agree to abide by the safety instructions. We thank you for being safe and using your own vigilance to ensure the safety of all involved in the sport.