



ATHLETICS WEST

ATHLETICS WEST STRIVE SEASON PROGRAM

2025/26 SEASON

RULES & REGULATIONS

Last Updated 18 September 2025

CONTENTS

1. EVENTS & ELIGIBILITY	3
2. UNIFORMS	3
3. COMPETITION BIBS	3
4. COMPETITION ENTRY	4
Athlete Check In	4
Seed / Performance Mark	4
5. SCRATCHINGS	4
6. LATE ENTRIES	4
7. FALSE START RULE	4
8. FIELD EVENTS	5
9. VERTICAL JUMPS (POLE VAULT AND HIGH JUMP)	5
Exceptions	6
High Jump	6
Women Starting Heights	6
Men Starting Heights	6
10. STARTING TIME OF FIELD EVENTS	6
11. COACHING	7
12. TRACK EVENT CONDUCT	7
Field Sizes	7
13. STARTING BLOCKS	7
14. MIXED EVENTS	7
15. SPIKES	7
Shoes	8
16. EQUIPMENT	8
17. INVITATIONAL EVENTS	9
18. PROTESTS / APPEALS	9
19. RELEVANT POLICIES	9

Athletics West are responsible for the programming and conduct of the 2025-26 Strive Season, in accordance with World Athletics and such other rules as prescribed by Athletics West.

The following rules apply to all Athletics West Strive Competitions, all State Championship events (WA All Schools, WA Relays, WA Combined Event, WA State Track and Field and WA State Junior Track and Field) will have their own event specific rules applied and can be found on the relevant event page.

1. EVENTS & ELIGIBILITY

Athletes must be a current registered member of Athletics West (either through an affiliated senior club or directly as an Independent Member) before being able to compete in the 2025-26 Strive Season.

Athletes must be turning 11 years of age by the 31 December 2025, or subject to an exemption to compete in the 2025-26 Season.

Please note, event specific rules apply for the 2025 WA All Schools Championships, including athletes must be turning 12 years of age by the 31 December 2025.

Athletes must be turning 13 years of age by 31 December in the year of competition to compete in the 2000m and 3000m Steeplechase & 3000m event.

Athletes must be turning 14 years of age by 31 December in the year of competition to compete in the 5,000m or 5,000m Race Walk.

2. UNIFORMS

Competing athletes MUST wear approved competition uniform as prescribed by their Club or Centre. If an athlete is an Independent Athletics West member, they MUST wear the independent uniform.

Where a Club does not prescribe uniform shorts or briefs, athletes must wear either black/navy shorts/briefs or the same colour as their uniform top.

Athletes with contractual obligations to wear sponsorship apparel may be granted an exemption to the uniform rule upon request in writing to the Athletics West office, provided the uniform does not conflict with any rules of competition.

Athletes who breach competition uniform rules as per this document will be issued a warning at the discretion of the officials. Repeat offenders may be prevented from competing.

3. COMPETITION BIBS

Athletes are issued with one (1) competition number at the start of the 2025/26 Summer Season. Athletes must collect their competition number prior to competing from the Technical Information Centre (TIC), which is located underneath the grandstand at the finish line end of the stadium.

Competing athletes must wear their current competition number at all Athletics West competitions. Athletes who do not have their current registration numbers will not be permitted to compete unless they acquire a temporary/replacement bib. Temporary/replacement bibs can be acquired from the TIC and will incur a fee of \$10.

Competitors must wear their competition number securely attached by each corner to the front or back of their singlet/crop top.

An athlete shall not deface or cut off any advertisement material printed on the issued registration number, the whole of which must be visible. It is the responsibility of the officials of the event to check that athletes are wearing the current registration number correctly.

4. COMPETITION ENTRY

The competition entry process includes:

- Competitors must be current financial members of Athletics West to compete;
- All competition entries are to be completed online through the Athletics West website before;
- Friday/Saturday competitions – entries close on Wednesday 11:59pm prior to competition. The Final Timetable and Start Lists will be published by 6pm on the Thursday before competition.
- Agree to the terms and conditions of entry.

Athletes will receive a confirmation email following their online entry. Failure to receive this confirmation email means your entry may not have been processed and it is the athlete's responsibility to confirm whether the entry was received by Athletics West.

ATHLETE CHECK IN

From the start of the 2025-26 Strive season, athletes will be required to check-in for their events via the Roster Athletics app. Check-in for events will open 24 hours before the event start time. Information about how to check-in for an event can be found on the competition event page.

SEED / PERFORMANCE MARK

With the implementation of Roster Athletics for the 2025-26 Summer Season the requirement for seed/performance marks have shifted. As Roster Athletics can store performance data all seeding (specifically for Track events and Field events where an A & B division are present) can be done through Season Best performances.

5. SCRATCHINGS

Athletes are to notify the Athletics West office prior to the check in window opening. If check-in window for the event has opened, athletes will utilise the Roster Athletics App to scratch for their registered events.

6. LATE ENTRIES

Late entries will become available from Thursday 6pm and will remain open until 12pm on the Friday prior to competition.

Late Entry availability will be at the discretion of Athletics West and will be determined by lane availability for Track events and field sizes for all Jump and Throw events. Athletes are not encouraged to rely on late entries.

Track events will not be reseeded to accommodate late entries and athletes that complete a late entry will be placed in a vacant lane irrespective of Season Best performance.

Late entries will attract a \$15 fee, in addition to the standard entry fee as per the athlete's membership category.

7. FALSE START RULE

The World Athletics 'no false start' rule TR 16.6 – 16.10 will be applied to all Strive Competition.

8. FIELD EVENTS

The following time limits will apply to field event:

	High Jump	Pole Vault	Horizontal Jumps & Throws
All rounds of competitions	60 seconds	60 seconds	60 seconds Note 1 - Open/U20 Round 6
When only 2 or 3 athletes left	1 min 30 seconds	2 minutes	Note 1 - Open/U20 Round 6
When only 1 athlete left	3 minutes	5 minutes	N/A
Consecutive trials	2 minutes	3 minutes	2 minutes

Note 1: Open & U20 Strive Competitions for Horizontal Jumps and Throws - Round 6

5-8 Open/U20 Athletes in the competition: 60 seconds

4 or less Open/U20 Athletes in the competition: 2 minutes

This only applies at Strive Competitions where Open/U20 and Under 18 & Below competitions are conducted.

TRIPLE JUMP

For all Triple Jump events the below board distances will be available:

Age Group	Board Distances
U13 – U18 Women	7m, 9m or 11m
U13 – U16 Men	7m, 9m or 11m
Open Women	11m
U17 – U20 Men	11m or 13m
Open Men	13m

At the conclusion of the third round in field events (excluding High Jump and Pole Vault)

- The top eight (8) athletes in the field from U20 and Open (as at 31 December in the current year) age groups will have a further three (3) trials.

The top eight (8) athletes in the field for U13 – U18 (as at 31 December in the current year) age groups will have one (1) further trial.

- The conduct of the additional trial jumps will commence with top eight (8) Open and U20 competitors first trial followed by the U13 – U18 additional top eight (8) trial. Following this, all top eight (8) competitors will complete their final two (2) trials.

For the avoidance of doubt, unless specified on the entry portal and event timetable, strive competitions are not conducted in age groups.

9. VERTICAL JUMPS (POLE VAULT AND HIGH JUMP)

Initial bar increments will be at least 5cm for High Jump, thereafter, determined by the Chief Judge or Referee.

Pole Vault Starting Heights

Division A: 3.60m.

Division B: 1.80m.

Athletics West will be providing bar progression heights for both divisions throughout the 2025-26 Summer Season. These will be provided with updated Start Lists and Timetables. Changes can be made by the referee in consultation with the Athletics West Competition Manager if weather or other conditions make it sensible for a change.

An athlete is entitled to continue jumping until they have forfeited their right to compete further.

Unless there is only one athlete remaining, who has won the competition:

- The bar shall never be raised by less than 2cm in the high jump and 5 cm in the pole vault after each round of trials; and
- The increment of the raising of the bar shall never increase. After an athlete has won the competition, the height, or heights to which the bar is raised shall be decided by the athlete, in consultation with the relevant Judge or Referee.

Measurement of a new height shall be made before athletes attempt such height.

In all cases of records, the Judges shall also recheck the measurement before each subsequent record attempt if the bar has been touched since last measured.

EXCEPTIONS

In both Pole Vault and High Jump, when a competitor is within 5cm of a Western Australian State record or a qualifying standard for Australian Championships or International competition, for which he/she has not already qualified, the competitor may request a rise of a smaller increment and the event will then continue to completion.

HIGH JUMP

The division indicated on the program is to be determined by the athletes starting height as indicated below:

WOMEN STARTING HEIGHTS

Division A: 1.50m (once athletes have achieved 1.65m they are restricted to A Division)

Division B: 1.20m

MEN STARTING HEIGHTS

Division A: 1.70m (once athletes have achieved 1.85m they are restricted to A Division)

Division B: 1.25m

Athletes are not permitted to compete in both A and B Division competitions on the same night.

10. STARTING TIME OF FIELD EVENTS

No warmup is to take place at a competition site without an Athletics West official present to supervise the athletes.

All competitors shall report to the site 15 minutes before the declared start of the event.

If a competitor has entered a field and track event that are being conducted simultaneously the track event must take precedence. The athlete must seek leave from the field site and once competed in the track event return directly back to the field site. The officials will make every effort to accommodate the athlete's trials within the confines of the rules.

11. COACHING

Coaches are not permitted at any time in the Competition arena. They must remain outside the competition area or in the prescribed area unless they are officiating / helping on the event or authorised by an official at that site.

The competition arena is any part of the stadium that is covered by the blue track. Coaches are allowed on the grassed areas around the stadium but not on the infield.

12. TRACK EVENT CONDUCT

Athletes are to marshal at least 10 minutes prior to the start time of their event at the appropriate starting area.

The hurdle specifications for competition under Athletics Australia Rules can be found at: <https://www.athletics.com.au/wp-content/uploads/2024/12/AA-Technical-Specifications-2025-05.pdf>

FIELD SIZES

The following are the recommended maximum number of competitors allowed in each track event:

100m	10 Competitors
200m / 400m	9 Competitors
800m	12 Competitors
1500m	16 Competitors
2000m/3000m Steeplechase, 3000m/5000m Walk, 3000m and 5000m	24 Competitors

13. STARTING BLOCKS

Athletes aged 14 and over (as at 31 December in the current year) must use the crouch start from starting blocks for all events up to and including 400m.

For athletes aged 13 and under (as at 31 December in the current year) the crouch starts and starting blocks are encouraged but optional on their first competition day only.

Masters Athletics WA members are encouraged to use the crouch start from starting blocks, however, may use a standing start if required.

Athletes who are physically unable to use starting blocks may contact Athletics West to seek an exemption. Wheelchair athletes, or athletes exempt under World Para Athletics Rules, are automatically exempt from this rule and do not need to apply.

14. MIXED EVENTS

Athletics West reserves the right to conduct mixed races for middle and long distance events. Athletes must advise Athletics West after publication of the starting list if a qualification standard attempt is being attempted.

Female athletes wishing to participate in mixed races with the men must submit their request to Athletics West no later than one week before the competition date. Athletics West may grant permission for mixed races depending on the nature and the purpose of the request.

All decisions are made at the discretion of Athletics West.

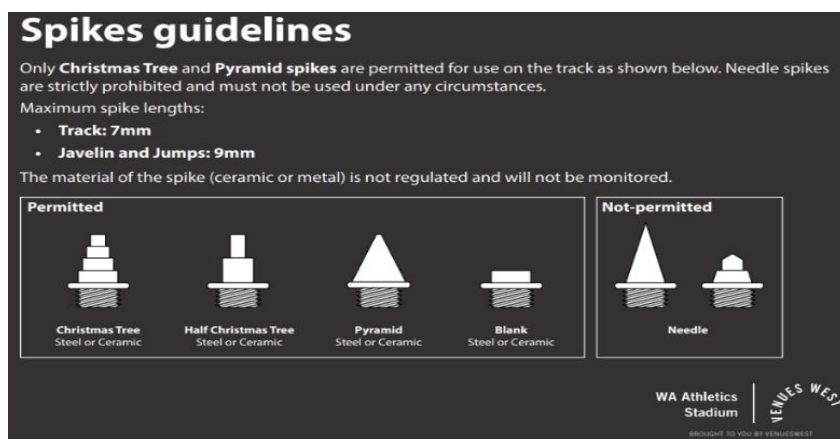
15. SPIKES

All athletes may have their footwear checked by any official at any time.

Footwear

To maximise performance and prevent damage to the Mondo surface, the only spikes permitted for use at the WA Athletics Stadium are Christmas Tree, Half Christmas Tree, and Pyramid and Blank shape variety. For all training and competition, the spikes must conform to the below rules;

- Track spikes must not exceed 7mm
- Javelin and Jumps spikes must not exceed 9mm.
- **As per Venues West Spike Guidelines:** Where spikes have been screwed into the shoes the above spikes guidelines will be enforced ensuring the correct type and length of spike are used.
- Where spikes are inbuilt into the shoe, utilisation of the World Athletics list of approved athletic shoes will determine the legality of the worn shoes. A full list of approved shoes can be found at <https://certcheck.worldathletics.org/FullList>.



SHOES

All competing athletes are encouraged to familiarise themselves with the World Athletics Rule TR5.2 and the World Athletics regulation 10 and 11. The shoe rules **ONLY** apply in Australia for Under 20 and Open age events. To claim a record (State or National for all age groups)

16. EQUIPMENT

Athletes wishing to use private implements must submit them to the Athletics West Technical Manager for inclusion to the competition.

Equipment is required to be certified at the start of the season by an Athletics West Technical Manager.

- For the first instance, athletes must submit their implement at a minimum of 90 minutes prior to their scheduled event start time as per the Final Timetable
- Subsequently, if an implement has been certified by an Athletics West Technical Manager within the current season, athletes can submit their implement at a minimum of 60 minutes prior to their scheduled event start time.

Personal Implements can also be submitted via the Athletics West Office during business hours prior to the day of the competition.

No other private implements may be taken on to the field until checked.

No private blocks are to be used during the competition, only Venues West blocks can be used.

17. INVITATIONAL EVENTS

Athletes or Coaches can request invitational events through Athletics West if the requirement for the event is of a high-performance nature, e.g. international qualification, State or National record attempt, preparation for national or international competition. Consideration is given to whether there is a specific requirement or purpose for the request, that has not already been provided through the scheduled program. Requests will be assessed on an individual basis.

Further to this, requests will be evaluated based on:

- Consideration for the competition opportunities that have already been provided throughout the season.
- The demand on officials and volunteers and the availability of officials and volunteers to deliver the event, and.
- Qualification or performance requirements for the athletes and the purpose of the request.

Athletes must submit their request to Athletics West no later than **one week before the competition date**. All decisions are made at the discretion of Athletics West and are final.

18. PROTESTS / APPEALS

These must be lodged initially with the relevant Referee as per World Athletics Rules (WA TR8).

Appeals to the Jury can be made after a protest to the referee has been dismissed. Appeals are to occur within 30 minutes of the Referee decision and be made in writing using the form provided at TIC (Technical Information Centre) and lodged with a \$50 cash fee. Appeals may be lodged by either the athlete or athlete's representative and are to be lodged to the Technical Information Centre Manager.

The Jury of Appeal will consist of the Technical Delegate and two Referees not involved. If the appeal is dismissed, then the \$50 will not be returned to the athlete.

19. RELEVANT POLICIES

The Athletics Australia Code of Conduct applies for all State competitions.

Policies and related documents can be found on the Athletics West website below and any updates will be communicated directly to members:

<https://www.athleticswest.com.au/policies-reports>

ATHLETICS WEST CONTACT

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