



TRACK & FIELD RULES & GUIDELINES

Queensland Representative School Sport trials and championships shall be conducted according to the:

- [WORLD ATHLETICS](#)
- [WORLD PARA ATHLETICS](#)
- [AUSTRALIAN ATHLETICS](#)
- [SCHOOL SPORT AUSTRALIA](#)
- [QRSS RISK ASSESSMENT HANDBOOK](#)
- Rules current as of June 30th of the current year unless otherwise advised

Age Groups and Team Sizes

10-12 years boys and girls – as per nomination information

13-19 years boys and girls – as per nomination information

COMPETITION RULES AND GUIDELINES

Nomination information

Able Bodied

- Regions may nominate athletes who have achieved the current year's QRSS State Championship qualifying standard and progressed through the district and regional pathway (see exceptions below).
- Athletes who have met the qualifying standard in their event are eligible for nomination.
- Each region may nominate up to two (2) automatic entries per event for able-bodied and multi-class athletes, provided athletes demonstrate performance levels close to the qualifying standard.

Exceptions:

- 10–19 Years High Jump: Athletes must meet the qualifying standard to be nominated.
- 10–12 Years 100m: Regions may nominate up to four (4) automatic entries provided athletes demonstrate performance levels close to the qualifying standard.
- 10–12 Years Combined Event (Tetrathlon): Regions may nominate a maximum of two (2) athletes per age group, with no additional entries permitted.
- Athletes may nominate for a maximum of five (5) individual events, excluding relays.
- Athletes competing in the 10–12 Years Combined Event (Tetrathlon: 100m, long jump, shot put and 800m) may compete in only one (1) additional individual event, excluding relays.

Multi Class:

- Multi-class athletes may compete at the QRSS State Championships in events listed in the current School Sport Australia (SSA) competition procedures.
- Athletes must appear on the AUSTRALIAN ATHLETICS Master List to compete. If not listed, classification evidence from the relevant organisation must be provided to the Regional School Sports Office/Team Manager and Multi-Class Convenor:
 - o Athletes who receive confirmed classifications after nominations close must provide evidence to the Multi-Class Convenor before Day 1 of competition for recognition at the Championships.
 - o Athletes who have commenced the classification process may compete as exhibition athletes if evidence of their application is provided at nomination.
 - o Exhibition athletes are not eligible for medals, records, or representative team selection until classification is confirmed.
- Athletes with multiple classifications (e.g. T/F37 and T/F20) must nominate one classification category for the entire Championships at the time of nomination.

QRSS STATE TEAM SELECTION

10-12 Years only

- A panel of selectors will be appointed to ensure a transparent, fair and equitable selection process has occurred at the trial/event. The selection panel will consist of a minimum of 3 people, one of whom will be the QRSS T&F Officials
- Athletes placing 1st–3rd in all events (able-bodied and multi-class), and 1st–4th in the able-bodied 100m, are invited to register their interest via QR code at the Queensland Team Outfitting Room.
- Final selections are subject to exemption applications and event-specific considerations.
- Athletes must meet Queensland State Championship qualifying standards to be considered for selection. An exemption may apply in the 100m to support Queensland relay team selection for national championships.
- Multi-class athlete selections will align with School Sport Australia (SSA) competition procedures current at the time of the State Championships.
- Final team selections will be emailed to parents after the Championships using details provided in the QR registration. Selected events will be confirmed by the General Manager, and the team list will also be published on the QRSS website once finalised.
- The following factors may also be considered for QRSS Team selection:
 - **Attitude and Coachability:** Positive, focused, and responsive to coaching instructions.
 - **Communication:** Uses appropriate language and contributes positively to the team environment.
 - **Teamwork:** Demonstrates leadership, fair play, and cooperation.

PERPETUAL TROPHIES AND QRSS MEDALS

10-19 Years

All divisions

Medals will be awarded to competitors who are placed first, second or third in finals.

Placegetters will be directed to the victory dais after the event for presentation of their medals.

Regional managers should advise officials if the athlete is required at another event.

Records - A certificate will be awarded to competitors who break or equal an existing record

Multi-class scoring

All events for athletes who are competing under a classification will be conducted as multi-class events in line with AA guidelines. Places will be calculated using the AA baseline scoring system.

EVENT 3rd Party Providers

Event Management Software & Program Requirements (ie 3rd Party Apps)

- Active Hy-Tek - Meet Manager Event Program - <https://hytek.active.com>
- Active - Meet Mobile - <http://www.active.com/mobile/meet-mobile-app>

Nomination, Qualifying Times & Distances

- All nominations must include verifiable qualifying performances. Nominations without performance evidence will not be accepted.
- Regional selectors should ensure athletes are competitive for State Championships based on regional performances.

Withdrawals & Changes

- Withdrawals and team changes must be submitted through the Regional Sports Office/Team Manager by the deadlines in the Championship Bulletins. Final regional nominations are due by COB Friday before the Championships.
- Final withdrawals due to exceptional circumstances (e.g. illness or injury) must be received before the Pre-Championship Meeting. Athletes not withdrawn by this time may still incur the championship levy.

Certificate of Competence

- Athletes competing in high-risk events (Discus, Javelin, Hammer Throw, High Jump – Fosbury Flop, and Pole Vault) must provide a QRSS Certificate of Competence signed by an accredited coach.
- Athletes without the required certification will not be permitted to compete.

Athlete Assistance, Compulsory uniform & Competition Procedures

Regional Attire

School Sport Regions will determine the competition uniform to be worn by athletes from the region.

- Athletes must wear the allocated competition number bibs
- Compression or lycra garments, including socks and arm sleeves, must match the dominant official regional/state colour where possible.

Region	Colour	Region	Colour
Capricornia	Black	North West	Maroon
Darling Downs	Royal Blue	Peninsula	Black
Metropolitan East	Navy Blue	South Coast	Maroon
Metropolitan North	Navy Blue	South West	Royal Blue
Metropolitan West	Dark Green	Sunshine Coast	Purple
Northern	Royal Blue or Black	Wide Bay	Black
Queensland	Maroon, Navy		

Footwear

Athletes are required to always wear enclosed shoes while competing in throws events.

Warm up for events

Regional Supervision must be allocated at the designated Warm-up Facilities.

Assistance to Athletes

- Multi-class athlete assistance must comply with the Multi-Class Information Handbook. On-field assistance may only be provided by a regional team manager wearing the official regional uniform and hi-vis vest.
- Any assistance beyond that permitted under an athlete's classification requires prior written approval via the *Multi-Class Additional Assistance Form* submitted through the Regional School Sport Office/Team Manager to the Multi-Class Convenor.

Athlete Check-In & Withdrawals

- Athletes must check in with their Regional Team Manager at least two hours before their first event each day and collect their competition bib and program.
- Athletes not officially withdrawn, or who fail to compete in qualifying rounds, may be removed from all remaining events, including relays.

Call Room (Marshalling) Procedures

All athletes must report to the Call Room before competing in full competition uniform, including bibs. Athletes who report directly to the event area may be denied entry.

Call Room (Marshalling)	Time prior to the event
Track Events	20 minutes
Pole Vault	60 minutes
Throws	60
High Jump, Long Jump, Triple Jump	40

- Athletes will be escorted to competition areas by officials. Late athletes may be refused entry.
- Athletes competing in overlapping events must notify Call Room officials or their Team Manager
- Failure to report for semi-finals or finals will be treated as a withdrawal and may result in removal from remaining events.

Competition Arena Access

- Only competitors, Regional Officials, approved carers for multi class athletes and authorised officials are permitted in the competition arena and warm up areas
- Private coaches and parents/guardians are not permitted in the field of play and must always remain on the outside of the fence. Athletes can access coaching from inside the fence during warm up and competition

Equipment

Pole Vault

- Athletes must provide their own poles.
- Poles may not be shared with other competitors

Throwing Implements

10-12 Years Able Body Implement Weights:

	10 Years	11 Years	12 Years
Shot Put	2kg	2kg	3kg
Discus	500g	750g	750g

13-19 Years Men Able Body Implement Weights:

	13 Years	14 Years	15 Years	16 Years	17 Years	18-19 Years
Shot Put	3kg	4kg	4kg	5kg	5kg	6kg
Discus	1kg	1kg	1kg	1.5kg	1.5kg	1.75kg
Javelin	600g	700g	700g	700g	700g	800g
Hammer Throw	3kg	4kg	4kg	5kg	5kg	6kg

13-19 Years Women Able Body Implement Weights:

	13 Years	14 Years	15 Years	16 Years	17 Years	18-19 Years
Shot Put	3kg	3kg	3kg	3kg	3kg	4kg
Discus	1kg	1kg	1kg	1kg	1kg	1kg
Javelin	400g	500g	500g	500g	500g	600g
Hammer Throw	3kg	3kg	3kg	3kg	3kg	4kg

10-12 Years Multi Class Athlete Implement Weights:

The Multi Class Athletes will throw the shot put or discus weight applicable for their classification and age group. The implement weights for athletes with a disability will be no heavier than those thrown by the able body athletes.

Note: Where boys and girls in a classification group throw different weight shot puts, the weight for the girls' shot put is indicated in brackets

Classification	10 Years		11 Years		12 Years	
	Shot Put	Discus	Shot Put	Discus	Shot Put	Discus
F01	2 kg	500 g	2 kg	750 g	3 kg	750 g
F11-13	2 kg	500 g	2 kg	750 g	3 kg	750 g
F20	2 kg	500 g	2 kg	750 g	3 kg	750 g
F21	2 kg (1.5 kg)	500 g (350 g)	2 kg	500 g	3 kg (2 kg)	750 g (500 g)
F32	1 kg	500 g	1 kg	500 g	1 kg	500 g
F33	1 kg	500 g	1 kg	500 g	2 kg (1 kg)	500 g
F34	2 kg	500 g	2 kg	500 g	2 kg	500 g
F35	2 kg	500 g	2 kg	500 g	2 kg	500 g
F36	2 kg	500 g	2 kg	500 g	2 kg	500 g
F37	2 kg	500 g	2 kg	500 g	2 kg	500 g
F38	2 kg	500 g	2 kg	500 g	2 kg	500 g
F40/41	1.5 kg	500 g	1.5 kg	500 g	2 kg	750 g (500 g)
F42	2 kg	500 g	2 kg	750 g	3 kg	750 g
F43/44	2 kg	500 g	2 kg	750 g	3 kg	750 g
F45	2 kg	500 g	2 kg	750 g	3 kg	750 g
F46	2 kg	500 g	2 kg	750 g	3 kg	750 g
F51	No Event	350 g	No Event	500 g	No Event	500 g
F52	1.5 kg	350 g	1.5 kg	500 g	2 kg	500 g
F53	1.5 kg	350 g	1.5 kg	500 g	2 kg	500 g
F54	1.5 kg	350 g	2 kg (1.5 kg)	500 g	2 kg	500 g
F55	1.5 kg	350 g	2 kg (1.5 kg)	500 g	2 kg	500 g
F56	1.5 kg	350 g	2 kg (1.5 kg)	500 g	2 kg	500 g

F57	1.5 kg	350 g	2 kg (1.5 kg)	500 g	2 kg	500 g
F60	2 kg	500 g	2 kg	750 g	3 kg	750 g
F61f	2 kg	500 g	2 kg	750 g	3 kg	750 g
F62	2 kg	500 g	2 kg	750 g	3 kg	750 g
F63	2 kg	500 g	2 kg	750 g	3 kg	750 g
F64	2 kg	500 g	2 kg	750 g	3 kg	750 g

Note: Where boys and girls in a classification group throw different weight shot puts, the weight for the girls' shot put is indicated in brackets.

Starting Blocks

- Regulation starting blocks will be supplied for all competition events.
- Able-bodied athletes aged 13–19 years must use starting blocks in all track events up to 400m
- Starting blocks are optional for all 10–12 year and 13–19 years multi-class athletes

Track

Qualifying for Finals & Timed Finals

Event	Number of Heats	Qualification Progression
Multi Class	NA	All multi-class track events will be conducted as timed finals.
100m/200m	2 heats	Top 3 from each heat + fastest remaining times
	3 heats	Top 2 from each heat + fastest remaining times
	4 heats	Top 3 from each heat + fastest remaining times progress to semi
	Semi-finals	Top 2 from each semi-final + fastest remaining times progress to the final
400m/.Hurdles	2 heats	Top 3 from each heat + fastest remaining times
	3 heats	Top 2 from each heat + fastest remaining times
	4 heats	Winner of each heat + fastest remaining times
800m	2 heats	Top 3 from each heat + fastest remaining times
	3 heats	Top 2 from each heat + fastest remaining times
1500m	2 heats	Top 6 from each heat
	3 heats	Top 4 from each heat
	4 heats	Top 3 from each heat
3000m/5000m	NA	Timed Finals
Race Walk	NA	
Steeplechase	NA	

Field Events

- In able-bodied field events (excluding vertical jumps), all athletes receive three attempts. The top eight (8) athletes then receive one additional attempt.
- In multi-class field events and the 10–12 Years Tetrathlon, all athletes receive three attempts only.
- Where athletes are competing in both track and field events simultaneously, World Athletics Rule TR4-3 will apply. For 10–12 years and multi-class athletes, officials and Team Managers will work together to achieve the fairest outcome.

High Jump-Starting Height:

	Boys	Girls
10 years	1.20m	1.16m
11 years	1.31m	1.26m
12 years	1.40m	1.33m
13 years	1.50m	1.39m
14 years	1.60m	1.42m
15 years	1.66m	1.42m
16 years	1.72m	1.42m
17 years	1.74m	1.42m
18-19 years	1.74m	1.42m

First rise: 8cm increment

Next 2 rises: 5cm increments

Subsequent rises: 3cm increments

- Powder markers are not permitted. Athletes may use a maximum of two runway markers.
- 10–12 years athletes using the scissor technique will compete on separate mats

High Jump Ties

- 10–12 years: A jump-off will be conducted where a tie results to support Queensland Team selection.
- 13–19 years: No jump-off Joint medals will be awarded.

Pole Vault

- Minimum starting heights will be confirmed by the host venue prior to the Championships
- Height increments will be determined by the Organising Committee and advised before competition.
- Athletes must provide their own poles.

Pole Vault Ties

- For 13–19 years events, no jump-off will be conducted for ties in 1st, 2nd or 3rd place. Joint medals will be awarded.

Relays

Relay events will be conducted in the following divisions:

- Able-Bodied: 10 Years Boys/Girls, 11 Years Boys/Girls, 12 Years Boys/Girls, 13–15 Years Boys/Girls, 16–19 Years Boys/Girls
- Multi-Class: 10–12 Years Boys/Girls, 13–15 Years Boys/Girls, 16–19 Years Boys/Girls

Regions may nominate one (1) team per relay event, with athletes meeting the specified age and gender.

Regions with insufficient athlete numbers may combine to form relay teams (min 2 athletes from the region)

Multi-Class Relays

- All teams must use a tap change for relays.
- Teams including a Frame Runner (T71–72) or Wheelchair athlete (T32–34, T51–54) may include only one athlete from these classifications, who must run the fourth leg for risk management purposes.

Complaints Management & Protests

- Parents/guardians must first raise any concerns with their Regional Team Official or Team Manager.
- Athletes must first raise a protest verbally with the Event Referee.
- If unresolved, the Team Manager must lodge a verbal protest through the Technical Information Centre (TIC) within **10 minutes** of the event's completion.
- The referee will either make a decision or refer the matter to the Jury of Appeal.
- Any appeal must be submitted in writing by the Team Manager within **30 minutes** of the referee's decision.
- Team Managers are responsible for understanding the relevant World Athletics Protests and Appeals rules.