



# ***Australian Masters Athletics***

**AUSTRALIAN MASTERS ATHLETICS INC**

## **AMA NATIONAL TRACK AND FIELD CHAMPIONSHIPS MANUAL**

### **UPDATES, AMENDMENTS, AND CORRECTIONS**

**Version: May 2024**

Edited and updated by:

Jayne Hardy  
AMA Competition Director

Part.....	Correction, amendment, removal, etc and reason	Page No.
Part 6 6.2	April 2024 Removal of the <b>Athletes Forum</b> – Lack of attendance, difficult to fit into the timetable and was just used as a bad-mouthing session.	9
Part 6 6.2	April 2024 Removal of the <b>Coaches Forum</b> – Lack of attendance, difficult to fit into the timetable and a lot of work to organise and engage a speaker.	9
Part 1 3	April 2024 <b>Hytek Meet Manager</b> – Addition: Any form of competition software can be used if it is compatible with online entry.	5
Part 6 6.3	April 2024 <b>Results</b> – Amendment: Results should go onto a designated website immediately from the competition software. Please note: the official results must be available in event type order.	10
Part 6 6.3	April 2024 <b>Engraver</b> – Addition: Post event ‘brag tags’ can be arranged to eliminate the need for an engraver.	10
Appendix 1	April 2024 <b>Planning schedule: 6 months to 3 months</b> – Correction: Removal of ‘2023 & Hammer’ from the AMA trophies table and include the year and the implement each time.	12
Appendix 3	April 2024 <b>Awards</b> – Addition to AMA Age Graded Sprint Champion. A ‘%’ added into the sentence ....best age grade % male and female Australian athletes will be conducted in the 100m.	16
Appendix 3	April 2024 <b>Awards</b> – Highlight: <b>only 3 throws</b> . This event is not to be confused with the standard individual throwing events.	16
Appendix 3	April 2024 <b>Competition Rules – Track - relays</b> – Addition: Athlete based teams may have a 4 x 800m relay opportunity if approved by the LOC	20
Appendix 3	April 2024 <b>Competition Rules – Track - relays</b> – Remove: ‘not’ Composite teams of the same gender are eligible for medals.	19
Appendix 3	April 2024 <b>Competition Rules – Track – AMA Age Graded Sprint Champion</b> . Amendment: A doubling up of words has now been removed.	22
	April 2024 <b>Competition Rules – Throws Champion of Champion</b> . Addition: Each thrower will have three throws. Each valid throw has the handicap distance for that athlete added on. The winner is the athlete with the furthest distance which includes their handicap.	24
Part 1 2	January 2024 <b>Organising the Track and Field Championships</b> – Addition: This event is a tremendous workload for a state/territory association to take on and each association should consider securing the services of an Events/Project Manager to Chair the LOC – maybe a club person or hire someone to take the stress and workload off the association’s committees that are already looking after the day-to-day duties	4
Part 6 6.1	January 2024 <b>Coaches’ areas</b> – Inclusion: Each field site should have a designated area set out with cones for coaches to be in while their athlete is competing. It should be 20-30m long and should be located outside the fence line of the track.	8
Appendix 6	January 2023 <b>Handicaps for Age Graded Sprint Champions</b> – Update: The table was updated in 2023 by Peter Crombie.	29
Appendix 3	August 2022 <b>Competition Rules – Track – Steeplechase</b> – WMA will survey all the regions and member federations this year (2023) to see the rate of installation of the new steeplechase barrier height (M30-	20

	59 – 0.838m). All countries currently can adhere to the 'old' specifications, records will only be endorsed to those until changes are approved by the WMA Council.'	
Appendix 3	<p>August 2022 <b>Competition Rules – Track – Race Walking – Inclusion:</b> For nationally sanctioned Race-Walking events, the No Advantage concept is to be applied as a modification to World Athletics rule 54.2 for athletes aged 65 and older.</p> <p>Where older athletes are unable to fully comply with the required “straightened” leg, but are not gaining any speed advantage because of a soft knee, then judges shall apply the No Advantage concept and not issue a yellow or red card.</p> <p>The 'No Advantage' is there to allow for a <b>slight</b> bending of the knee, particularly in older walkers where a perfectly straight leg cannot be achieved but where these walkers are seriously trying to Race Walk correctly.</p> <p>It is not there to condone a distinct leg creep (which invariably occurs when trying to go too fast). While still open to interpretation, as for all walk judging, it is expected that judges will show leniency towards older walkers. Older walkers should still look like race walkers with a largely straight leg and high toe in contact.</p> <p>All race-walking athletes must notify the competition officials before the commencement of a race-walking event of their intention to attempt to achieve a world record in that race-walking event. Walks officials must judge an athlete’s racewalking world record attempt using World Masters Athletics (WMA) racewalking rules. For each race-walking event involving athletes aged 65 and over, competition officials, at their discretion, may require athletes attempting to achieve a world record to compete in a racewalking event of the same distance required under WMA race-walking rules other than the event being run for that athlete’s respective gender and age group.</p> <p>Should an athlete aged 65 and over, attempting to achieve a world record in a race other than the event being run for that athlete’s respective gender and age group, then the placings and medals for that gender and age group shall be determined using the performance of each athlete.</p>	21
Appendix 3	August 2022 <b>Competition Rules – Field Update:</b> 60 second rule now applies to all throws and jumps except for the Pole Vault event.	22
	September 2022 – <b>3. AMA Policies</b> - Hytek Meet Manager or any other competition software is to be used for programme and results management. The online entries system needs to be compatible with Hytek with all updates included if you are using Meet Manager. Other competition software must also have recommended updates.	5
	September 2022 – <b>3. AMA Policies</b> - AMA will provide an advance of \$5000 to assist in running the Track and Field Championships. This funding will be available from November in the preceding year (from	5

	the AMA Treasurer). If a State makes a surplus, then they should return the \$5000 to AMA <u>at the discretion of the AMA Board.</u>	
	<p><i>September 2022 – 6. Requirements during Competition - Indoor Competition venues</i></p> <p>Australian Masters Athletics will recognise as legitimate Indoor Competitions only those events, their results and any Australian records claimed, that conform to World Athletic Competition and Technical Rules. This is an AMA Council decision made on September 17, 2022.</p> <p>Applicable World Athletics Rules:  Performance shall be made on a World Athletics facility or at a competition arena which complies with Rule 41 -43 of the Technical Rules.</p> <p>Technical Rules part 5 – Competition Rules 42 The Indoor Stadium  41.1 The stadium shall be completely enclosed and covered.  Lighting, heating, and ventilation shall be provided to give satisfactory conditions for competition.</p> <p>41.2 The Field of Play – in addition, a circle, and a landing area for the Shot Put should be provided, whether permanently or temporarily. All facilities should conform to the specifications of the World Athletics Track and Field manual.</p>	7 & 8
Appendix 3	<p><i>September 2022 – Rules – Competition Rules – Non-Stadia - Masters Race Walking “No Advantage” Rule</i></p> <p>Please refer to the By-Law under Race Walking on page 21.</p>	24