SCHOOL SPORT AUSTRALIA
Boys and Girls 10-12 years
Track & Field Championships
RULES AND GUIDELINES

Section A – Championship Overview

A - 1. These Rules and Guidelines should be read in conjunction with the School Sport Australia Policies, Championship Protocols and the Sport Championship Organisational Manual.

A - 2. The Championships shall be conducted under the rules as used by World Athletics and the World Para Athletics (WPA) with the exception of the following or as stated elsewhere in these Rules and Guidelines:

A - 2.1. World Athletics TR26.8.4 Ties will not be enforced.

A - 2.2. World Athletics TR6.4.1 and WPA Rule 7.4 (a) Assistance to Athletes is varied as follows: Communication with athletes is permitted by official Team Officials provided they are located in the area reserved for this purpose.

A - 2.3. World Athletics TR8 and WPA Part B 9 Jury of Appeal – see G - 1 below.

A - 2.4. World Athletics TR15 and WPA Rule 16 Starting Blocks – see Rule B - 6 below

A - 2.5. World Athletics TR16.6 and TR16.7 and WPA Rule 17.7 False Starts – this is replaced by Rule B - 7 below.

A - 2.6. World Athletics TR17.8 to TR17.13, TR29.10 to TR29.12 and WPA Rules 18.11 to 18.16, 27.11 and 27.12 Wind Gauge – see Rule B - 5 below.

A - 2.7. World Athletics TR26.1 and TR26.4 – Vertical Jumps are varied as per Rule B - 17.4 and B - 17.5 below.

A - 2.8. World Athletics TR4.3 and TR25.6 and WPA Rules 5.2 and 24.6 Order of Competition shall not be enforced. However, in throws and horizontal jumps, a competitor must complete all attempts before the scheduled starting time of the next event or forfeit those attempts. This may be varied by the relevant Referee and/or Competition Manager - see also Rule B - 8.1 below.

A - 3. The Championships shall be conducted in accordance with current Memorandum of Understandings between School Sport Australia and Australian Athletics, Little Athletics Australia and the Australian Paralympic Committee.

A - 4. Eligibility

All students must be either 10, 11 or 12 years of age on 31 December in the year of competition.

A - 5. Age Dispensation

There is no age dispensation allowance in the 10 - 12 Years Track & Field Championships.

A - 6. Team Size

A - 6.1. Each State/Territory shall be permitted to enter the following number of competitors:

EVENT	***COMPETITORS PER AGE GROUP OPEN CLASS***	***COMPETITORS PER AGE GROUP MULTI CLASS***
100 Metres	*Four (4)*	*Three (3)*
200 Metres	*Three (3)*	*Three (3)*
800 Metres	*Three (3)*	*Three (3)*
1500 Metres	*Three (3)*	*No Event*
High Jump	*Three (3)*	*No Event*
Long Jump	*Three (3)*	*Three (3)*
Shot Put	*Three (3)*	*Three (3)*
Discus	*Three (3)*	*Three (3)*
Tetrathlon	*Three (3)*	*No Event*
4 x 100 Metre Relay	*One (1)*	*One (1) 10-12 years*
Medley Relay	*One (1)*	*One (1) 10-12 years*
4 x 100 Metre Combined Relay	*One (1)*	

A - 6.2. Multi Class Athletes will nominate as per their peers (i.e. there is no team size limit).

A - 6.3. Multi Class Athletes may compete in open class events for which they qualify through the same selection process as open class athletes.

A - 6.4. Championship Pathways

Events within these Athletics Championship are conducted across two (2) pathways: Open-Class and Multi-Class.

For the purposes of these Championships, Open-Class and Multi Class are considered the same event therefore students may not compete in both pathways for the same distance or type.

The Open-Class pathway is for students who:

- do not meet the minimum impairment criteria for multi-class classification; or
- opt to compete without adaptations or disability-specific classification.

The Multi-Class pathway is for students with an eligible classification (including autism, deaf and hard of hearing, intellectual, physical, transplant or vision) who elect to compete within classification-based events.

Updated September 2026

A - 6.5. Each member State/Territory is responsible for the selection of their team providing they comply with the relevant rules within the School Sport Australia Track and Field Rules and Guidelines.

A - 6.6. Competitors must compete in their own age group only e.g. a ten-year-old cannot compete in an eleven-year-old age group. This shall not apply to Open Age events, Final Day events and/or relays where a team would not otherwise be fielded by a state.

Amended September 2026

A - 7. Attendance at Championships

All students who participate in the School Sport Australia Track & Field Championships must remain at the Championship location as per School Sport Australia attendance policy.

Amended September 2026

A - 8. Mixed Gender Events

No mixed gender events shall be conducted on Medal Event Days of the Championships.

A - 9. Entries

A - 9.1. Each State/Territory will be required to submit their entries on the prescribed format issued by the National Track & Field Advisor.

A - 9.2. Entries for Days 1, 2 and 3 must be received no later than three (3) weeks prior to the commencement of competition or a date as agreed by the National Track & Field Advisor and the host member body.

A - 9.3. Names for all Track Relay runners (4x100m, Medley, Combined) must be included as part of the entries in running order.

A - 9.4. Performances must accompany all entries (except Final Day entries) from competing states/territories for heat draws and seeding purposes.

A - 9.5. All events will be offered irrespective of the number of entries received.

A - 10. Withdrawals, Substitutions and Additions

A - 10.1. Forms shall be made available for distribution at the Pre-Championship Briefing.

A - 10.2. The deadline for withdrawals, substitutions and additions shall be advised by the National Track & Field Advisor in conjunction with the host member body.

A - 11. Supervision

A - 11.1. All states and territories MUST supervise their athletes during all activities on the warm-up day and in the warm-up area until athletes enter the call room. Parents are forbidden to be on the field of play during warm up day and competition, or in the warmup area or call room. It is the responsibility of all team officials to make sure this rule is enforced.

A - 11.2. Only team officials appointed by the relevant State/Territory School Sports Association are permitted in the warmup area.

A - 11.3. Access Passes to be allocated to teams on request. They are to be only used when team managers/coaches require the additional assistance of parent helpers/coaches to provide adequate support to athletes in the warm-up area. The National Track & Field Advisor to provide passes for requesting teams at the Pre-Championship Briefing.

Amended September 2026

A - 12. Failure to Participate

A - 12.1. As per World Athletics TR4.4 and WPA Rule 5.3.

A - 12.2. An athlete shall be excluded from participation in all further events (including other events in which he/she is simultaneously participating) in the competition, including relays, in cases where:

A - 12.2.1. An athlete qualified in a preliminary round of an event for further participation in that event but failed to participate further.

A - 12.2.2. An athlete failed to compete honestly with a bona fide effort. The relevant referee will decide on this and corresponding reference must be made in the official results. This does not apply to individual events in Tetrathlon.

A - 12.3. A medical certificate, provided by the appointed medical /first aid providers at the Championships, may be accepted as sufficient reason to accept that the athlete became unable to compete after competing in a previous round, but will be able to compete in further events (except Tetrathlon individual events) on a subsequent day of competition.

A - 12.4. Note: World Athletics TR4.4.1 and WPA Rule 5.3(a) does not apply to this competition.

Section B – Competition Structure

B - 1. Competition Itinerary

B - 1.1. The appropriate itinerary for the Championships is:

DAY	ACTIVITY	TIME
ONE	Teams Arrive	am
	Classification and Venue Familiarisation	afternoon
	Pre-Championship Briefing	e.g. 6 pm
	Opening Ceremony	Afternoon
	Medal Events Start	After Opening Ceremony
TWO	Medal Events Competition Continues	Full Day
	Team Officials Dinner	evening
THREE	Medal Events Competition Continues	Full Day
FOUR	Medal Events Competition Continues	Half Day
	Half Day Excursion	Half Day
FIVE	Teams Depart – state/territory choice	
WITHIN TWO WEEKS	Post-Championship Review	Online

Table Amended October 2026

B - 1.2. The itinerary may be varied in a Pacific School Games year or by permission of the School Sport Australia Board.

B - 2. Program of Events:

B - 2.1. The School Sport Australia National Track and Field Advisor will prepare the daily schedule of events.

B - 2.2. Events

B - 2.2.1. Medals Events:

	10 YEARS BOYS & GIRLS	11 YEARS BOYS & GIRLS	12 YEARS BOYS & GIRLS	10-12 YEARS BOYS & GIRLS
100 Metres	Yes	Yes	Yes	No
100 Metres Multi Class	Yes	Yes	Yes	No
200 Metres	Yes	Yes	Yes	No
200 Metres Multi Class	Yes	Yes	Yes	No
800 Metres	Yes	Yes	Yes	No
800 Metres Multi Class	Yes	Yes	Yes	No
1500 Metres	Yes	Yes	Yes	No
4 x 100 M Relay	Yes	Yes	Yes	No
4 X 100 M Relay Multi Class	No	No	No	Yes
4 x 100 M Combined Relay	Yes	Yes	Yes	No
Medley Relay	Yes	Yes	Yes	No
Medley Relay Multi Class	No	No	No	Yes
Tetrathlon	Yes	Yes	Yes	No
Long Jump	Yes	Yes	Yes	No
Long Jump Multi Class (ambulant only)	Yes	Yes	Yes	No
High Jump	Yes	Yes	Yes	No
Shot Put	Yes	Yes	Yes	No
Shot Put Multi Class	Yes	Yes	Yes	No
Discus	Yes	Yes	Yes	No
Discus Multi Class	Yes	Yes	Yes	No

Table Updated October 2026

NOTE: Frame Running athletes are eligible to compete in 100m and 200m Multi class events.

Updated September 2026

B - 2.3. Pacific School Games

B - 2.3.1. In any Pacific School Games, events may be added to the program. The events, age groups and conduct of added events will be determined in the year prior to the Pacific School Games as recommended by the Post Championships meeting of that year and approved by the School Sport Australia Board of Management.

B - 3. Multi Class Competition

B - 3.1. Each athlete in multi-class events must have a valid sporting classification.

The verification of classification will be done against the Australian Athletics Classification Master list and in conjunction with Deaf Sports Australia, Paralympics Australia, Sports Inclusion Australia and Transplant Australia.

Athletes who do not have a classification prior to competition will be ineligible to compete.

Updated September 2026

B - 3.2. Results and placings in multi-class events will be determined using the School Sport Australia Baseline scoring system.

Each athlete's performance will be compared to the Baseline for their respective classification and converted into a percentage. The largest percentage wins, second largest second etc.

The School Sport Australia Baseline scoring system incorporates the Australian Athletics Baselines as at the beginning of the calendar year plus additional ii-3 data devised in collaboration by SSA and Sport Inclusion Australia.

The School Sport Australia Baseline scoring system will be updated at the beginning of each year, released in February and remain in place until 31 December.

The SSA Baselines will be available online, in the Track and Field section of the School Sport Australia website.

Updated September 2026

B - 3.3. Selection of Multi Class Athletes should be based on their percentages/placings at State and Territory Championships.

States and Territories may impose their own selection standards to suit the size of the team they wish to select.

Amended September 2026

B - 3.4. Multi Class Athletes with a physical impairment who have a review status may be required to attend a classification session at the Championships (if classifiers available). Where possible, teams will be notified one week prior to the Championships.

Should a student's classification be deemed ineligible at this time, he/she can still participate, but receives no percentages and will not be eligible for placings, medals or records.

If a student's classification changes during the championship, as a result of a classification review, the new classification will be used from that point in time for all future events being contested. If an event has already been completed, the former classification will be used to determine its results, placings and records.

Amended September 2026

B - 3.6. Guide Runners

B - 3.6.1. T11 and T12 athletes are permitted guide runners. Guide runners are optional for T12 class. However, if used, this must be nominated at the time of submission of entries.

B - 3.6.2. Student guide runners (of T11 and T12 classified athletes who medal) receive a medal/award equivalent to that of which the athlete receives.

Amended September 2026

B - 4. Timing

B - 4.1. Each competitor in track event heats and finals shall be timed, using photo finish, irrespective of their placing.

B - 5. Wind Gauge

B - 5.1. The use a wind gauge is optional. It is not required for meet records.

B - 6. Starting Blocks

B - 6.1. Starting blocks are optional and athletes are allowed to perform a standing start for sprints and relays events.

Spike use for crouch starts may vary pending venue requirements. States and territories will be informed of this information in pre-championship bulletins, as some venues specify block starts only when crouching in spikes.

Updated September 2026

B - 7. False Starts

B - 7.1. Any competitor making a false start shall be warned and the field will also be warned. Any competitor making a false start after this will be disqualified.

B – 7.2. In the case of Tetrathlon events, if a competitor is responsible for making two (2) false starts they will be disqualified.

Updated September 2026

B - 8. Clash of Events

B - 8.1. Where a competitor has a clash of a field event with a track event, he/she shall be permitted to complete the field event, where possible, taking the trials out of order and out of round, if necessary.

B - 8.2. Team Officials are permitted to 'marshal' on behalf of a competitor when there is a clash of events and must submit a clash form. This must be submitted prior to the commencement of the first clash event.

Updated September 2026

B - 9. Call Room

B - 9.1. An appropriate Call Room is to operate at each Championship.

B - 9.2. Recommended Call Room times:

Track Events 15 minutes prior to event start time

Field Events 30 minutes prior to event start time

Relay events 20 minutes prior to event start time

Amended September 2026

B - 9.3. If a venue does not have separate warm up facilities, these Call Room times may be extended to allow more preparation time at the event site. National Sport Advisor to determine this prior to competition.

Amended September 2026

B - 10. Competition Times

B - 10.1. Refer School Sport Australia General Policies and Guidelines.

B - 10.2. The scheduled starting time shall be allocated for all events in the program.

B - 10.3. A 1 hour interval should be programmed between the conclusion of the Opening Ceremony and the first Call Room time.

Updated September 2026

B - 11. Track Events – Open Class

B - 11.1. In events with two (2) heats, the first three placegetters in each heat plus the next fastest times to make a final of eight (8).

B - 11.2. In events with three (3) heats, the first two placegetters for each heat plus the next fastest times to make a final of eight (8).

B - 11.3. For four (4) heats in 100 m, on tracks with eight (8) lanes on the straight, there will be three rounds of competition (heats, semi-finals/finals). On tracks with ten (10) lanes on the straight, there will be two rounds of competition (heats/finals). The advancement will be the first two placegetters plus the fastest times to fill the available lanes in 100 m only.

B - 11.4. For four (4) or five (5) heats in 200 m, the advancement will be the winner and the next fastest to make a final of eight (8).

B - 12. Track Events – Multi Class

B - 12.1. All Multi Class track events will be conducted as timed finals as per World Athletics and WPA Rules.

B - 13. 800 Metres – Open Class and Multi Class

B - 13.1. When the Track & Field Championships is conducted over two (2) or more days, heats and/or finals should be conducted on separate days and at appropriate times to avoid excessive heat and humidity.

B - 13.2. Spikes are permitted to be worn in all track events including the 800m.

B - 14. 1500 Metres – Open Class only

B - 14.1. 1500 metres will be conducted as timed finals.

B - 14.2. Spikes are permitted to be worn in all track events including 1500m.

B - 14.3. Where possible, there should be at least one day's separation between the 1500m and 800m events.

B - 15. Tetrathlon

B - 15.1. The following events will be conducted over two days:

Day One: 100 m, Long Jump

Day Two: Shot Put, 800 m

B - 15.2. The events comprising the Tetrathlon shall be conducted separately and not combined with an existing event.

B - 15.3. The Tetrathlon 800m may be moved, at the discretion of the National Track & Field Advisor, to another time slot in the day to accommodate safety and health concerns and shot put rescheduled into the program at a suitable time to accommodate this happening.

Athletes must attend the call room prior to all events within the Tetrathlon

B - 16. Relays – Medal Events

B - 16.1. 4 x 100 Metres Relay Open class – teams shall consist of four (4) runners all eligible to compete in the relay entered. The 4 x 100 metres shall be the last event on Day 1 or 2 or 3 of medal events

B - 16.2. Medley Relay Open class (2 x 200 m, 1 x 100 m, 1 x 300 m) – teams shall consist of four (4) runners who may be of varying ages, but the team must compete in the age division for which the oldest runner is eligible. The Medley Relay should be the last events on the last day of medal events.

B - 16.3. The Medley Relay format shall be:

B - 16.3.1. The first runner shall start on the 4x400 m relay marks.

B - 16.3.2. The second runner shall receive the baton within the 4x200 m change over marks. If there are no 4x200 m changeover areas marked on the track, then the 4x100 m changeover marks will be used.

B - 16.3.3. The third runner will receive the baton within the 4x400 m relay changeover area in lanes.

B - 16.3.4. The fourth runner will stand inside the dotted 1500 m assembly line, in lanes, and receive the baton before the green 800 m cut in line. Once they have received the baton, the runner must stay in their lane until they fully cross over the green cut in line after which they may diverge.

Note: format for last change, may vary as required, pending venue markings.

B - 16.4. 4 x 100 Metres Relay Multi class

B - 16.4.1. Teams shall consist of four (4) multi-class runners. Athletes may be of any age (10-12 years). There will be one multi class boys race and one multi class girls race.

The results will be calculated using the School Sport Australia Baseline Scoring method for relays.

B - 16.4.2. Medley Relay Multi class (2 x 200 m, 1 x 100 m, 1 x 300 m). Teams shall consist of four (4) multi-class runners. Athletes may be of any age (10-12 years). There will be one multi class boys race and one multi class girls race.

Format of race; Refer to rule B - 16.3.

B - 16.4.3 Combined Relay

The combined relay is a 4 x 100m race.

Teams shall consist of four (4) athletes: 2 open-class and 2 multi-class.

Athletes may run in any order.

One race per gender and age will be offered.

The results will be calculated using a combination of the School Sport Australia Baseline Scoring (for multi-class runners) and open world records (for open class runners).

Added September 2026

B - 16.4.4. Baton use in Multi-Class and Combined Relays

A baton shall be used for all Multi Class and Combined Relay Races and shall be carried by hand throughout the race except when the following athlete classifications are involved T33-34, T51-52 and T53-54 (wheelchair), T43 (arm amputee) and any other classification that prevents the athlete from carrying a baton. In this instance, the changeover shall be by a touch on any part of the body

of the outgoing athlete. The first touch must be within the Changeover Zone. All rules that apply to an exchange of the baton will apply to the touch. Pushing the outgoing athlete to gain an advantage during change-over shall result in disqualification. When one team cannot carry a baton, then all teams will use the touch method in that race.

B - 16.5. Athlete relay allowances and Composite relay teams

An athlete may compete in one (1) relay only. Smaller States/Territories with small team sizes may use the same athlete for multiple relays, as required to field a team. Where a state/territory cannot create a complete relay team using its own athletes, they may form a composite relay team using an athlete/s from another state. Where possible, notice should be given at the Pre- Championship Briefing.

B - 16.6. Composite relay teams shall have equal status as complete state/territory relay teams.

B - 16.7. Relay Team Sheets will be distributed at the Pre-Championship Briefing for changes to submitted Relay teams only.

B - 16.8. The deadline for submission of Relay Team changes is one hour prior to the first corresponding Relay event or as advised by the National Track & Field Advisor.

B - 17. Field Events

B - 17.1. Field events should be run concurrently subject to the availability of officials and facilities.

B - 17.2. In all field events, except High Jump, all competitors will have three (3) attempts in rotation. The best eight (8) will qualify to have a further optional one (1) attempt, in reverse order of standings. The best of all attempts shall count for placings.

B - 17.3. In multi-class long jump events, athletes qualifying with distances of less than 1.5m, will be required to jump from an alternate take off board, 30cm from the pit edge. All other athletes must use the 1m or 2m take off board. The alternate board may be constructed using tape (or similar) if not already marked on the runway. It may also be positioned on adjacent runway at convener's discretion.

Added September 2026

B - 17.4. In High Jump, the starting heights shall be:

10 Year Girls	1.05 m	10 Year Boys	1.15 m
11 Year Girls	1.15 m	11 Year Boys	1.25 m
12 Year Girls	1.20 m	12 Year Boys	1.30 m

B - 17.5. Bar rises shall be 5 cm until a maximum of six (6) competitors remain then 3 cm. If the field comprises of less than eight (8) competitors, the increments are at the discretion of the Chief Judge in consultation with the Field Referee. 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 Chief Judge or Referee.

B - 17.6. The World Athletics Jump Off Rule to separate equal first place shall NOT be used.

B - 17.7. Where possible field events sectors/pits should be marked as follows:

Discus - 5m interval lines and markers.

Shot Put - 1m interval lines and markers

Long Jump - indicator boards to be used

B - 18. Final Day

B - 18.1. Competition Format and Scheduling on Final Day

B - 18.1.1. On the Final Day, the Closing Ceremony will take place as soon as possible after the conclusion of the final event.

B - 18.2. Pacific School Games

B - 18.2.1. The Relay Day or Teams Challenge Day should be included in the Pacific School Games for Track and Field.

SECTION C - FACILITIES, EQUIPMENT

C - 1. Facilities

C - 1.1. As per the World Athletics and WPA Rules.

C - 1.2. The following facilities are recommended:

C - 1.2.1. All weather surface track with 8 circular lanes and 10 lanes on the 100 m straight.

C - 1.2.2. Two Discus circles and cages, one of which has 'tie down' facilities for Multi Class events or a separate throwing plate be provided.

C - 1.2.3. Two Shot Put rings and stop board (minimum), extra two required for the Relay Day, one of which has 'tie down' facilities for Multi Class events or a separate throwing plate be provided.

C - 1.2.4. Two Long Jump Pits and Boards (minimum), extra two required for the Relay Day.

C - 1.2.5. One High Jump Pit with uprights and bars (minimum) – bags to suit the age and weight of the athletes.

C - 1.2.6. Accessible seating for spectators and teams.

C - 1.2.7. Suitably accessible areas for teams within the grandstands or team tents be provided.

C - 1.2.8. Accessible Call Room area (room or tent) be available with required number of chairs and tables.

C - 1.2.9. Suitable number of toilet facilities including accessible toilets. If required, portable toilets can be hired to suit the number of competitors and spectators.

C - 1.2.10. Access to water and food via canteen facilities or outside caterers.

C - 1.2.11. Suitable area for the sale of Championship Souvenirs.

C - 1.3. Competition Area

C - 1.3.1. As per the World Athletics and WPA Rules.

C - 1.3.2. All areas of the field of play must be accessible for Multi Class athletes.

C - 1.3.3. Refer School Sport Australia Policies and Guidelines.

C - 1.4. Warm-up Facilities

C - 1.4.1. A warmup day/half day be scheduled before the start of competition, to allow all teams familiarisation with all events sites, surfaces and equipment.

C - 1.4.2. During competition, if available, a separate warm up area should be provided separate to the main competition area.

C - 1.4.3. Throws warm up areas should be isolated from any track/jumps warm up areas.

C - 1.4.4. If warm up facilities are not available, sufficient time shall be allowed at the competition site for adequate warm up.

C - 1.4.5. All areas of the warmup area must be accessible by Multi Class athletes.

C - 1.4.6. The back straight of the field of play will be available for wheelchair athletes for warm up.

C - 2. Equipment

C - 2.1. All competition equipment/implements are to be supplied by the host member body/Championships Organiser. No personal implements (shot put/discus) permitted.

Amended September 2026

C - 2.2. The implement weights shall be:

Open Class Implement Weights:

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

Only rubber discuses are to be used for all age groups.

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 open class athletes.

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)

Classification	10 Years		11 Years		12 Years	
	Shot Put	Discus	Shot Put	Discus	Shot Put	Discus
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
F61	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
ii-3	2 kg	500 g	2 kg	750 g	3 kg	750 g

Updated September 2026

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

C - 2.3. Multi Class Wheelchairs and Throwing Frames:

C - 2.3.1. Wheelchairs and throwing frames are considered personal equipment and must be supplied by the athlete.

C - 2.3.2. All wheelchairs and throwing frames must comply with the World Para Athletics Rules.

C - 3. Photo finish:

C - 3.1. Photo finish equipment that supports the use of the 'Meet Manager' software shall be used. This equipment can be sourced from Australian Athletics if necessary.

C - 4. Computer Software

C - 4.1. 'Meet Manager' shall be the computer program used to conduct the Championships.

C - 4.2. 'Meet Manager' shall be used for determining the points for the Combined Event.

C - 4.3. The School Sport Australia National Track & Field Advisor shall prepare the 'Meet Manager' program each year.

SECTION D - UNIFORMS

D - 1. All competitors must wear the official uniform of their State/Territory.

Competition shoes:

Spikes must be in accordance with venue requirements.

World Athletics shoe regulations are not enforced, as this ruling applies only to athletes competing in Open and Under 20 age divisions, not 10, 11 or 12 years competitions.

Updated September 2026

D - 2. Competition/Hip Numbers, where supplied, must be firmly attached.

D - 3. Other items of clothing must be in accordance with World Athletics or World Para Athletics Rules.

SECTION E – INJURY

E - 1. Refer to School Sport Australia General Policy for the management of injuries.

E - 2. First Aid Officers/Sports Trainers

E - 2.1. Minimum of two (2) First Aid Officers/Sports Trainers must be in attendance on each day of the Championships.

E - 2.2. The First Aid Officers/Sports Trainers must be stationed on the field of play during competition.

E - 3. Strapping

E - 3.1. Any athletes who regularly uses strapping tape should provide their own tape

SECTION F - COMPETITION OFFICIALS

F - 1. Competition Director, Referees, Umpires and Judges

F - 1.1. As per the World Athletics and WPA Rules.

F - 1.2. Refer School Sport Australia General Policies and Guidelines.

F - 1.3. Where possible, all referees should be members of the Host Association.

F - 2. Photo finish Operator

F - 2.1. If a suitably qualified Photo finish Operator is not available from within the host member body/State Athletics Association, the host member body shall budget for a suitable operator to be invited from another State/Territory.

F - 3. Student Officials

F - 3.1. These may be sourced from local schools/clubs to perform various tasks at field event sites, start line crew, computer work and Call Room duties.

F - 4. Announcer

F - 4.1. The Announcer will introduce all field events and all track finalists to the public prior to the commencement of the event.

SECTION G – PROTESTS AND APPEALS

G - 1. Protests/Appeals

G - 1.1. As per World Athletics TR8 and WPA Part B 9.1 with the following variations:

G - 1.1.1. For matters relating to jumps, throws, starts, racing incidents or the application of competition rules during an event, an immediate oral protest must be made to the relevant Referee at the event site, start line or finish line, as appropriate.

A protest may only be made by the athlete concerned or their State Team Manager/Coach.

Updated October 2026

G - 1.1.2. A protest regarding an athlete's placing or the result of an event must be made orally to the relevant Referee within 15 minutes of the completion of the event.

A protest may only be made by the athlete concerned or their State Team Manager/Coach.

Note - Presentations will be held for 15 minutes.

Updated October 2026

G – 1.1.3. If a State Team Manager/Coach wishes to challenge a decision made by the relevant Referee, they may lodge an appeal with the Jury of Appeal.

An appeal must be lodged by the State Team Manager/Coach within 15 minutes of the relevant Referee's decision.

Note – Presentations will be held until a decision has been made by the Jury of Appeal.

Added October 2026

SECTION H - JUDICIARY

H - 1. Jury of Appeal

H - 1.1. The Jury of Appeal to be comprised of a Chairperson (nominated by the host member body), the School Sport Australia National Track & Field Advisor (or his/her nominee) and one nominated State/Territory representative not involved in the appeal.

H - 1.2. Each State/Territory to nominate their representative at the Pre-Championship Briefing.

SECTION I - TROPHIES/AWARDS/MEDALS/RECORDS

I - 1. Medallions

I - 1.1. Refer School Sport Australia Policies.

I - 1.2. School Sport Australia medallions will be awarded to first, second and third place in all events on Medal Event Days of the Championships.

I - 1.3. Medallions for Multi Class Athlete events will be calculated using the School Sport Australia Baseline.

Amended September 2026

I - 1.4. Medal presentations are to be held as soon as possible after the completion of the event, following the 15-minute protest window.

Amended September 2026

I - 1.5. Student guide runners (see Rule B - 3.6.2 above).

I - 2. Finalist Ribbons

I - 2.1. Finalist ribbons will be given to all track finalists (including relays), the final eight (8) competitors in field events and the top eight placegetters in Multi Class timed finals according to the Baseline Performance Scoring System calculations on Medal Event Days of the Championships.

I - 3. Records

I - 3.1. Championship Meet Records

I - 3.1.1. All School Sport Australia Track & Field Championships programs must include records for all events conducted on Medal Event Days of the Championships. All throwing records should list the weight of the implement.

I - 3.1.2. Multi Class Athlete records will be kept for each classification.

I - 3.1.3. All discontinued School Sport Australia Track & Field Championships event records should be included in all future School Sport Australia Track & Field Championships Programs.

I - 3.1.4. Track records established using handheld times must be given to the nearest one tenth of a second. Records established using electronic timing shall be given to the nearest one hundredth of a second.

I - 3.1.5. A certificate, supplied by School Sport Australia, shall be presented to all record breakers. Certificates shall also be awarded for any records set in qualifying rounds of competition as well as any other subsequent final round.

I - 3.1.6. Championship meet records can only be broken by performances attained at the School Sport Australia Championships or by performances attained at a Pacific School Games.

I - 3.1.7. Refer rule B - 5 for the use of a wind gauge and the effect on meet records.

I - 4. Pacific School Games Meet Records

I - 4.1 A complete set of Pacific School Games Records should be kept.

I - 4.1.1. Multi Class records will be kept for each classification.

I - 4.1.2. Pacific School Games records can only be broken by performances attained at a Pacific School Games.

SECTION J - OTHER

J - 1. Ceremonies

J - 1.1. Refer School Sport Australia General Policies and Guidelines.

J - 1.2. There shall be an Opening and a Closing Ceremony conducted. The Opening Ceremony to be held on the warmup day whenever possible. The Closing Ceremony must be held at the end of the Championships and after the Excursion.

J - 1.3. Medal presentations are to be held as soon as possible after the completion of each event.

J - 2. Program

J - 2.1. Refer School Sport Australia General Policies and Guidelines.

J - 2.2. The Championships program shall contain:

J - 2.2.1. Welcome Messages

J - 2.2.2. Rules & Guidelines

J - 2.2.3. History of the Championships

J - 2.2.4. All records

J - 2.2.5. List of competitors and team officials by State/Territory

J - 2.2.6. Appropriate sponsor advertisements

J - 2.2.7. List of medical facilities (medical and dental clinics, hospitals) in the local area including contact details

J - 2.3. The following rules shall be specially printed in the Championships Program:

J - 2.3.1. World Athletics TR4.4 'Failure to Participate' - re withdrawing athletes from events.

J - 2.3.2. School Sport Australia Policy re removal of children from Championships activities.

J - 2.4. Seeded Events

J - 2.4.1. These will not be contained within the printed program.

J - 2.4.2. These will be published on the School Sport Australia website in the few days prior to the commencement of the Championships to ensure accuracy.

School Sport Australia Track & Field Championships Protest Form

NAME & STATE / TERRITORY OF ATHLETE: _____

EVENT & EVENT NUMBER: _____

NAME AND STATE / TERRITORY OF OTHER ATHLETES INVOLVED (IF APPLICABLE):

_____

WORLD ATHLETICS RULE NUMBER (IF APPLICABLE): _____

SCHOOL SPORT AUSTRALIA RULE NUMBER (IF APPLICABLE): _____

REASON FOR PROTEST (Please use back of form if insufficient space):

_____

_____

_____

_____

NAME AND SIGNATURE OF TEAM MANAGER/COACH:

_____

TIME ORAL PROTEST MADE TO REFEREE: _____

TIME OF COMPLETION OF EVENT/RESULT ANNOUNCED (IF APPLICABLE): _____

TIME WRITTEN REPORT LODGED: _____

JURY'S DECISION:

_____

_____

_____

NAMES & SIGNATURES OF JURY MEMBERS:

_____ _____

_____ _____

_____ _____

School Sport Australia Track & Field Championships Relay Team Sheet

BOYS **GIRLS**

PLEASE CIRCLE

10 YEARS **11 YEARS** **12 YEARS**

PLEASE CIRCLE

4 x 100 m **MEDLEY**

PLEASE CIRCLE

EVENT NUMBER:

_____

STATE/TERRITORY:

_____

NAMES (IN RUNNING ORDER)

1	
2	
3	
4	

NAME AND SIGNATURE OF TEAM MANAGER:

_____

NOTE:
ONLY SUBMIT IF THERE IS A CHANGE IN NAMES
NOT REQUIRED IF THERE IS A CHANGE IN ORDER
SUBMIT 1 HOUR PRIOR TO THE RELAYS

School Sport Australia Track & Field Championships Relay Team Sheet

MULTI CLASS (10-12 Years)

BOYS **GIRLS**

PLEASE CIRCLE

4 x 100 m **MEDLEY**

PLEASE CIRCLE

EVENT NUMBER: _____

STATE/TERRITORY: _____

NAMES (IN RUNNING ORDER):

	NAME	CLASSIFICATION
1		
2		
3		
4		

NAME AND SIGNATURE OF TEAM MANAGER:

_____

NOTE:
ONLY SUBMIT IF THERE IS A CHANGE IN NAMES
NOT REQUIRED IF THERE IS A CHANGE IN ORDER
SUBMIT 1 HOUR PRIOR TO THE RELAYS

School Sport Australia Track & Field Championships Relay Team Sheet

COMBINED RELAY

BOYS **GIRLS**

PLEASE CIRCLE

10 YEARS **11 YEARS** **12 YEARS**

PLEASE CIRCLE

EVENT NUMBER: _____

STATE/TERRITORY: _____

NAMES (IN RUNNING ORDER):

	NAME	CLASSIFICATION / OPEN CLASS
1		
2		
3		
4		

NAME AND SIGNATURE OF TEAM MANAGER:

_____

NOTE:
ONLY SUBMIT IF THERE IS A CHANGE IN NAMES
NOT REQUIRED IF THERE IS A CHANGE IN ORDER
SUBMIT 1 HOUR PRIOR TO THE RELAYS

Added October 2026

CLASH OF EVENTS FORM

COMPETITOR NAME:
STATE/TERRITORY:

1st Event:

EVENT NUMBER:
EVENT:

2nd Event:

EVENT NUMBER:
EVENT:

3rd Event:

EVENT NUMBER:
EVENT:

Submit on entry to Call Room at first event in clash
Note – includes if there is a likely clash with field events and relays

CLASH OF EVENTS FORM

COMPETITOR NAME:
STATE/TERRITORY:

1st Event:

EVENT NUMBER:
EVENT:

2nd Event:

EVENT NUMBER:
EVENT:

3rd Event:

EVENT NUMBER:
EVENT:

Submit on entry to Call Room at first event in clash
Note – includes if there is a likely clash with field events and relays

APPENDIX 1: MULTI-CLASS EVENTS

Outlined below is the list of classes for the SSA 10 – 12 Years Track & Field Championships to guide each state/territory when identifying potential athletes.

TRACK & JUMPS (prefix T for Track)	
Discipline:	**Running and Jumping**
T01	Deaf & hard of hearing
T11 - 13	Vision impaired
T20	Intellectual impairment
T21	Intellectual – Significant additional impairment e.g. Down Syndrome
T35 - 38	Coordination impairments - hypertonia, ataxia & athetosis
T40 - 41	Short stature
T42 - 44	Lower limb competing without prosthesis affected by limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement
T45 - 47	Upper limb/s affected by limb deficiency, impaired muscle power or impaired passive range of movement
T60	Transplant
T61 - 64	Lower limb/s competing with prosthesis affected by limb deficiency and leg length difference
ii-3	Autism
Discipline:	**Wheelchair racing**
T32 - 34	Coordination impairments - hypertonia, ataxia & athetosis
T51 - 54	Limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement
Discipline:	**Frame Running**
T71 - 72	Athletes with severe co-ordination impairment (hypertonia, ataxia, athetosis)
THROWS (prefix F for Field)	
Discipline:	**Standing throws (ambulant)**
F01	Deaf & hard of hearing
F11 - 13	Vision impaired
F20	Intellectual impairment
F21	Intellectual – Significant additional impairment e.g. Down Syndrome
F35 - 38	Co-ordination impairments (hypertonia, ataxia and athetosis)
F40 - 41	Short stature
F42 - 44	Lower limb competing without prosthesis affected by limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement
F45 - 46	Upper limb/s affected by limb deficiency, impaired muscle power or impaired passive range of movement
F60	Transplant
F61 - 64	Lower limb/s competing with prosthesis affected by limb deficiency and leg length difference
ii-3	Autism
Discipline:	**Seated throws**
F32 - 34	Co-ordination impairments (hypertonia, ataxia and athetosis)
F51-57	Limb deficiency, leg length difference, impaired muscle power or impaired range of movement

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MATRIX OF ELIGIBLE EVENTS

Class	100m	200m	800m	Long Jump	Shot Put	Discus
01	✓	✓	✓	✓	✓	✓
11	✓	✓	✓	✓	✓	✓
12	✓	✓	✓	✓	✓	✓
13	✓	✓	✓	✓	✓	✓
20	✓	✓	✓	✓	✓	✓
21	✓	✓	✓	✓	✓	✓
32	✓	✓	✓		✓	✓
33	✓	✓	✓		✓	✓
34	✓	✓	✓		✓	✓
35	✓	✓	✓	✓	✓	✓
36	✓	✓	✓	✓	✓	✓
37	✓	✓	✓	✓	✓	✓
38	✓	✓	✓	✓	✓	✓
40	✓	✓			✓	✓
41	✓	✓			✓	✓
42	✓	✓	✓	✓	✓	✓
43	✓	✓	✓	✓	✓	✓
44	✓	✓	✓	✓	✓	✓
45	✓	✓	✓	✓	✓	✓
46	✓	✓	✓	✓	✓	✓
47	✓	✓		✓		
51	✓	✓	✓			✓
52	✓	✓	✓		✓	✓
53	✓	✓	✓		✓	✓
54	✓	✓	✓		✓	✓
55					✓	✓
56					✓	✓
57					✓	✓
60	✓	✓	✓	✓	✓	✓
61	✓	✓	✓	✓	✓	✓
62	✓	✓	✓	✓	✓	✓
63	✓	✓	✓	✓	✓	✓
64	✓	✓	✓	✓	✓	✓
71	✓	✓				
72	✓	✓				
ii-3	✓	✓	✓	✓	✓	✓

Amended September 2026