

## Daikin Night of Fives

### AUT Millennium

20<sup>st</sup> December 2025

## TECHNICAL REGULATIONS

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### TEAM MANAGERS AND ATHLETES ARE TO READ THE FOLLOWING CAREFULLY

#### 1. RULES of COMPETITION

The 2025 Night of Fives will be conducted using the current World Athletics (WA), World Para Athletics (WPA) rules, and World Masters Athletics [WMA]

#### 2. 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.
- 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 (unless provided by onsite vendors)
- 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

#### 3. STADIUM ENTRY

- Spectator entry is \$10 per adult, \$5 for children 5-15 years and FREE for children under 5 years old (designated gate).
- Athlete/Coach/Official entry is free.

#### 4. UNIFORMS

- All athletes competing must wear their approved Club uniform or sponsorship uniform, (excluding LSKD and unattached athletes).

#### 5. COMPETITION BIBS/NUMBERS

- Athlete bibs can be collected on competition day from **TIC** (Level 1 lounge of AUT Millennium building). Bibs must be collected at least 60 minutes prior to the scheduled start time of their **FIRST** event.
- Athlete bibs need to be firmly attached with four pins.
- The entire bib and sponsorship information must be visible.
- 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.

- Hip numbers will be provided in the Call Room area and must remain firmly attached with pins.

## 6. SCRATCHINGS

**Scratching's are to be submitted to TIC** (Level 1 lounge of millennium building)

- 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, they 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.

## 7. 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 online.

## 8. WARM UP

- No training sessions can be held within the stadium during competition times.
- Warm up area is in the Indoor Sports hall next to the track.
- Athletes will report to the [track](#) call room first (Call time 25 minutes), then be escorted to the back straight or top bend.
- Unfortunately, there are no jumps warm up areas at this venue.

## 9. CALL ROOM PROCEDURES

- The Call Room will be set up in the ground level of the Pavilion by the 200m start.
- Reporting Time
  - Track events **25 min**
- There is no call room for Field events. Please report to your event site –
  - Pole vault **75 mins prior** to its start time.
  - Throws **30 mins prior** to its start time.
- All track athletes are required to report to the Call Room 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

**Athletes competing in the 5,000m who wear shoes that do not comply with World Athletics rules may still take part in the race. However, their result will be marked with an asterisk and will not be considered a valid performance.**

- Check competition race chairs 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

- Filed 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 circumstances.
- Track athletes – Must **NOT** bring their phones into the Call room 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 may not be allowed to start.
- NO headphones/or music allowed during competition.

### Call Room Reporting Times

Athletes must report at the following times preceding the advertised start time of their event:

Track Events -	25 minutes	(call room)
Pole Vault-	60 mins	(to event)
Throws-	30min	(to event)

### 10. SPIKES

The requirements of the Millennium track surface are:

- Maximum length of spikes is **6mm** (7mm will be accepted)
- Only Pyramid/Cone shapes are permitted.
- Needle, Pin, and undercut pyramid are **NOT** allowed

### 11. 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

#### 100m Masters

World Masters Athletics 2024 Age Grading percentage calculations will be used at this meeting.

Should heats be required, the top eight WMA Age Graded percentage calculations using the athletes "actual age on the day" [21st December] from the heats will go through to the main final.

The final placings will be the Male and Female athlete with the Highest WMA Age Grading percentage calculation.

Should a superior percentage be performed in a heat it will not count for determining a place in the main final.

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

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## 12. STARTING BLOCKS

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

Masters: WMA rule 15

Masters competitors are not required to use starting blocks, or a crouch start or have both hands in contact with the track for the start of any race.

In any race, individual athletes who are charged with a false start, as determined by the Starter, shall be warned. Individual athletes who are charged with their second false start in the same race, as determined by the Starter, shall be disqualified.

## 13. STARTING HEIGHTS

Pole Vault - Starting Height/progressions

**Women: 3.15, 3.30, 3.45, 3.55 + 10cm**

**Men: 3.50, 3.70, 3.85, 4.00 + 10cm**

## 14. POST EVENT CONTROL

- All athletes are to leave the FOP.
- Warm downs must be done **outside the stadium/inside sports hall**

## 15. 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.

#### **16. MEDAL PRESENTATIONS**

- In events where prize money is awarded, this will be presented straight after each event, in the outfield entertainment area. Athletes receiving prize money will be emailed and payments will be made electronically after the 15<sup>th</sup> of January 2026.

#### **17. FIRST AID**

- Medical assistance will be present at the event. Ambulance will be on site from 3.00pm. The ambulance will be situated near the entrance to the track.

#### **18. 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.

#### **19. Implement check in: Throws**

- Personal implements need to be taken to Call Room no later than 60 minutes before the competition start time.
- Once the implement has been checked it will be put with the rest of the implements and available for other athletes to use.
- Personal implements can be collected from the Call Room after the competition – not taken from the competition site.
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## 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:

- 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.
  
- **Warm Up Areas**
  - No trainings sessions can be held within the stadium during competition times
  - Warm ups are done in the Indoor Sports hall next to the track
  - Athletes will report to the [track](#) call room [area](#) first (Call time 25 minutes), then be escorted to the back straight or top bend.
  - Unfortunately, there are no jumps warm up areas at this venue.
  - 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.