



World Athletics Rules update (October 2023)

Incidentals: All rules gender neutral, and less DQ in results instead of DNF eg not completing hurdles race

Field Events: leaving for a track event- recorded as a pass

Camera/ Video viewing: the athlete may HOLD a camera or video, and change position to view it better, but NOT take it further into the competition area

False Starts: An athlete may compete under protest (immediate verbal) UNLESS the DQ was determined by a certified Start Information System

Filling Finals: Lane lottery

Draws	All (old)	Straight (new)	200m (new)	400m (new)
Top ranked	3, 4, 5, 6	3, 4, 5, 6	5, 6, 7	4, 5, 6, 7
Next ranked	7, 8	2, 7	3, 4, 8	3, 8
Last ranked	1, 2	1, 8	1, 2	1, 2

100m – 3/4/5/6 (centre lanes same), outside lanes have changed

200/400m Lane 7 (not 3) is now the prime lane

Lane draws also apply to 200 & 400m in multi / combined events

Relays: Name of athletes and running order is due by the first call room time (used to be 1 hr prior)

Multi/ Combined Events: If you attempt to start, but not finish an event, you CAN now attempt to start in other events.

Personal Implements (throws): Can use if the same model is already in the supplied pool of implements

Vertical Plane infringements: only a foul when the body infringes the vertical plane. NO LONGER shoe laces, hats, jewellery in throws and jumps eg shot put, LJ/TJ

Advancement to next rounds: qD by draw (coin toss)



Throws & PV: NO warming up with implements (even to the side of the field of play) once competition is underway

Pole Vault: No changes/ alteration to cross bar standards once your trial has started. CAN'T use other athletes poles unless permission is granted by the owner/ user

Throws: NO body fluids (lick/spit) on the hands or implement. (Judges need to have something to clean it off).

Discus: The discus must not have rotating plates (ie loose parts)

Walks: 4th red card (when not one of the first 3) is a DQ

Shoe Declarations & Stack height: New regulations see AA website, and implementation (previously open & U20) to U18 at Australian Championships.

All changes effective 1st October 2023 domestic and International season