

Athletics Rules and Guidelines

Monday 15 September 2025 - Sydney Olympic Park Athletics Centre

Rules and Regulations

Section	Details
Event Specifications	- Start Jump - Hurdles - Implement Weights - Multi-class events implement weights
Spikes	For track preservation and longevity, all athletes wearing spikes must use starting blocks in laned events up to and including 400m and the first runner of a relay. Para athletes are excluded.
Equipment	All competitors must use equipment provided by Sydney Olympic Park Athletic Centre.
Entry Eligibility	- Each Diocese/Association may enter one competitor per event in 400m, Hurdles, High Jump, Long Jump, Shot Put, Discus, Javelin - One competitor per Multi-class event in Long Jump, Shot Put, 800m, and Discus - Two competitors per event in 100m, 200m, 800m, 1500m, and Walk - Two competitors per Multi-class event in 100m and 200m events - Additional entry requests may be made to the CSNSW Sport Manager - Athletes must compete in their own age group and remain in the same age group for the entire Championship - No limit to the number of events an athlete may compete in; be aware of the program and event clashes
Team Size	Maximum numbers per Diocese/Association will be determined by entry eligibility.
Protests	- Protests should first be made verbally by the athlete to the event official - A written protest, if required, must be submitted within 30 minutes of the event's conclusion by the Team Manager - The NSWCCC Championship Manager will discuss the protest

	with the technical referee, who will make a decision.
Team Entry	- Diocesan/Association teams must be entered electronically using the "Meet Manager Backup file" by the closing date - Multi-class entries must include classifications beside surnames - No new athletes will be entered into the competition on the day of the championship.
Late Changes	- Late changes accepted up to 48 hours before the carnival - No new athletes or replacements due to injury/illness will be accepted on the day - All changes must be made using the appropriate change form.
Uniform/Team Identification	- Competitors must wear Diocesan/Association singlets and shorts - Athlete numbers, supplied by the NSWCCC Championship Manager, must be displayed.
Team Selections	- The NSWCCC Championship is not a representative pathway event - Individual students can apply online to Athletics NSW to compete at the NSW All Schools Championships.
Event Officials	- NSW Athletics will provide officials for key positions - Each Diocese/Association must supply teacher officials and team managers.
Competition Area	- Only competitors and officials are permitted in the competition arena - Athletes should leave the competition area immediately after their event.
Marshalling	Competitors must report to the marshalling area immediately after their event is called. Team managers should assist.
Students with Disabilities	- All multi-class athletes must be classified prior to their attendance at this event. It is a Diocesan responsibility to ensure this is complete. - Classifications must be included beside surnames in the Meet Manager program - Medals are determined based on the percentage of the Australian record for their classification.

Spikes/Footwear	- Maximum length: 7mm for track events, Long Jump, Triple Jump; 9mm for High Jump and Javelin - Athletes must wear shoes at all times.
Coaching	- No coaching is allowed after marshalling - Penalty for coaching violations: disqualification.
Starts	- Starting blocks are required for all events up to and including 400m - Only blocks provided by the Sydney Olympic Park Authority are permitted.
Awards Presentation	- Medals awarded to the first three athletes in each event - Age Champions determined by points (1st=16, 2nd=14, etc.) excluding relays.