

Athletes Agreement International Competition

Adopted: 5 January 2026

Approved by: AUTRA Committee

Revision History

Date	Version	Author	Description
3 December 2025	1.0	Governance Officer	Consolidated July 2025 24hr/100km amendments and updated Athletes Agreement for all events and selections from 1 January 2026.

Transitional Application of Agreements

This version of the AUTRA Athletes Agreement (“the Agreement”) comes into effect for all relevant events and selections from 1 January 2026.

All previous versions of the AUTRA Athletes Agreement remain in force for any athlete who has signed them and for the specific event(s) or championship(s) for which they were executed.

Athletes who have signed a previous agreement shall continue to be governed by its terms for the duration of that event or championship.

This Agreement will apply to all new selections from 1 January 2026 onwards, unless superseded by a subsequent version.

This version incorporates the July 2025 ‘Amendments to Athletes Agreement: 24 HR & 100 KM Events’ into this Agreement, which now applies to all events.

1. Purpose

1.1 The purpose of this Agreement is to set out the expectations, obligations, and standards of behaviour for athletes selected to represent Australia under AUTRA at international championships, supporting high-performance outcomes, athlete welfare, and the reputation of AUTRA and Team Australia.

2. Scope

2.1 This Agreement applies to all athletes selected by AUTRA to represent Australia at international ultra-distance, trail, and mountain running championships conducted under the authority of AUTRA, IAU, ITRA, World Athletics or WMRA.

2.2 It operates alongside the 3.1 International Team Selection Policy and other AUTRA policies and forms part of the conditions of selection and ongoing team membership.

3. Statement of Commitment

3.1 AUTRA is committed to ensuring that all selected athletes understand and meet their obligations in relation to preparation, integrity, conduct, safety, and representation of Australia at international level.

3.2 By signing this Agreement, athletes acknowledge these responsibilities and agree to uphold the standards expected by AUTRA and relevant integrity frameworks.

4. Team Representation and Importance

4.1 IAU and World Athletics Championships provide for both individual and team competitions, raced concurrently. AUTRA considers the team event of utmost importance, and therefore will firstly consider what is in the best interest of the team.

4.2 Remember that you and your crew are part of a Team representing Australia.

5. Pre-Championship Participation and Preparation

5.1 Event Participation Timelines

5.1.1 For athletes wishing to participate in events PRIOR to racing at a representative level at an International Championship and representing AUTRA, the timelines in table (1) below must be considered and adhered to.

5.1.2 Depending on location of race, surface, including elevation and terrain, selector discretion can be used on an individual case-by-case request.

5.1.3 All decisions made will be final.

Table 1: Race Time Period Table

	24 Hour	100km Road	50km road	TRAIL Long Course	TRAIL Short Course
100 Miles	10 weeks	10 weeks	10 weeks	10 weeks	10 weeks
100km	8 weeks	8 weeks	8 weeks	8 weeks	8 weeks
50km	6 weeks	6 weeks	6 weeks	6 weeks	6 weeks
42km to 50km	4 weeks	4 weeks	4 weeks	4 weeks	4 weeks

Note: This table is based on the distance you actually complete, not the official event distance (e.g. in events like Backyard Ultra).

5.2. Injury and Illness Reporting

5.2.1 Eight (8) weeks prior to the Championship, the Team Manager, in conjunction with the Team Captains and the AUTRA President or Vice President, will convene a team meeting (in person or online) to review athlete readiness and identify any existing or emerging injuries, illnesses or “niggles”. All selected athletes are required to attend and honestly disclose any relevant concerns.

5.2.2 Where any injury, illness or niggle is identified at or after this 8-week meeting, the athlete must provide an individual update to the Team Manager and any appointed team coach at four (4) weeks and again at two (2) weeks before the Championship (or at another interval specified by the Team Manager), confirming whether they are fully fit to compete or whether concerns remain.

5.2.3 Any injuries or illnesses that arise or worsen within the six (6) weeks prior to the Championship date must be reported to the Team Manager as soon as practicable. The decision to continue with representation rests with the athlete, except in the case of contagious illnesses (e.g. Covid-19), which will be managed at the discretion of the Team Manager and/or AUTRA Committee in line with relevant public health and event requirements.

5.2.4 This reporting framework is intended to enable timely management of risk and, where necessary, activation of reserve athletes. RAT or other screening tests may be required for athletes and crew prior to competition and must be supplied by the athlete, as directed by the Team Manager and/or event organisers.

5.3. Training Camp

5.3.1 A training camp may be held prior to the Championships event. It is highly recommended the athlete attend this camp, however as travel and accommodation at the camp will be self-funded by the athlete, attendance is not mandatory.

5.4. Rest and Activities

5.4.1 The athlete will rest adequately in the lead up weeks to the championship. This includes refraining from physical activities (e.g. trekking, bicycle touring, other running events, etc.) It is highly recommended that holiday related activities be undertaken after the completion of the Championship, not before.

6. Uniform and Appearance

AUTRA takes pride in seeing athletes wear the Australian uniform.

6.1 Athletes and the Team Manager must wear the official team polo and, optionally, the spray jacket throughout the championship period, including travel to/from the host city. Plain black pants (shorts, leggings, trousers, or skirts) with a discreet manufacturer's logo, compliant with IAU and/or World Athletics rules, must accompany the uniform.

6.2 Race Day Uniform – Australian singlet, crop top and t-shirt including accessories meeting the following criteria: Black, White, Green or Gold in plain single colour and only a manufacturer logo compliant with the IAU and/or World Athletics rules as required.

6.2.1 The Australian singlet, crop top or t-shirt must be worn and visible at all times during the race. Plain black pants (shorts, leggings, trousers or skirts) with the acceptance of a manufacturer's logo compliant with the IAU and/or World Athletics rules, are to accompany the uniform.

6.2.2 Long sleeved tops, jumpers and/or (rain) jackets must be worn under the race day uniform (as per IAU and/or World Athletics rules). These items must also follow the accessories criteria described above.

6.2.3 Socks longer than quarter length, calf and arm sleeves, head wear (including buffs) must follow the accessories criteria described above.

6.3 During the championship period, including travel, official functions, and race day, only clothing manufacturer logos that comply with IAU and/or World Athletics size and placement standards are permitted. All other sponsor, personal brand, or unrelated logos are prohibited.

6.4 Official crew must wear the Team polo shirt throughout the Championship period.

6.5 The official race day uniform is reserved for any sanctioned championship event(s) in which you are selected to compete.

6.5.1 You may wear the uniform during your own private training sessions as needed to confirm fit and comfort, provided these sessions are not part of a public or community event.

6.5.2 Competing in the uniform at any event other than the sanctioned championship event(s) in which you are selected is not permitted.

6.6 Social media posts including the team and race day uniforms are encouraged when promoting the sport, AUTRA, Team Australia or your sponsors. Athletes must take personal responsibility to ensure that all posts represent AUTRA, Team Australia and the sport in a positive and respectful manner, being mindful of the uniform's purpose.

6.7 Standard performance headwear such as plain caps, visors, headbands or buffs are permitted if they comply with AUTRA colours and IAU and/or World Athletics rules. That means solid Black, White, Green or Gold only with only the manufacturer's logo visible.

6.7.1 Extraneous or novelty items that do not meet normal racing standards are strictly prohibited.

6.7.2 All race apparel and accessories must align with the accessories criteria previously defined in this amendment and must not display any additional branding, slogans or promotional content. These must also comply with the IAU and/or World Athletics rules.

6.7.3 Use of any non compliant items may result in disciplinary action and/or removal from the event by the Team Manager or Race Official.

7. Anti-Doping and Integrity

7.1 Adhere to Sports Integrity Australia anti-doping Act, Framework, Regulations and schemes.

7.2 Athletes shall complete Sports Integrity Australia anti-doping online training: “Anti-Doping Fundamentals Course” and “Annual Update”
<https://elearning.sportintegrity.gov.au>. Copies of the completion certificate are to be sent to the AUTRA committee or Team Manager prior to the submission of the IAU “Final Entry Form”. This is typically two months before the championship date. Failing to submit all required certificates will lead to the athlete being withdrawn from the Team.

7.3 The onus is on Athletes to check any substance, supplement, medication, etc is not prohibited and safe to use via Sports Integrity Australia. Substances can be checked on Global DRO: <https://www.globaldro.com/AU/search>

7.4 Do not use any ‘in-competition’ prohibited substance within 6 weeks of the Championship date without seeking advice first from both the Team Manager and AUTRA Committee.

8. Championship Rules and Conduct

- 8.1** Adhere to the rules and regulations of the Championship.
- 8.2** Do not cheat, go off course, cut course or display any behaviour that is contradictory to the Championship rules.
- 8.3** If withdrawing from the race, this must be following the consultation and acknowledgement of the Team Manager (or relevant/appropriate official in the case of their absence).

9. Medical, Insurance, and Financial Responsibilities

9.1 AUTRA takes no responsibility for any medical expenses incurred before, during or after the Championship. It is the onus of Athletes to organise their own suitable travel and medical insurance which covers International Championships.

9.2 Athletes are to arrive at the Championship no later than the Teams arrival date as set by the Team Manager which ordinarily will coincide with the check-in date into the designated championships Accommodation. This allows enough time to (1) adequately prepare for the event and (2) immerse with the Team.

9.3 Athletes are to book their own travel/flights before the Final Entry Form (FEF) is submitted to IAU by AUTRA. Travel booking information is required as part of the FEF submission.

9.4 No changes can be made to athlete or crew/supporter accommodation once the FEF has been submitted. Where AUTRA organises accommodation on behalf of an athlete's crew / travel companion, the responsibility of payment lies solely with the athlete. All accommodation bookings made by AUTRA on behalf of the athlete and or crew / travel companion at the time of the submission of the Final Entry Form to IAU (typically two months before the championships) is deemed final. No changes can be made after that date and accommodation costs will be on-charged as determined at that time. (NB. Do not commit to accommodation booking/s unless you are 100% certain all parties can and will attend.

9.5 In the event that an athlete withdraws or is withdrawn by the AUTRA Committee or Selection Committee from the team and does not attend for any reason, including but not limited to:

9.5.1 Injury/illness

9.5.2 Voluntary Withdrawal

9.5.3 Disciplinary Action

9.6 The Athlete will still be liable for all costs including, but not limited to accommodation, team uniforms or any other costs associated with the team's participation in the championships. These costs must be paid in full by the Athlete, notwithstanding their withdrawal or non-attendance.

9.7 To be eligible to participate in an AUTRA endorsed Australian Team representing in Championships, Athletes must pay all outstanding costs and fees owed to AUTRA in full prior to submitting their application.

10. Team Meetings, Cohesion, and Coaching

10.1 Abide by the Team manager's program and itinerary including attendance at all Team meetings, gatherings (including but not limited to mealtimes, technical meeting feedback chat, team runs, etc.). This is to encourage team cohesiveness and unity. If an athlete chooses not to run in the days leading up to the Championship, they must still be present with the team, especially during course inspections.

10.2 If a Team coach/manager is appointed in a mentoring role, the athlete agrees to work with the coach/manager to facilitate best possible outcomes.

10.3 Attendance in full Uniform at the Championship Opening Ceremony and Closing Ceremony is mandatory.

11. Funding and Accommodation Support

11.1 The duration of AUTRA funding support for accommodation will be determined by the IAU allocation of travel grants. Note the grants vary due to:

11.1.1 the duration of the event and

11.1.2 flight time from Australia to the competition venue.

11.2 Athletes' choosing not to utilise IAU/AUTRA provided accommodation options will not be eligible for:

11.2.1 individual or team grant funding and/or

11.2.2 performance bonuses, where their performance may have otherwise achieved this.

12. Injury, Illness, and Team Support

12.1 If an athlete incurs an injury/illness and subsequently is unable to compete in the Championship event, the athlete will advise the Team Manager at the earliest possible time (e.g. as soon as possible). If this advice is received after the Final Entry Form has been submitted to the IAU, the athlete may attend the Championship however the athlete will be expected to assist with team operations as determined by the Team Manager. Note if the assistance provided includes crewing duties, no crewing payment will be made.

12.2 If an athlete does not provide their own crew (or their nominated crew member is not selected as part of the official crewing team), the selection of a crew member for the athlete lies solely at the discretion of the team manager.

13. Code of Conduct and Compliance

13.1 Athletes are to adhere to the AUTRA 3.9 Code of Conduct – International Competition.

13.2 If an Athlete chooses not to sign the below declaration and this agreement, they are deemed ineligible to compete in the International Competition.

14. Breach of Agreement and Disciplinary Action

14.1 This Agreement outlines the requirements expected of all athletes selected for international competition. It is the responsibility of all athletes to familiarise themselves with, and adhere to, these requirements. Where the AUTRA Committee and/or Selection Committee determines that there has been any breach of this Agreement or related AUTRA policies, including the 3.9 Code of Conduct – International Competition, it may:

14.1.1 Where the Athlete has not been selected, dis-endorse the athlete and the Athlete will no longer be eligible to apply or be considered for selection in the Championship.

14.1.2 Where the Athlete has been advised of his/her/their selection, withdraw the invitation and the Athlete will be deemed de-selected and ineligible to participate in the Championship.

14.1.3 Where the Athlete has been selected and attends the Championship, the Committee may investigate and, if it determines to at its discretion, take disciplinary action as per Division 2, Section 19 of the Australian Ultra and Trail Runners' Association Inc Rules and the 2.5 Complaints, Disputes & Discipline Policy.

14.1.4 Where the Athlete has been selected and attends the Championship, the Committee may investigate and if it determines to at its discretion, omit the athlete from future team selection for International Championship/s.

15. Policy Changes

15.1 This Agreement is subject to review and amendment in accordance with the AUTRA Rules of Association and the 1.6 Policy Review & Amendment Procedure.

15.2 AUTRA reserves the right to amend this Agreement at any time in response to changes in law, integrity frameworks, international competition regulations, or organisational needs. Any updated version will apply to new selections from the effective date notified by AUTRA, while earlier versions will continue to govern events for which they were executed.

15.3 This Agreement will be reviewed at least every two (2) years or sooner if required by changes to AUTRA's governing rules, relevant laws, or integrity frameworks.

16. Related Documents

- AUTRA Rules of Association
- 1.2 Conflict of Interest Policy
- 1.3 Document Retention & Recordkeeping Policy
- 1.6 Policy Review & Amendment Procedure
- 2.2 Child Safeguarding Policy
- 2.5 Complaints, Disputes & Discipline Policy
- 2.7 Whistleblower Policy
- 3.1 International Team Selection Policy
- 3.3 Crew Agreement – International Competition (once adopted)
- 3.4 Uniform & Branding Policy (once adopted)
- 3.8 Records – Criteria and Applications Policy
- 3.9 Code of Conduct – International Competition
- 5.4 Privacy and Data Protection Policy

Compliance Notice:

This Agreement is aligned with:

- AUTRA Rules of Association
- Associations Incorporation Reform Act 2012 (Vic)
- Sport Integrity Australia National Integrity Framework and anti-doping requirements
- World Athletics, IAU, ITRA and WMRA competition rules (as applicable)
- Relevant AUTRA integrity, member protection and selection policies

Contact: For questions or feedback regarding this agreement, contact the AUTRA Committee Secretary at

secretary@autra.asn.au

17. Declaration

I, _____ being the Athlete, hereby agree to fully comply and otherwise adhere to the above requirements.

Full Name:	
Signed:	
Date:	__/__/----
Event:	