# TECHNICAL RULES

## Amendments

| Approval date by Council | Effective date | Rule number(s) | Subject |
|---|---|---|---|
| 31 January 2020 | 31 January 2020 | 5 | Shoes |
| 15 July 2020 | 28 July 2020 | 5 | Shoes |
| 30 July 2020 | 30 July 2020 | 30.1.1 (+ consequential amendment to 29.5) | Long Jump |
| 04 December 2020 | 04 December 2020 | 5 | Shoes |
| 02 December 2020 | 17 December 2020 | 6.3.4 | Assistance to Athletes |
| 17 March 2021 | 01 November 2021 | 5.4 | Clothing, Shoes and Athlete Bib |
| 17 March 2021 | 01 November 2021 | 6.2 | Assistance to Athletes |
| 17 March 2021 | 01 November 2021 | 7.2 | Effect of Disqualification |
| 17 March 2021 | 01 November 2021 | 7.3 | Effect of Disqualification |
| 17 March 2021 | 01 November 2021 | 8.4.1 | Protests and Appeals |
| 17 March 2021 | 01 November 2021 | 14.6 | Track Measurements |
| 17 March 2021 | 01 November 2021 | 16.10 | The Start |
| 17 March 2021 | 01 November 2021 | 22.6.2 | Hurdle Races |
| 17 March 2021 | 01 November 2021 | 23.2 | Steeplechase Races |
| 17 March 2021 | 01 November 2021 | 25.6 | General Conditions – Field Events |
| 17 March 2021 | 01 November 2021 | 25.16 | General Conditions – Field Events |
| 17 March 2021 | 01 November 2021 | 28.12 | Pole Vault |
| 17 March 2021 | 01 November 2021 | 32.6 | General Conditions – Throwing Events |
| 17 March 2021 | 01 November 2021 | 32.13 | General Conditions – Throwing Events |
| 17 March 2021 | 01 November 2021 | 32.14 | General Conditions – Throwing Events |
| 17 March 2021 | 01 November 2021 | 34.1 | Discus Throw |
| 17 March 2021 | 01 November 2021 | 41.3 | The Indoor Stadium |
| 17 March 2021 | 01 November 2021 | 43.1 | The Oval Track and Lanes |
| 17 March 2021 | 01 November 2021 | 54.1 | Race Walking |
| 17 March 2021 | 01 November 2021 | 54.7.3 | Race Walking |
| 17 March 2021 | 01 November 2021 | 54.7.8 | Race Walking |
| 16 June 2021 | 17 June 2021 | 5 | Shoes |
| 28 July 2021 | 01 November 2021 | 11.3 | Validity of Performances |
| 28 July 2021 | 01 November 2021 | 17.2 | The Race |
| 22 October 2021 | 01 November 2021 | 5 | Shoes |
| 22 December 2021 | 01 January 2022 | 5 (+ consequential amendment to 41.3 & 46) | Shoes |
| 10 March 2022 | 25 March 2022 | 6.3.4 | Assistance to Athletes |
| 29 November 2022 | 01 December 2022 | 1 | General |
| 29 November 2022 | 01 December 2022 | 11.1 | Validity of Performances |
| 29 November 2022 | 01 December 2022 | 19.23.3 | Timing and Photo Finish |
| 29 November 2022 | 01 December 2022 | 19.24.5 | Timing and Photo Finish |
| 29 November 2022 | 01 December 2022 | 55.1 | Road Races |
| 02 May 2023 | 03 May 2023 | 4.3 | Entries |
| 02 May 2023 | 03 May 2023 | 6.4.5 | Assistance to Athletes |
| 02 May 2023 | 03 May 2023 | 8.4.1 | Protests and Appeals |
| 02 May 2023 | 03 May 2023 | 8.4 (green text) | Protests and Appeals |

| Approval date by Council | Effective date | Rule number(s) | Subject |
|---|---|---|---|
| 02 May 2023 | 03 May 2023 | 20.2.1 | Seedings, Draws and Qualification in Track Events |
| 02 May 2023 | 03 May 2023 | 20.4.2 | Seedings, Draws and Qualification in Track Events |
| 02 May 2023 | 03 May 2023 | 24.11 | Relay Races |
| 02 May 2023 | 03 May 2023 | 25.12 | General Conditions – Field Events |
| 02 May 2023 | 03 May 2023 | 32.2 | General Conditions – Throwing Events |
| 02 May 2023 | 03 May 2023 | 39.8.5 | Combined Events Competitions |
| 02 May 2023 | 03 May 2023 | 54.3.3 | Race Walking |
| 02 May 2023 | 03 May 2023 | 54.4.1 | Race Walking |
| 14 August 2023 | 14 August 2023 | 20.4.5 | Draw for Lanes |
| 14 August 2023 | 14 August 2023 | 30.1.1 | Long Jump – Competition |
| 14 August 2023 | 14 August 2023 | 32.14.2 | General Conditions – Throwing Events – Trials |
| 14 August 2023 | 14 August 2023 | 32.14 (green text) | General Conditions – Throwing Events – Trials |
| 14 August 2023 | 01 November 2023 | 7.1-5 | Warnings and Disqualification |
| 14 August 2023 | 01 November 2023 | 8.3 | Protests and Appeals |
| 14 August 2023 | 01 November 2023 | 8.4.1 | Protests and Appeals |
| 14 August 2023 | 01 November 2023 | 8.4.2 | Protests and Appeals |
| 14 August 2023 | 01 November 2023 | 16.5.3 | The Start |
| 14 August 2023 | 01 November 2023 | 19.23 | Timing and Photo Finish |
| 14 August 2023 | 01 November 2023 | 20.2 | Seedings, Draws and Qualification in Track Events |
| 14 August 2023 | 01 November 2023 | 20.3.1 | Seedings, Draws and Qualification in Track Events |
| 14 August 2023 | 01 November 2023 | 20.4.1 | Seedings, Draws and Qualification in Track Events |
| 14 August 2023 | 01 November 2023 | 23.7.2 | Steeplechase Races |
| 14 August 2023 | 01 November 2023 | 24.7 | Relay Races |
| 14 August 2023 | 01 November 2023 | 25.2 | General Conditions – Field Events |
| 14 August 2023 | 01 November 2023 | 25.19 | General Conditions – Field Events |
| 14 August 2023 | 01 November 2023 | 28.1 | Pole Vault |
| 14 August 2023 | 01 November 2023 | 28.8 | Pole Vault |
| 14 August 2023 | 01 November 2023 | 28.11 | Pole Vault |
| 14 August 2023 | 01 November 2023 | 29.5 | General Conditions – Horizontal Jumps |
| 14 August 2023 | 01 November 2023 | 32.1 | General Conditions – Throwing Events |
| 14 August 2023 | 01 November 2023 | 32.3 | General Conditions – Throwing Events |
| 14 August 2023 | 01 November 2023 | 32.4.4 | General Conditions – Throwing Events |
| 14 August 2023 | 01 November 2023 | 33.4 | Shot Put |
| 14 August 2023 | 01 November 2023 | 34.1 | Discus Throw |
| 14 August 2023 | 01 November 2023 | 35.4 | Discus Cage |
| 14 August 2023 | 01 November 2023 | 36.5 | Hammer Throw |
| 14 August 2023 | 01 November 2023 | 36.6 | Hammer Throw |
| 14 August 2023 | 01 November 2023 | 37.3 | Hammer Cage |

| Approval date by Council | Effective date | Rule number(s) | Subject |
|---|---|---|---|
| 14 August 2023 | 01 November 2023 | 38.7 | Javelin Throw |
| 14 August 2023 | 01 November 2023 | 38.9 | Javelin Throw |
| 14 August 2023 | 01 November 2023 | Figure TR38 | Javelin Throw |
| 14 August 2023 | 01 November 2023 | 45.1 | Seeding and Draw for Lanes in Track Events |
| 14 August 2023 | 01 November 2023 | 54.3.6 | Race Walking |
| 14 August 2023 | 01 November 2023 | 54.7.2 | Race Walking |
| 14 August 2023 | 01 November 2023 | 54.14 | Race Walking |
| 14 August 2023 | 01 November 2023 | 56.3.1 | Cross Country Races |
| 14 August 2023 | 01 November 2023 | 56.4.1 | Cross Country Races |
| 14 August 2023 | 01 November 2023 | 56.5 | Cross Country Races |
| 14 August 2023 | 01 November 2023 | 2, 11, 14, 15, 17, 20, 40, 41, 42, 43, 44, 48, 52, 54 | Short Track |
| 14 August 2023 | 01 April 2025 | 38.10 | Javelin Throw |
| 08 December 2023 | 08 December 2023 | 54.4.1 | Race Walking |
| 31 July 2024 | 09 August 2024 | 9.2 | Mixed Competition |
| 31 July 2024 | 09 August 2024 | 20.1 (+ consequential amendment to 20.2.1, 20.4.1 and 25.9) | Seedings, Draws and Qualification in Track Events |
| 31 July 2024 | 09 August 2024 | 43.2 | The Oval Track and Lanes |
| 04 December 2024 | 04 December 2024 | 20.2.3 | Seedings, Draws and Qualification in Track Events |
| 04 December 2024 | 04 December 2024 | 41.3 | The Short Track Stadium |
| 04 December 2024 | 01 January 2026 | 54.1 | Race Walking - Distances |
| 04 December 2024 | 01 January 2026 | 54.7.3 | Race Walking – Penalty zone |
| 28 February 2025 | 01 March 2025 | 24.1 | Relay Races |
| 28 February 2025 | 01 March 2025 | 24.11 | Relay Races |
| 28 February 2025 | 01 March 2025 | 48.5 | Relay Races – Conduct of the Races |
| 25 March 2025 | 25 March 2025 | 16.5, 16.8 (Note), 16.9 | The Start |
| 25 March 2025 | 25 March 2025 | 22.1, 22.3 | Hurdle Races |
| 25 March 2025 | 25 March 2025 | 24.1, 24.3, 24.11, 24.14 | Relay Races |
| 23 July 2025 | 01 September 2025 | 3.3, 3.4, 3.5 & 3.6 | Sex Categories |
| 09 September 2025 | 09 September 2025 | 9 | Competition Classification |
| 09 September 2025 | 01 November 2025 | 16.5.3 | The Start |
| 09 September 2025 | 01 November 2025 | 20.2.1, 20.4 | Ranking and Composition of Heats |
| 09 September 2025 | 01 November 2025 | 24.6, 24.11 | Relay Races |
| 09 September 2025 | 01 November 2025 | 44.6.3 | Start and Finish on the Oval Track – Conduct of the Races |
| 09 September 2025 | 01 November 2025 | 57 | Mountain and Trail Races |
| 03 December 2025 | 03 December 2025 | 22.6 | Hurdle Races |
| 03 December 2025 | 03 December 2025 | 24.10 | Relay Races |
| 03 December 2025 | 03 December 2025 | 29.5 | General Conditions – Horizontal Jumps |
| 03 December 2025 | 03 December 2025 | 43.4, 44.6 | Short Track |
| 03 December 2025 | 03 December 2025 | 54.6, 54.11.1 | Race Walking |
| 19 March 2026 | 20 March 2026 | 3.2 | Age Categories |

| Approval date by Council | Effective date | Rule number(s) | Subject |
|---|---|---|---|
| 19 March 2026 | 20 March 2026 | 4.3 | Entries |
| 19 March 2026 | 20 March 2026 | 6.3.1 | Assistance |
| 19 March 2026 | 20 March 2026 | 35.1, 37.6 | Circle for Hammer Throw and Discus Throw |

## PART I – GENERAL

### 1. General

World Rankings Competitions must be organised in conformity with the Competition Rules and Technical Rules and any applicable Regulations and shall be listed on the World Athletics Global Calendar.

In all competitions, events may be held in a different format from that provided under the Competition and Technical Rules, but rules giving more rights to the athletes than they would have obtained applying the actual Rules, may not be applied. These formats shall be decided or authorised by the relevant governing body having the control over the competition.

In the case of mass participation events held outside the stadium, these Rules should normally only be applied in full to those athletes, if any, who are designated as taking part in the elite or other defined section of the races such as age group categories for which there are placings for awards or prizes. Race organisers should outline in the information provided to other athletes which other rules will apply to their participation, particularly those pertaining to their safety.

*Note: For non-World Rankings Competitions Members should adopt the Rules and Regulations to conduct such competitions.*

Whilst these Rules already contemplate some variations from their strictest applications, it is emphasised that competition organisers may go even further in using different formats for competitions - the only restriction being that the athlete may not receive more "rights" in such circumstances. For example, it is acceptable to reduce the number of trials in a Field Event or reduce the time allowed for an athlete to take their trial but not to increase either.

With respect to mass participation Running and Race Walking Events, race organisers are advised to emphasise in the information provided to all participants the rules and procedures that will apply to the various categories, especially in relation to safety considerations, particularly when all or part of the race is not closed to traffic. This may for example allow athletes (other than those competing in the elite or other categories to whom Rule 6.3 of the Technical Rules would apply) to use head or earphones when they are running on a closed course but prohibit their use (or at least recommend against it) for the slower runners when the course is open to traffic.

### 2. The Athletics Facility

Any firm, uniform surface that conforms to the specifications in the World Athletics Track and Field Facilities Manual, may be used for Track and Field Athletics.

400m Standard Oval Track Stadium competitions under paragraphs 1. (a) and (b) of the World Rankings Competition definition may be held only on facilities that hold a World Athletics Class 1 Athletics Facility Certificate. It is recommended that, when such facilities are available, 400m Standard Oval Track Stadium competitions under paragraphs 1. (c), (d), (e) and 2. of the World Rankings Competition definition should also be held on these facilities.

In any case, a World Athletics Class 2 Athletics Facility Certificate shall be required for all facilities intended for use for 400m Standard Oval Track Stadium competitions under paragraphs 1. (c) and 2. (a), (b), (c) of the World Rankings Competition definition. It is recommended that all competitions under paragraphs 1. (d), (e), 2. (d), (e) and 3. of the World Rankings Competition definition should also be held on certified facilities or, at least, the facility must conform to the Rules and Regulations, as amended from time to time. If the applicable regulations or World Rankings Competition categories so require, the facility must be certified.

*Note (i): The World Athletics Track and Field Facilities Manual, which is available from the World Athletics*

*Office, or may be downloaded from the World Athletics website, contains more detailed and defined specifications for the planning and construction of Track and Field facilities including further diagrams for track measurement and marking.*

*Note (ii): The current standard forms required to be used for the certification application and measurement report as well as the Certification System Procedures are available from the World Athletics Office, or may be downloaded from the World Athletics website.*

*Note (iii): For Road Race Walking, Road Running or Cross Country, Mountain and Trail courses, see Rules 54.11, 55.2, 55.3, 56.1 to 56.5, and 57.1 of the Technical Rules.*

*Note (iv): For the 200m Standard Oval Track (Short Track) Athletics Facility, see Rule 41 of the Technical Rules.*

## 3. Age, Male and Female Categories

### *Age Categories*

3.1 Competition under these Rules may be divided into age group classifications as follows or as additionally prescribed in the relevant competition regulations or by the relevant governing body:

Under-18 (U18) Men and Women: Any athlete of 16 or 17 years on 31st December in the year of the competition.

Under-20 (U20) Men and Women: Any athlete of 18 or 19 years on 31st December in the year of the competition.

Master Men and Women: Any athlete who has reached their 35th birthday.

*Note (i): All other matters concerning Masters' competitions are referred to the World Athletics/WMA Handbook approved by World Athletics and WMA.*

*Note (ii): Eligibility, including minimum ages for participation in Competitions, shall be subject to the applicable Technical Regulations.*

3.2 An athlete shall be eligible to compete in an age group competition under these Rules if they are within the age range specified in the relevant age group classification. An athlete must be able to provide proof of their age through presentation of a valid passport or other form of evidence as permitted by the applicable regulations for the competition and/or in accordance with any specific requirements that the Council may impose from time to time for proof of an Athlete's eligibility to compete for a Member in an age group competition. An athlete who fails or refuses to provide such proof of age in accordance with the Eligibility Rules shall not be eligible to compete.

*Note: See Eligibility Rules for sanctions for non-compliance with this Rule 3.*

Whilst Rule 3.1 of the Technical Rules defines the age groups in a particular way, it is the regulations for each competition which determine which age groups will apply and whether, as envisaged by Note (ii), younger athletes can participate.

### *Male and Female Categories*

3.3 Competition under these Rules is divided into male and female categories. Rule 9 of the Technical Rules specifies the requirements for certain competition classifications.

3.4 The eligibility of athletes to compete in the male category and the eligibility of athletes to compete in the female category is set out in the Eligibility Rules.

## 4. Entries

4.1 Competitions under the Rules are restricted to eligible athletes.

4.2 The eligibility of an athlete to compete outside of their own country is as set forth in Rule 5 of the Eligibility Rules (Requirements to Compete in International Competitions). Such eligibility shall be assumed unless an objection to their status is made to the Technical Delegate(s). (See also Rule 8.1 of the Technical Rules.)

### *Entries in Concurrent Events*

4.3 If an athlete is entered in both a Track Event and a Field Event, or in more than one Field Event taking place concurrently, the appropriate Referee may, for one round of trials at a time, or for each trial in the High Jump and Pole Vault, allow an athlete to take their trial in an order different from the start list (or as determined in accordance with Rule 25.6.1 of the Technical Rules). However, if an athlete subsequently is not present for that particular trial, it shall be deemed that they are passing once the period allowed for the trial has elapsed. As this possibility exists only for that particular round / trial allowed by the Referee, if the athlete is then not present for a subsequent round / trial, when their competing order will be again according to the start list (or as determined in accordance with Rule 25.6.1 of the Technical Rules), it will be counted as a failure once the period allowed for the trial has elapsed.

*Note: In Field Events, the Referee shall not allow an athlete to take a trial in a different order in the final round of trials but the Referee may allow an athlete to do so during any earlier round of trials. In Qualification Rounds and in Combined Events, a change may be allowed in any round of trials.*

The Note clarifies that allowing an athlete to take a trial in a different order in the final round of trials (irrespective of the number of rounds of trials) because of a clash with another event is not permitted. If an athlete is not present in the final round and has not previously indicated that they will pass, then the time allowed for their trial will run and if they do not return before it expires, then they will be recorded as a failure. (See also Rule 25.18 of the Technical Rules where a change of order will normally not be made when a replacement trial is awarded - in any round of trials.)

### *Failure to Participate*

4.4 At all competitions under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, an athlete shall be excluded from participation in all further events (including other events in which they are concurrently participating) in the competition, including relays, in cases where:

4.4.1 final confirmation was given that the athlete would start in an event but then failed to participate;

*Note: A fixed time for the final confirmation of participation shall be published in advance.*

4.4.2 an athlete qualified in any Qualification Round of an event for further participation in that event but then failed to participate further;

*Note: If the applicable regulations require a Repechage Round, failure to participate in that round is not an infringement of this Rule.*

4.4.3 an athlete failed to compete honestly with bona fide effort. The relevant Referee will

decide on this and the corresponding reference must be made in the official results.

*Note: The situation foreseen in Rule 4.4.3 of the Technical Rules will not apply to individual events within Combined Events.*

However, a medical certificate, provided by and based on an examination of the athlete by the Medical Delegate appointed under Rule 6 of the Competition Rules or, if no Medical Delegate has been so appointed, by a medical doctor so designated by the Organisers, may be accepted as sufficient reason to accept that the athlete became unable to compete after confirmations closed or after competing in a previous round but will be able to compete in further events (except Combined Events individual events) on a subsequent day of the competition. Other justifiable reasons (e.g. factors independent of the athlete's own actions, such as problems with the official transport system) may, after confirmation, also be accepted by the Technical Delegate(s).

The relevant Referee, once aware of such a situation and is satisfied that the athlete who abandoned the race was not competing with bona fide effort, must make a reference to this in the relevant results as "DNF TR4.4.3". Either in the process of the Technical Delegate(s) making such a decision or the Jury of the Appeal considering any appeal arising from it, reasons for the withdrawal or non-participation proposed by or on behalf of the athlete can be considered. The Rule sets out the process that should explicitly be followed in the case of a medical reason.

### *Failure to Report to the Call Room(s)*

4.5 Subject always to any additional sanction under Rule 4.4 of the Technical Rules, and except as provided below, an athlete shall be excluded from participation in any event in which they are not present in the Call Room(s) at the relevant time as published in the Call Room schedule (see Rule 29 of the Competition Rules). They shall be shown in the results as DNS.

The relevant Referee will decide on this (including whether the athlete may compete under protest if a decision cannot be made immediately) and the corresponding reference must be made in the official results.

Justifiable reasons (e.g. factors independent of the athlete's own actions, such as problems with the official transport system or an error in the published Call Room schedule) may, after confirmation, be accepted by the Referee and the athlete may then be allowed to take part.

## 5. Clothing, Shoes and Athlete Bibs

### *Clothing*

5.1 In all events, athletes must wear clothing which is clean, and designed and worn so as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet. Athletes must not wear clothing which could impede the view of the Judges.

At all competitions under paragraphs 1. (a), (b), (c) and 2. (a), (b), (c) of the World Rankings Competition definition, and when representing their Member Federation under paragraphs 1. (e) and 2. (e) of the World Rankings Competition definition, athletes shall participate in the uniform clothing approved by their Member Federation. The Victory Ceremony and any lap of honour are considered part of the competition for this purpose.

*Note: Rule 5.1 of the Technical Rules should be interpreted widely in terms of what "could impede the view of the judges", including athletes wearing their hair in a particular way.*

In Race Walking Events, athletes shall not wear clothing that prevents a clear and complete view of the knee area. However, to be clear, long tights that are adherent to the athletes' legs are acceptable.

*Shoes*

5.2 Athletes may compete either barefoot or in Athletic Shoes on one or both feet. Athletes must comply with all Regulations relating to the wearing of Athletic Shoes approved by the Council.

For Shoe Control, specific information is provided in the Shoe Control Guidelines which may be downloaded from the World Athletics website. In particular, no sole thickness measurements are expected to be conducted during shoe control.

5.3 [Intentionally left blank.]

5.4 [Intentionally left blank.]

5.5 [Intentionally left blank.]

5.6 [Intentionally left blank.]

See also the Athletic Shoe Regulations in the "Book of Rules Book C: Competition", published separately on the website.

*Athlete Bibs*

5.7 Every athlete shall be provided with two bibs which, during the competition, shall be worn visibly on the front of the torso and on the back, except in the Jumping Events, where one bib may be worn on the front of the torso or on the back only. Either the athletes' names or other suitable identification will be allowed instead of numbers on any or all of the bibs. If numbers are used, they shall correspond with the number allocated to the athlete on the start list or in the programme. If track suits are worn during the competition, bibs shall be worn on the track suit in a similar manner.

5.8 No athlete shall be allowed to take part in any competition without displaying the appropriate bib(s) and/or identification.

5.9 These bibs must be worn as issued and may not be cut, folded or obscured in any way. In running or walking events of 10,000 metres and longer, the bibs may be perforated to assist the circulation of air, but the perforation must not be made on any of the lettering or numerals which appear on them.

5.10 Where a Photo Finish System is in operation, the Organisers may require athletes to wear additional number identification of an adhesive type on the side of their shorts or lower body.

5.11 If an athlete does not follow any part of this Rule 5 and:

5.11.1 refuses the direction of the relevant Referee to comply; or

5.11.2 participates in the competition,

they shall be disqualified.

Rule 5.11 of the Technical Rules prescribes the sanction if any aspect of Rule 5 of the Technical Rules is not followed. It is expected however that where possible the relevant officials should request and encourage the athlete to comply and to advise them of the consequence if they do not. But where an athlete does not follow an aspect of the Rule during competition and it is not practical for an official to request compliance, athletes should note that disqualification may follow.

It is a responsibility of the Starters Assistants and Umpires (for Track and Out of Stadium Events) and the Judges (for Field Events) to be vigilant on these matters and report any apparent breaches to the relevant Referee.

## 6. Assistance to Athletes

### *Medical Examination and Assistance*

6.1 Medical examination / treatment and/or physiotherapy may be provided either on the competition area itself by the official medical staff appointed by the Organisers and identified by armbands, vests or similar distinctive apparel or in designated medical treatment areas outside the competition area by accredited team medical personnel specifically approved by the Medical or Technical Delegate(s) for the purpose. In neither case shall the intervention delay the conduct of the competition or an athlete's trial in the designated order. Such attendance or assistance by any other person, whether immediately before competition, once athletes have left the Call Room or during competition, is assistance.

*Note: The competition area, which normally also has a physical barrier, is defined for this purpose as the area where the competition is being staged and which has an access restricted to the competing athletes and personnel authorised in accordance with the relevant Rules and Regulations.*

6.2 Any athlete giving or receiving assistance from within the competition area during an event (including under Rules 17.14, 17.15.4, 54.10.8 and 55.8.8 of the Technical Rules) shall be warned by the Referee and advised that, if there is any repetition, they will be disqualified from that event.

*Note: In cases under Rules 6.3.1 or 6.3.6 of the Technical Rules, disqualification may be made without warning.*

### *Assistance not Allowed*

6.3 For the purpose of this Rule, the following examples shall be considered assistance, and are therefore not allowed:

6.3.1 Pacing in races by persons not participating in the same race, by athletes lapped or about to be lapped, by athletes wearing footwear not compliant with the Athletic Shoe Regulations or by any kind of technical device (other than those permitted under Rules 6.4.4 and 6.4.8 of the Technical Rules).

6.3.2 Possession or use of video recorders, radios, CD, radio transmitters, mobile phone or similar devices in the competition area.

6.3.3 The use of any technology or appliance that provides the user with an advantage which they would not have obtained using the equipment specified in, or permitted by, the Rules.

6.3.4 The use of any mechanical aid, except by an athlete with an impairment as authorised or permitted in accordance with the Mechanical Aids Regulations.

See also the Mechanical Aids Regulations in the "Book of Rules Book C: Competition", published separately on the website.

6.3.5 Provision of advice or other support by any official of the competition not related to or required by their specific role in the competition at the time (e.g. coaching advice, indication of the take-off point in a jumping event except to indicate a failure in Horizontal Jumps, time or distance gaps in a race etc.).

6.3.6 Receiving physical support from another athlete (other than helping to recover to a standing position) that assists in making forward progression in a race.

*Assistance Allowed*

6.4 For the purpose of this Rule, the following shall not be considered assistance, and are therefore allowed:

6.4.1 Communication between the athletes and their coaches not placed in the competition area.

In order to facilitate this communication and not to disturb the staging of the competition, a place in the stands, close to the competition area of each Field Event, should be reserved to the athletes' coaches.

*Note: Coaches and other persons otherwise complying with Rules 54.10 and 55.8 of the Technical Rules may communicate with their athlete(s).*

6.4.2 Medical examination / treatment and/or physiotherapy under Rule 6.1 of the Technical Rules necessary to enable an athlete to participate or continue participation once on the competition area.

6.4.3 Any kind of personal safeguard (e.g. bandage, tape, belt, support, wrist cooler, breathing aid etc.) for protection and/or medical purposes. The Referee, in conjunction with the Medical Delegate, shall have the authority to verify any case should the Referee judge that to be desirable. (See also Rules 32.4 and 32.5 of the Technical Rules.)

6.4.4 Heart rate or speed distance monitors or stride sensors or similar devices carried or worn personally by athletes during an event, provided that such device cannot be used to communicate with any other person.

6.4.5 Viewing by athletes competing in Field Events, of images of previous trial(s), recorded on their behalf by persons not placed in the competition area (see Note to Rule 6.1 of the Technical Rules). The viewing device or images taken from it must not be taken into the competition area beyond the immediate area in which those providing the recording are placed. To ensure a better view of the images, the athlete may hold the device whilst communicating with the persons who have taken the images.

6.4.6 Hats, gloves, shoes, items of clothing provided to athletes at official stations or when otherwise approved by the relevant Referee.

6.4.7 Receiving physical support from an official or other person designated by the organisers to recover to a standing position or to access medical assistance.

6.4.8 Electronic lights or similar appliance indicating progressive times during a race, including of a relevant record.

Rule 6 of the Technical Rules has been the subject of constant change in recent years to reflect the way in which athletics is conducted, to respect the role of coaches, to manage innovation and new products, etc. World Athletics will continue to respond to new products and trends as soon as they become common place during events and competitions.

Changes to these rules are designed to facilitate the athletes' participation in the competition as much as possible and to reduce unnecessary conflict between athletes/coaches and the officials. Each of these rules should be interpreted in this light whilst always ensuring the competition is conducted fairly to all.

Rule 6.3.5 of the Technical Rules however makes it clear that the officials should not assist any athlete beyond what is required of their role – and specifically states as an example that officials should not provide details of the take-off position in jumping events, other than for the purpose of indicating the point of "impact" in a foul jump in Horizontal Jumps.

## 7. Warnings and Disqualification

### *Bona Fide Participation, Unsporting and Improper Conduct*

7.1 Athletes and relay teams shall participate in athletics competitions with bona fide effort and shall not engage in unsporting or improper conduct. Any athlete or relay team failing to comply with this Rule may be warned or disqualified.

The applicable Referee shall have authority to warn or exclude from competition, any athlete or relay team guilty of breaches of this Rule or Rule 6.1 Note (ii), (iii) or (iv) of the Competition Rules or Rules 6, 16.5, 17.14, 17.15.4, 25.5, 25.19, 54.7.6, 54.10.8 or 55.8.8 of the Technical Rules. Warnings may be indicated to the athlete by showing a yellow card, exclusion by showing a red card. Warnings and exclusions shall be entered on the result card and communicated to the Competition Secretary and to the other Referees.

In disciplinary matters, the Call Room Referee has authority starting from the Warm-up Area up to the competition area. In all other instances, the Referee applicable to the event in which the athlete is or was competing, shall have authority.

The applicable Referee (where practicable after consulting the Competition Director) may warn or remove any other person from the competition area (or other area related to the competition including the Warm-up Area, Call Room and coaches seating) who is acting in an unsporting or improper manner or who is providing assistance to athletes that is not permitted by the Rules.

*Note (i): The Referee may, where the circumstances justify it, exclude an athlete or relay team without a warning having been given. (See also Note to Rule 6.2 of the Technical Rules.)*

*Note (ii): For events outside the stadium, the Running and Race Walking Events Referee shall, wherever practicable (e.g. under Rules 6, 54.10 or 55.8 of the Technical Rules), give a warning prior to disqualification. If the Referee's action is contested, Rule 8 of the Technical Rules will apply.*

*Note (iii): When excluding an athlete or relay team from competition under this Rule, if the Referee is aware that a yellow card has already been given, they should show a second yellow card followed immediately by a red card.*

*Note (iv): If a yellow card is given and the Referee is not aware that there is a previous yellow card, it shall, once this is known, have the same consequence as if it was given in association with a red card. The relevant Referee shall take immediate action to inform the athlete or relay team or their team of their exclusion.*

The below key points are made to provide guidance and clarity in relation to the way in which cards are shown and recorded:

a. Yellow and red cards can be given either for disciplinary reasons (refer mostly to this Rule) or for certain technical infringements that are disciplinary in nature.

b. Whilst it is normal and usually expected that a yellow card would have been given before a red card, it is envisaged that in the cases of particularly bad unsporting or improper behaviour or failing to

participate with bona fide effort, a red card can be given immediately. It should be noted that the athlete or relay team has in any case the opportunity to appeal such a decision to the Jury of Appeal.

c. There will be also some cases in which it is not practical or even logical for a yellow card to have been issued. For example the Note to Rule 6.2 of the Technical Rules specifically allows for an immediate red card if justified in cases covered by Rule 6.3.1 of the Technical Rules such as pacing in races.

d. A similar situation might also follow when a Referee issues a yellow card and the athlete or relay team responds in such an inappropriate manner that it is justified to then immediately give a red card. It is not essential for there to be two completely different and distinct in time instances of inappropriate behaviour.

e. As per Note (iii), in cases where a Referee is aware that the athlete or relay team in question has already received a yellow card during the competition and they propose to issue a red card, the Referee should first show a second yellow card and then the red card. However if a Referee does not show the second yellow card, it will not invalidate the issuing of the red card.

f. In cases where a Referee is not aware of a pre-existing yellow card, and they show only a yellow card, once this becomes known, the appropriate steps should be taken to disqualify the athlete as soon as possible. Normally, this would be done by the Referee advising the athlete directly or through their team.

g. In cases of relay events, cards received by one or more members of the team during any round of the event shall count against the team. Therefore, if one athlete receives two yellow cards or two different athletes receive a yellow card in any round of the particular event, the team shall be regarded as having received a red card and shall be disqualified.

*Disqualification resulting from an infringement of a Technical Rule (other than Rule 7.1 of the Technical Rules)*

7.2 If an athlete is disqualified from an event for an infringement of a Technical Rule (except under Rule 7.1 of the Technical Rules) any performance accomplished in the same round of that event up to the time of the disqualification shall not be valid. However, performances accomplished in a previous round of that event, other previous events or previous individual events of a Combined Event shall remain valid. Such disqualification from an event shall not prevent an athlete from taking part in any further event in that competition.

*Disqualification resulting from exclusion under Rule 7.1 of the Technical Rules*

7.3 If an athlete is excluded from competition under Rule 7.1 of the Technical Rules, they shall be disqualified from that event. If the athlete's second warning occurs in a different event, they shall be disqualified only from the second event. Any performance accomplished in the same round of that event up to the time of the disqualification shall not be valid. However, performances accomplished in a previous round of that event, other previous events or previous individual events of a Combined Event shall remain valid. Such disqualification shall prevent an athlete from taking part in all further events or rounds of events (including individual events of a Combined Event, other events in which they are concurrently participating and relays) in that competition.

7.4 When a relay team is excluded from competition under Rule 7.1 of the Technical Rules, it shall be disqualified from that event. Performances accomplished in a previous round of that event shall remain valid. If the disqualification of the relay team was the consequence of an athlete(s) acting in a manner that would lead to a disqualification under Rule 7.1 if competing in an individual event, Rule 7.3 of this Rule will be applicable to such athlete(s). Otherwise, such disqualification shall not prevent any athlete of that team taking part in any other event(s) in that competition.

However, if the behaviour of one or more such individual athletes is considered serious enough, Rule 7.1 of the Technical Rules may be applied to them with the applicable consequences.

7.5 If the offence is considered serious, the Competition Director shall report it to the relevant governing body for consideration of further disciplinary action.

Rule 7.3 shall also be applied to an athlete whose second warning in the competition incurred in the relay race, or who had a direct exclusion in the relay race that led to the disqualification of the team.

The following examples further clarify the potential implication of a yellow card received in a Relay Race:

Example 1:
- Athlete A gets a yellow card in an individual event
- Athlete A gets another yellow card in a Relay Race
  - ➢ Athlete A gets a red card (2 yellow cards), relay team gets disqualified

Example 2:
- Athlete A gets a yellow card in an individual event
- Athlete B gets a yellow card in a Relay Race
  - ➢ No further action

Example 3:
- Athlete A gets a yellow card in an individual event
- Athlete B gets a yellow card in a Relay Race
- Athlete C gets a yellow card in the same Relay Race
  - ➢ Relay Team gets a red card (2 yellow cards) and thus gets disqualified, but individual athletes may still compete in other events

## 8. Protests and Appeals

8.1 Protests concerning the status of an athlete to participate in a competition must be made, prior to the commencement of such competition, to the Technical Delegate(s). Once the Technical Delegate(s) make(s) a decision, there shall be a right of appeal to the Jury of Appeal. If the matter cannot be settled satisfactorily prior to the competition, the athlete shall be allowed to compete "under protest" and the matter be referred to the relevant governing body.

8.2 Protests concerning the result or conduct of (a round of) an event shall be made within 30 minutes of the official announcement of the result of that (round of the) event.

The Organisers of the competition shall be responsible for ensuring that the time of the announcement of all results is recorded.

8.3 Any protest shall be made orally to the Referee by an athlete, by someone acting on their behalf or by an official representative of a team. Such person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates (or are competing in a competition in which a team points score is being conducted). To arrive at a fair decision, the Referee should consider any available evidence which they think necessary, including a film or picture produced by an official video recorder, or any other available video evidence. The Referee may decide on the protest or may refer the matter to the Jury of Appeal. If the Referee makes a decision, there shall be a right of appeal to the Jury. Where the Referee is not accessible or available, the protest should be made to them through the Technical Information Centre.

*Note: The World Athletics Photo Finish Judge, where appointed, should act on behalf of the Running and Race Walking Events Referee regarding protests about the placing of athletes.*

8.4 In a Running or Race Walking Event,

8.4.1 if an athlete makes an immediate oral protest against having been charged with a false start, the Start Referee (or if one is not appointed, the relevant Running and Race Walking Events Referee) may, if they are in any doubt, allow the athlete to compete "under protest" in order to preserve the rights of all concerned. Competing "under protest" should not be allowed if the false start was indicated by a World Athletics certified Start Information System, unless for any reason the Referee determines that the information provided by the System is obviously inaccurate. If an athlete is allowed to compete under protest, a red and white (diagonally halved) card shall be raised in front of the athlete.

8.4.2 a protest may be based on the failure of the Starter to recall a false start or, under Rule 16.5 of the Technical Rules, to abort a start. The protest may be made only by, or on behalf of, an athlete who should normally have completed the race with bona fide effort. If the protest is upheld, any athlete who committed the false start or whose conduct should have led to the start being aborted, and who was subject to warning or disqualification according to Rules 16.5, 16.8 or 39.8.3 of the Technical Rules, shall be warned or disqualified. Whether or not there may be any warning or disqualification, the Referee shall have the authority to declare the event or part of the event void and that it or part of it shall be held again if in their opinion justice demands it.

*Note: The right of protest and appeal in Rule 8.4.2 of the Technical Rules shall apply whether or not a Start Information System is used.*

8.4.3 if a protest or appeal is based on an athlete's incorrect exclusion from an event due to a false start and it is upheld after the completion of the race, then the athlete should be afforded the opportunity to run on their own to record a time in the event and consequently, if applicable, to be advanced to subsequent rounds. No athlete should be advanced to a subsequent round without competing in all rounds unless the Referee or Jury of Appeal determines otherwise in the particular circumstances of the case, e.g. the shortness of time before the next round or the length of the race.

*Note: This Rule may also be applied by the Referee, the Jury of Appeal in other circumstances where it is deemed appropriate (see Rule 17.1 of the Technical Rules).*

8.4.4 when a protest is made by or on behalf of an athlete or team which did not finish a race, the Referee must first ascertain whether the athlete or team was or should have been disqualified for a breach of the Rules unrelated to the matter raised in the protest. Should that be the case, the protest shall be dismissed.

When the Start Referee decides on an immediate oral protest made by an athlete for being charged with a false start, they have to consider all the available data and in case of a reasonable possibility that the athlete's protest may be valid, they should allow the athlete to compete under protest. After the race, a final decision must be taken by the Referee, a decision that may be subject of an appeal to the Jury. The Referee should not normally allow an athlete to compete under protest if the false start has been detected by a Start Information System that appears to be working properly or in cases where it is very clear by visual observation that the athlete has committed a false start and there is no valid reason to allow the protest. However, it is acknowledged that when the reaction time is close to the allowed limit, any movement could be hardly visible. In this case if, in the opinion of the Start Referee, it would require further study of the technological evidence, the Start Referee may decide to allow the athlete run under protest to preserve the rights of all concerned.

These rules not only apply where a Starter failed to recall a false start but where also a Starter failed to correctly "abort" a start. In both cases the Referee must consider all factors involved in the particular case and must decide if the race (or part of it) has to be re-held.

Giving two examples of extreme situations, it will not be logical or necessary to re-run a Marathon race in a case where an athlete who finishes was responsible for a non-recalled false start. But the same will probably not be the case in a sprint event where an athlete was responsible for a non-recalled false start as this may have affected the start and subsequent race of other athletes.

On the other hand, if for example in a Qualification Round, or perhaps even more so in a race within a Combined Event, it was clear that only one or some athletes were disadvantaged by a failure to recall a false start or to abort a start, a Referee could decide that only those athletes be given the opportunity to run again – and if so under what conditions.

Rule 8.4.3 of the Technical Rules covers the situation in which an athlete is wrongly given a false start and excluded from a race.

8.5 In a Field Event, if an athlete makes an immediate oral protest against having a trial judged as a failure, the Referee of the event may, if they are in any doubt, order that the trial be measured and the result recorded, in order to preserve the rights of all concerned.

If the protested trial occurred:

8.5.1 during the first three rounds of trials of a horizontal Field Event in which more than eight athletes are competing, and the athlete would advance to any subsequent rounds of trials only if the protest or subsequent appeal was upheld; or

8.5.2 in a vertical Field Event, where the athlete would advance to a higher height only if the protest or subsequent appeal is upheld,

the Referee may, if they are in any doubt, allow the athlete to continue competing "under protest" to preserve the rights of all concerned.

In cases where the Referee is sure that the decision of the Judges is correct, particularly by their own observation or advice received from a Video Referee, the athlete should not be allowed to continue.

But when considering whether to order the measurement of a trial which is the subject of an immediate oral protest the Referee should:

a. not do so in cases where there was a clear breach of the Rules, for example in the long jump a clear mark made in the plasticine by the athlete in question or in a throwing event where the implement has clearly landed outside the sector;

b. always do so (and immediately so as to not delay the competition) in cases where there is any doubt.

The good operation of this Rule means that the Judge with the spike or prism should always mark the point of landing (except in throwing events where the implement clearly lands outside the sector) even when they see a red flag. Apart from the possibility that the athlete may make an immediate oral protest, it is also possible that the Judge with the flags may have incorrectly or accidentally raised the wrong one.

8.6 The protested performance of the athlete and any other performance achieved by them while competing "under protest" will become valid only if a subsequent decision to that effect is made by the Referee or an appeal to the Jury of Appeal is made and it is upheld.

In Field Events where, as a result of an athlete competing "under protest", another athlete is allowed to continue in the competition when they would otherwise not have done so, such athlete's performances and eventual results will remain valid irrespective of whether the "under protest" athlete's immediate oral protest is successful.

The first paragraph of Rule 8.6 of the Technical Rules applies to all events, not only to Field Events.

8.7 An appeal to the Jury of Appeal must be made within 30 minutes:

8.7.1 of the official announcement of the amended result of an event arising from the decision made by the Referee; or

8.7.2 of the advice being given to those making the protest, where there is no amendment of any result.

It shall be in writing, signed by the athlete, by someone acting on their behalf or by an official representative of a team and shall be accompanied by a deposit of USD 100, or its equivalent, which will be forfeited if the appeal is not allowed. Such athlete or team may appeal only if they are competing in the same round of the event to which the appeal relates (or are competing in a competition on which a team points score is being conducted).

*Note: The relevant Referee shall, after their decision on a protest, immediately inform the TIC of the time of the communication of the decision. If the Referee was unable to communicate the decision orally to the relevant team(s) / athlete(s), the official time of the announcement will be that of posting of the amended result or of the decision at the TIC.*

8.8 The Jury of Appeal shall consult all relevant persons, including the relevant Referee (except when their decision is to be fully maintained by the Jury of Appeal). If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee or the Chief Race Walking Judge shall be upheld.

8.9 The Jury of Appeal may reconsider a decision if new conclusive evidence is presented, provided the new decision is still applicable. Normally, such re-consideration may be undertaken only prior to the Victory Ceremony for the applicable event, unless the relevant governing body determines that circumstances justify otherwise.

In certain circumstances, the Judges (Rule 19.2 of the Competition Rules), the Referee (Rule 18.6 of the Competition Rules) and the Jury (Rule 8.9 of the Technical Rules) can each reconsider a decision made by them – if it is still applicable and practical to do so.

8.10 Decisions involving points which are not covered by the Rules shall be reported subsequently by the Chairman of the Jury of Appeal to the Chief Executive Officer of World Athletics.

8.11 The decision of the Jury of Appeal (or of the Referee in the absence of a Jury of Appeal or if no appeal to the Jury is made) shall be final and there shall be no further right of appeal, including to CAS.

## 9. Competition Classification

9.1 The following classification of results may be applied under these Rules:

- Men's competition classification
- Women's competition classification
- Mixed competition classification

where mixed competition covers events in which men and women participate together without

separate classification of results as well as relay or team events in which both men and women are included in the same teams.

*Note: Mixed competitions are permitted in accordance with the applicable regulations of the relevant body.*

While male and female categories as defined in Rule 3 of the Technical Rules refer to the eligibility of athletes to compete, the competition classification as defined in this Rule 9.1 of the Technical Rules refers to the classification of results. There may be a classification for Men only, for Women only or a mixed classification.

9.2 Athletes may be classified in the Men's or Mixed competition classification if they are eligible to compete in the male category under Rules 3.3 and 3.4 of the Technical Rules. Athletes may be classified in the Women's or Mixed competition classification if they are eligible to compete in the female category under Rules 3.3 and 3.4 of the Technical Rules.

In mixed competitions, male and female athletes compete for a single classification of results.

*Simultaneous Competition*

9.3 Simultaneous Competition covers events in which men and women participate together with separate men's and women's classification of results.

9.4 Simultaneous Competition held completely in the stadium shall not normally be permitted.

However, the following may be permitted:

- in competitions under paragraphs 1. (a), (b), (c) and 2. (a), (b), (c) of the World Rankings Competition definition in Field Events if permitted by the applicable regulations,

- in competitions under paragraphs 1. (d), (e) and 2. (d), (e) of the World Rankings Competition definition always in Field Events and if specifically permitted by the relevant Area Association in events per Rule 9.4.1 of the Technical Rules,

- in competitions under paragraph 3 of the World Rankings Competition definition always in Field Events and if specifically permitted by the relevant National Member Federation in events per Rule 9.4.1 of the Technical Rules:

9.4.1 simultaneous stadium competition in races of 5000m or longer but it is permitted only when there are insufficient athletes of one or both sexes competing to justify the conduct of separate races. The sex of each athlete shall be shown in the result. Such races shall not, in any case, be conducted so as to allow athletes of one sex to be paced or assisted by athletes of another sex.

9.4.2 simultaneous competition in Field Events may be conducted at one or more event sites. Separate result cards shall be used and results declared for each sex. Each round of trials of such events may be conducted either by calling all athletes of one sex followed by the other or by alternating them. For the purposes of Rule 25.17 of the Technical Rules, all athletes shall be regarded as if they were of the same sex. Where Vertical Jumps are conducted on a single event site, Rules 26 to 28 of the Technical Rules must be strictly applied, including that the bar must continue to be raised in accordance with a single set of previously announced increments for the entire competition.

The intent of Rule 9.4.1 of the Technical Rules is to facilitate the conduct of races of 5000m or longer, when small numbers of athletes of one or both sexes are entered. The intent of the Rule is not to provide

opportunity for women to compete in races against men to achieve potentially better performance conditions.

To be clear, simultaneous competition is:

a. permitted in all national competitions in Field Events and if specifically permitted by the relevant National Member Federation in races of 5000m or longer according to Rule 9.4.1 of the Technical Rules (No additional permission from an Area Association is required);

b. permitted in competitions held under paragraphs 1. (d), (e) and 2. (d), (e) of the World Rankings Competition definition in Field Events and if specifically permitted by the relevant Area Association in races of 5000m or longer according to Rule 9.4.1 of the Technical Rules;

c. not permitted in a competition held under paragraphs 1. (a), (b), (c) and 2. (a), (b), (c) of the World Rankings Competition definition unless in the case of Field Events the applicable regulations for the competition so provide.

There are also restrictions on the recognition of World Records in simultaneous competitions – see Rules 31.1 (with reference to track races of 5000m and longer) and 32 (with reference to women's road races) of the Competition Rules. Rule 32 of the Competition Rules Note (ii) provides guidance on how a women only race can be achieved (enabling a women only record to be set) in a situation where both men and women are or might be competing.

(See also Rules 25.2 and 25.3 of the Competition Rules.)

## 10. Surveying and Measurements

10.1 The accuracy of the markings and installations for athletics facilities under Rules 2, 11.2, 11.3 and 41 of the Technical Rules shall be checked by an appropriately qualified surveyor who shall furnish appropriate certificates together with details of any check measurements made to the relevant body and/or the facility owner or operator. They shall be given full access to stadium plans and drawings and the latest measurement report for the purpose of this verification.

10.2 For Track and Field Events in competitions under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, all measurements shall be made with a calibrated steel tape or bar or with a scientific measuring device. The steel tape, bar or scientific measuring device shall be manufactured and calibrated according to international standards. The accuracy of the measuring equipment used in the competition shall have been verified by an appropriate organisation accredited by the national measurement authority.

At competitions other than those held under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, fibreglass tapes may also be used.

*Note: Concerning acceptance of Records, see Rule 31.17.1 of the Competition Rules.*

## 11. Validity of Performances

11.1 Only Athlete performances accomplished during World Rankings Competitions are valid.

11.2 Performances in events normally conducted in the stadium, made outside traditional athletics facilities (such as those held on a temporary facility in town squares, other sporting facilities, beaches, etc.) or on a temporary facility built within a stadium shall be valid and recognised for all purposes, if they are made subject to all of the following conditions:

11.2.1 the relevant governing body as provided in Rule 1 of the Competition Rules has issued a permit for the event;

11.2.2 a qualified panel of National Athletics Referees are appointed to and officiate at the event;

11.2.3 where applicable, equipment and implements in conformity with the Rules are used; and

11.2.4 the event is conducted in a competition area or facility in conformity with the Rules and in respect of which a survey has been made in accordance with Rule 10 of the Technical Rules before the event and, where possible, on the day of the event.

When a competition described in Rule 11.2 of the Technical Rules is held over more than one day, the survey should be made on the day of the first event. In either case if the surveyor can be satisfied that there will be no movement or alteration to the facilities being surveyed, the survey may be completed up to two days prior to the day of the first event.

11.3 Performances in events conducted in a fully or partly covered venue where the length or other specifications of the facility do not comply with the rules for Short Track competitions shall be valid and recognised as if they were achieved on a 400m Standard Oval Track, if they are made subject to all of the following conditions:

11.3.1 the relevant governing body as provided in Rule 1 of the Competition Rules has issued a permit for the event;

11.3.2 a qualified panel of National Athletics Referees are appointed to and officiate at the event;

11.3.3 where applicable, equipment and implements in conformity with the Rules are used;

11.3.4 in the case of an oval track, its length is greater than 201.2m (220 yards) but no greater than 400m; and

11.3.5 the event is conducted in a competition area or facility in conformity with the Rules and in respect of which, if held on a temporary facility, a survey has been made in accordance with Rule 10 of the Technical Rules.

*Note: The current standard forms required to be used for reporting on the conformity of the competition area or facility are available from the World Athletics Office, or may be downloaded from the World Athletics website or the Global Calendar platform, as appropriate.*

When a result is achieved on a complying facility with no advantage gained and all related rules observed, the fact that it happened at a covered competition site does not prevent a result being listed among the outdoor equivalent distances and used for any statistical purpose (performances, e.g. on covered 400m tracks and straights). The current practice that results made in tracks shorter than 200m count towards the Short Track results does not change.

11.4 Performances made in accordance with these Rules in Qualification Rounds, in deciding ties in High Jump and Pole Vault, in any event or part of an event which is subsequently decreed void under the provisions of Rule 18.7 of the Competition Rules, or Rules 8.4.2, 17.1 or 25.20 of the Technical Rules, in Race Walking Events in which Rule 54.7.3 of the Technical Rules is applied and the athlete is not disqualified or in individual events in Combined Events competitions, regardless of whether or not the athlete completes the whole Combined Events competition, will normally be regarded as valid for purposes such as statistics, records, rankings and the achievement of entry standards.

World Athletics has exceptionally determined that solely for the purpose of determining whether an athlete has achieved the entry standard for a Combined Events competition:

"The conditions shall have been complied with in each of the individual events, except that, in events where wind velocity is measured, at least one of the following conditions shall be satisfied:

a. The velocity in any individual event shall not exceed plus 4 metres per second.

b. The average velocity (based on the algebraic sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed plus 2 metres per second."

## 12. Video Recording

In competitions held under paragraphs 1. (a), (b) and (c) of the World Rankings Competition definition and, whenever possible, in other competitions, an official video recording of all events to the satisfaction of the Technical Delegate(s) shall be made. It should be sufficient to support the role of the Video Referee when appointed and in other situations to demonstrate the accuracy of performances and any violation of the Rules.

Specific information is provided in the Video Recording and Video Referee Guidelines, which may be downloaded from the World Athletics website.

The appointment at any competition of a Video Referee will significantly affect the practical oversight of many aspects of those competitions at which sufficient video collection and replay systems are available.

The Video Referee will generally be able to act proactively in respect of the Running or Race Walking Events (e.g. the start, running inside the lane line around the curve, jostling and obstruction, breaking from lanes too early, relay changeovers). If the number of cameras and equipment is sufficient to play a similar role for some or all of the Field Events, they can undertake a similar role, but usually in a more reactive fashion when the on-field Referee requests further examination or review of a specific incident.

In the case of the Running or Race Walking Events, the Video Referee will observe the races on one or more screens in the video room and then based on either their own observations or upon referral from a Referee or Chief Umpire in the competition area, examine one or more particular issues by looking at any replayed footage that might be available. If it is clear as a result that there has been an infringement of the Rules, then they should take the appropriate decision and convey it to the Running and Race Walking Events Referee and the Chief Photo Finish Judge. Similarly, if an Umpire or a Running and Race Walking Events Referee has reported a potential infringement, it should be checked by the Video Referee and the appropriate advice provided and decision taken.

In addition, official video footage will as in the past continue to be used to assist in dealing with protests and appeals.

It is becoming common for experienced companies to provide an existing service for competitions rather than Organisers setting up their own. However, either option can be used.

## 13. Scoring

In a match where the result is to be determined by the scoring of points, the method of scoring shall be agreed by all the competing Members or teams before the start of the match, unless provided for in the applicable regulations.

## PART II - TRACK EVENTS

Rules 17.1, 17.6 (except under Rules 54.12 and 55.9), 17.14, 18.2, 19 and 21.1 of the Technical Rules also apply to Parts VI, VII, and VIII of the Technical Rules.

### 14. Track Measurements

14.1 The nominal length of a standard track shall be 400m ("400m Standard Oval Track"). It shall consist of two parallel straights and two bends whose radii shall be equal. The inside of the track shall be bordered by a kerb of suitable material that should be coloured white, with a height of 50mm to 65mm and a width of 50mm to 250mm. The kerb on the two straights may be omitted and a white line 50mm wide substituted.

If a section of the kerb on a bend has to be temporarily removed for Field Events, its place on the surface beneath shall be marked with a white line 50mm in width and by cones or flags, minimum height 0.15m, placed on the white line so that the edge of the base of the cone or flag pole coincides with the edge of the white line closest to the track, and placed at intervals not exceeding 4m (2m for the curved part of an inside steeplechase diversion). (Flags shall be placed at an angle of 60° with the ground away from the track.) This (including also the option of temporary kerbing) shall also apply to the curved section of the steeplechase track where athletes divert from the main track to negotiate the water jump, to the outer half of the track in the case of starts according to Rule 17.5.2 of the Technical Rules and, optionally, to the straights, in this latter case, at intervals not exceeding 10m.

*Note: All points on lane 1 inside lane line at which the track changes from a curve to a straight or a straight to a curve shall be marked, in a distinctive colour 50mm × 50mm on the white line, by the surveyor and a cone placed at such points during a race.*

14.2 The measurement shall be taken 0.30m outward from the kerb or, where no kerb exists on a bend (or the diversion from the track for the steeplechase water jump), 0.20m from the line marking the inside of the track.

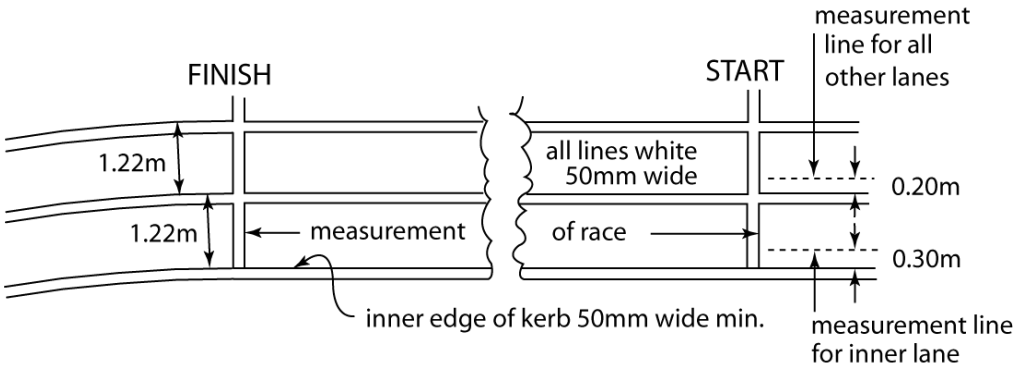


**Figure TR14 - Track measurements** (infield view)

14.3 The distance of the race shall be measured from the edge of the start line farther from the finish to the edge of the finish line nearer to the start.

14.4 In all races up to and including 400m, each athlete shall have a separate lane, with a width of 1.22m ± 0.01m, including the lane line on the right, marked by white lines 50mm in width. All lanes shall be of the same nominal width. The inner lane shall be measured as stated in Rule 14.2, but the remaining lanes shall be measured 0.20m from the outer edges of the lines.

*Note: For all tracks constructed before 1 January 2004 for all such races, the lane may have a*

*width of maximum 1.25m. However, when such a track is fully resurfaced, the lane width shall comply with this Rule.*

14.5 In competitions under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, the track should allow for eight lanes minimum.

14.6 The lateral inclination of tracks towards the inside edge should not exceed 1:100 (1%) unless special circumstances exist which justify World Athletics providing an exemption, and the overall downward inclination in the running direction shall not exceed 1:1000 (0.1%) between any start and finish line.

14.7 Full technical information on track construction, layout and marking is contained in the World Athletics Track and Field Facilities Manual. This Rule gives basic principles, which must be followed.

When any section of the kerb is temporarily removed this should be kept to a minimum, sufficient to enable the Field Events to function fairly and efficiently.

Colours to use for marking the track are indicated on the Track Marking Plan included in the World Athletics Track and Field Facilities Manual.

## 15. Starting Blocks

15.1 Starting blocks shall be used for all races up to and including 400m (including the first leg of the 4 × 200m, the Medley Relay and 4 × 400m) and shall not be used for any other race. When in position on the track, no part of the starting block shall overlap the start line or extend into another lane, with the exception that, provided there is no obstruction to any other athlete, the rear part of the frame may extend beyond the outer lane line.

To be clear, the requirement that no part of the starting block shall overlap the start line includes both the frame and the footplates. The frame only (but not any part of the footplate) can extend into the outer lane provided there is no obstruction. This reflects the long standing practice of athletes at the start of races on a bend placing their blocks at an angle to run the most direct line after the start.

15.2 Starting blocks shall comply with the following general specifications:

15.2.1 The starting blocks shall consist of two foot plates, against which the athlete's feet are pressed in the starting position and which shall be mounted on a rigid frame. They shall be entirely rigid in construction and shall give no unfair advantage to the athlete. The frame shall in no way obstruct the athlete's feet as they leave the blocks.

15.2.2 The foot plates shall be sloped to suit the starting position of the athlete, and may be flat or slightly concave. The surface of the foot plates shall accommodate the spikes in the athlete's shoes, either by using slots or recesses in the face of the foot plate or by covering the surface of the foot plate with suitable material permitting the use of spiked shoes.

15.2.3 The mounting of the foot plates on the frame may be adjustable, but it shall allow no movement during the actual start. In all cases, the foot plates shall be adjustable forward or backward in relation to each other. The adjustments shall be secured by firm clamps or a locking mechanism, which can be easily and quickly operated by the athlete.

15.2.4 They shall be fixed to the track by a number of pins or spikes, arranged to cause the minimum possible damage to the track. The arrangement shall permit the starting blocks to be quickly and easily removed. The number, thickness and length of pins or spikes depend on the track construction. The anchorage shall permit no movement during the

actual start.

15.2.5 When an athlete uses their own starting blocks, they shall comply with these Rules but otherwise may be of any design or construction, provided that they do not interfere with other athletes.

15.3 In competitions held under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition and for any performances submitted for ratification as a World Record under Rule 32 of the Competition Rules, the starting blocks shall be linked to a World Athletics certified Start Information System. This system is strongly recommended for other competitions.

*Note: In addition, an automatic recall system, within the Rules, may also be used.*

15.4 In competitions held under paragraphs 1. and 2. (a), (b) of the World Rankings Competition definition, athletes shall use starting blocks provided by the Organisers of the competition. In other competitions on synthetic surfaced tracks the Organisers may insist that only starting blocks provided by them may be used.

The use of lights, by deaf or hearing impaired athletes only, at the start of races is allowed and is not considered assistance. It should however be the obligation of the athlete or their team for the financing and supply of such equipment and its compatibility with the start system in use, unless at a particular meeting where there is an appointed technical partner who can provide it.

## 16. The Start

16.1 The start of a race shall be denoted by a white line 50mm wide. In all races not run in lanes, the start line shall be curved, so that all the athletes start the same distance from the finish. Starting positions in events at all distances shall be numbered from left to right, facing the direction of running.

*Note (i): In the case of events starting outside the stadium, the start line may be up to 0.30m in width and may be of any colour contrasting distinctively with the surface of the start area.*

*Note (ii): The 1500m start line, or any other curved start line, may be extended out from the outside lane to the extent that the same synthetic surface is available.*

It is anticipated that, in order to efficiently complete the start procedures and for larger meetings to appropriately introduce the competitors in the race, the athletes, when assembled, should be standing and facing in the direction of the race.

16.2 In competitions under paragraphs 1. (a), (b), (c), (d) and 2. (d) of the World Rankings Competition definition, the commands of the Starter shall be given in English only. In all other competitions, the commands of the Starter shall be given in the local language, in English or in French.

16.2.1 In races up to and including 400m (including 4 × 200m, the Medley Relay as defined in Rule 24.1 of the Technical Rules and 4 × 400m), the commands (in English) shall be “On your marks” and “Set”.

16.2.2 In races longer than 400m (except 4 × 200m, the Medley Relay and 4 × 400m), the command (in English) shall be “On your marks”.

16.2.3 In any race when, under Rule 16.5 of the Technical Rules, the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks or they otherwise abort the start, the command (in English) shall be “Stand up”.

All races shall normally be started by the report of the Starter's gun held upwards.

The Starter must not initiate the start procedures before they are sure that the relevant timing team is ready as well as the Judges at the finish and in races up to and including 200m, the Wind Gauge Operator. The communication process between the start and the finish area and the timing team varies according to the level of the competition. In events organised under paragraphs 1. and 2. (a), (b) of the World Rankings Competition definition and many other high level meetings there is invariably a service company responsible for the electronic timing and the Start Information System. In this case, there will be technicians who are responsible for communication. In other competitions, a variety of communication systems are used – radios, phones, or by using flags or flashing lights.

16.3 In races up to and including 400m (including the first leg of 4 × 200m, the Medley Relay and 4 × 400m), a crouch start and the use of starting blocks are compulsory. After the "On your marks" command, an athlete shall approach the start line, assume a position completely within their allocated lane and behind the start line. An athlete shall not touch either the start line or the ground in front of it with their hands or their feet when on their mark. Both hands and at least one knee shall be in contact with the ground and both feet in contact with the foot plates of the starting blocks. At the "Set" command, an athlete shall immediately rise to their final starting position retaining the contact of the hands with the ground and of the feet with the foot plates of the blocks. Once the Starter is satisfied that all athletes are steady in the "Set" position, the gun shall be fired.

In all races using a crouch start, as soon as they are steady in their blocks, the Starter shall raise their arm in which they hold the gun, then they shall say "Set". They shall wait then for all the athletes to be steady and shall then fire the gun.

The Starter must not raise their arm too early, especially when manual Timekeepers are being used. They are advised to raise their arm only when they feel they are about to give the command "Set".

There is no rule that enables to determine the time that elapses between the commands "On your marks" and "Set" on one hand, and on the other hand, between the command "Set" and the gun shot. The Starter shall let the athletes go once they are all motionless in the correct starting position. Which means that they may have, for certain starts, to fire the gun quite quickly, but on the other hand, they may also have to wait longer in order to make sure that they are all steady in their starting position.

16.4 In races longer than 400m (except 4 × 200m, the Medley Relay and 4 × 400m), all starts shall be made from a standing position. After the "On your marks" command, an athlete shall approach the start line and assume a starting position behind the start line (completely within their allocated lane in races started in lanes). An athlete shall not touch any part of the ground with their hand or hands and/or the start line or the ground in front of it with their feet when on their mark. Once the Starter is satisfied that all athletes are steady in the correct starting position, the gun shall be fired.

16.5 On the command "On your marks" or "Set", as the case may be, all athletes shall, at once and without delay, assume their full and final starting position. If, for any reason, the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks, they shall order all athletes to withdraw from their marks and the Starter's Assistants shall assemble them again. (See also Rule 23 of the Competition Rules.)

Where an athlete in the judgement of the Starter,

16.5.1 after the command "On your marks" or "Set", and before the report of the gun, causes the start to be aborted, for instance by raising a hand and/or standing or sitting up in the case of a crouch start, without a valid reason, (such reason to be evaluated by the relevant Referee); or

16.5.2 fails to comply with the commands “On your marks” or “Set” as appropriate, or does not place themselves in their final starting position at once and without delay; or

16.5.3 after the command “On your marks” or “Set” disturbs (an)other athlete(s) in the race through sound, movement or otherwise, regardless of whether it is resulting in such athlete(s) committing what would otherwise be a false start,

the Starter shall abort the start.

In case of Rules 16.5.1 or 16.5.2 of the Technical Rules, the Referee may warn the athlete for improper conduct (disqualify in case of a second infringement of the Rule during the same competition), according to Rules 7.1 and 7.3 of the Technical Rules. A green card shall not be shown.

In case of Rule 16.5.3 of the Technical Rules, if the movement or action by the athlete results in (an)other athlete(s) committing what would otherwise be a false start, the Referee may warn the offending athlete for improper conduct (disqualify in the case of a second infringement) according to Rules 7.1 and 7.3 of the Technical Rules. Otherwise, a green card shall be shown. However, in case of repeated movements by the same athlete at multiple aborted starts, even if they do not result in (an)other athlete(s) committing what would otherwise be a false start, the Referee may still warn the offending athlete for improper conduct (disqualify in the case of a second infringement) according to Rules 7.1 and 7.3 of the Technical Rules.

However, when an extraneous reason was considered to be the cause for aborting the start, or the Referee does not agree with the Starter’s decision, a green card shall be shown to all the athletes to indicate that a false start was not committed by any athlete. Alternate visual or audial indication may also be approved such as the use of widescreens or dedicated monitors, communication via speakers, use of light towers or similar devices, etc. The procedure shall first be coordinated between the Technical Delegate(s), the Start Referee and the Event Presentation Manager, and broadcaster should be informed.

The division of the start rules into disciplinary matters (under Rule 16.5 of the Technical Rules) and false starts (Rules 16.7 and 16.8 of the Technical Rules) ensures that the whole field was not penalised for the actions of a single athlete. It is important, in order to maintain the integrity of the intention of this division, that Starters and Referees are as diligent in the application of Rule 16.5 of the Technical Rules as in detecting false starts.

Such conduct, whether wilful or unintentional perhaps through nervousness, should cause Rule 16.5 of the Technical Rules to be applied although where the Starter is of the view that it was unintentional, the application of Rule 16.2.3 of the Technical Rules only may be appropriate.

Conversely, there will be instances in which an athlete is entitled to request a delay of the start for legitimate reasons. It is therefore vital that the Start Referee (in particular) pays attention to the environment and conditions surrounding the start, especially in relation to factors of which the Starter may not be aware because they are focussing on preparing themselves for the start and/or wearing headphones.

In all such cases, the Starter and Referee must act reasonably and efficiently and clearly indicate their decisions. If appropriate, the reasons for the decisions can be announced to the athletes in the race and, if possible or desirable, also to the announcers, television team etc. through the communication network.

A green card shall not be shown in any case when a yellow or red card has been issued.

***False Start***

16.6 When a World Athletics certified Start Information System is in use, the Starter and/or an assigned Recaller shall wear headphones in order to clearly hear the acoustic signal emitted when the System indicates a possible false start (i.e. when the reaction time is less than 0.100 second). As soon as the Starter and/or assigned Recaller hears the acoustic signal, and if the gun was fired, there shall be a recall and the Starter shall immediately examine the reaction times and other available information from the Start Information System in order to confirm which, if any, athlete(s) is/are responsible for the recall.

*Note: When a World Athletics certified Start Information System is in operation, the evidence of this equipment shall be used as a resource by the relevant officials to assist in making a correct decision.*

16.7 An athlete, after assuming a full and final starting position, shall not commence their start until after receiving the report of the gun. If, in the judgement of the Starter (including under Rule 22.6 of the Competition Rules), they do so any earlier, it shall be a false start. The commencement of the start is defined:

16.7.1 in the case of a crouch start, as any motion by an athlete that includes or results in one or both feet losing contact with the foot plate(s) of the starting blocks or one or both hands losing contact with the ground; and

16.7.2 In the case of a standing start, as any motion that results in one or both feet losing contact with the ground.

If the Starter determines that prior to receiving the report of the gun an athlete initiated a movement that was not stopped and continued into the commencement of their start, it shall also be a false start.

*Note (i): Any other motion by an athlete shall not be considered to be the commencement of their start. Such instances may, if applicable, be subject to a disciplinary warning or disqualification.*

*Note (ii): As athletes starting races in a standing position are more prone to over-balance, if such a movement is considered to be accidental, the start should be regarded as "unsteady". If an athlete is pushed or jostled over the line before the start, they should not be penalised. Any athlete causing such interference may be subject to a disciplinary warning or disqualification.*

Generally, no false start should be charged if the athlete has not lost contact with the ground or foot plates. For example, if an athlete moves their hips up, but then moves them down without their hands or feet losing contact with the ground or foot plates at any time, it should not result in a false start. It may be a reason to warn (or disqualify if there has been a previous warning) the athlete for improper conduct under Rule 16.5 of the Technical Rules.

However, in cases of a "rolling start" where the Starter (or Recaller) is of the opinion that an athlete has effectively anticipated the start through some continuous movement even if they did not move their hands or feet before the gun sounded, the race should be recalled. This can be done by a Starter or Recaller but it will be the Starter who is in the best situation to judge such a case as only they will know the position of their finger on the gun trigger when the athlete began their movement. In these cases where the Starter is sure that the athlete's movement began before the report of the gun, a false start should be awarded.

In accordance with Note (ii) Starters and Referees should avoid being over-zealous in the application of Rule 16.7 of the Technical Rules to those events started from a standing position. Such instances are rare and usually occur unintentionally as it is easier to overbalance from a two-point start. It is not intended that same should be unduly penalised.

If such a movement was considered to be accidental, Starters and Referees are encouraged to first consider calling the start "unsteady" and proceed according to Rule 16.2.3 of the Technical Rules. However, repeat practices during the same event may entitle the Starter and/or Referee to consider applying either the false start or disciplinary procedures, as might best be applicable in the situation.

16.8 Except in Combined Events, any athlete responsible for a false start shall be disqualified by the Starter.

For Combined Events, see Rule 39.8.3 of the Technical Rules.

*Note: In practice, when one or more athletes make a false start, others are inclined to follow and, strictly speaking, any athlete who does so has also made a false start. The Starter should warn or disqualify only such athlete or athletes who, in their opinion, were responsible for the false start. This may result in more than one athlete being warned or disqualified. If the recalled or aborted start is not due to any athlete, no warnings shall be given and a green card shall be shown to all the athletes. Alternate visual or audial indication may also be approved such as the use of widescreens or dedicated monitors, communication via speakers, use of light towers or similar devices, etc. The procedure shall first be coordinated between the Technical Delegate(s), the Start Referee and the Event Presentation Manager, and broadcaster should be informed.*

16.9 In case of a false start, the Starter's Assistants shall proceed as follows:

Except in Combined Events, the athlete(s) responsible for the false start shall be disqualified and a red and black (diagonally halved) card shall be raised in front of them.

In Combined Events, in case of a first false start, the athlete(s) responsible for the false start shall be warned with a yellow and black (diagonally halved) card raised in front of them. At the same time, all the other athletes taking part in the race shall be warned with the yellow and black card raised in front of them by one or several Starter's Assistants in order to notify them that anyone committing further false starts will be disqualified. In case of further false starts, the athlete(s) responsible for the false start shall be disqualified and the red and black card shall be raised in front of them.

If lane markers that provide for it are being used, then whenever a card is shown to the athlete(s) responsible for the false start, the corresponding indication should be shown on the lane marker(s).

Alternate visual or audial indication may also be approved such as the use of widescreens or dedicated monitors, communication via speakers, use of light towers or similar devices, etc. The procedure shall first be coordinated between the Technical Delegate(s), the Start Referee and the Event Presentation Manager, and broadcaster should be informed.

It is recommended that the size of the diagonally halved cards be A5 and that they be doubled sided. Note that the corresponding indication on the lane marker(s) may remain yellow and red as previously, in order to avoid unnecessary expense in modifying existing equipment.

16.10 The Starter or any Recaller, who is of the opinion that the start was not a fair one, shall recall the athletes by firing a gun or activating a suitable audible signal.

The reference to a fair start does not relate solely to cases of a false start. This rule should also be interpreted as applying to other situations such as blocks slipping, a foreign object interfering with one or more athletes during a start etc.

## 17. The Race

### *Obstruction*

17.1 If an athlete is jostled or obstructed during an event so as to impede their progress, then:

17.1.1 if the jostling or obstruction is considered unintentional or is caused otherwise than by an athlete, the Referee may, if they are of the opinion that an athlete (or their team) was seriously affected, in accordance with Rule 18.7 of the Competition Rules or Rule 8.4 of the Technical Rules, order that the race (for one, some or all of the athletes) be re-held or allow the affected athlete (or team) to compete in a subsequent round of the event;

17.1.2 if another athlete is found by the Referee to be responsible for the jostling or obstruction, such athlete (or their team) shall be liable to disqualification from that event. The Referee may, if they are of the opinion that an athlete (or their team) was seriously affected, in accordance with Rule 18.7 of the Competition Rules or Rule 8.4 of the Technical Rules, order that the race (for one, some or all of the athletes) be re-held excluding any disqualified athlete (or team) or allow any affected athlete (or team) (other than any disqualified athlete or team) to compete in a subsequent round of the event.

*Note: In cases considered serious enough, Rules 7.1 and 7.3 of the Technical Rules may also be applied.*

In both cases of Rules 17.1.1 and 17.1.2 of the Technical Rules, such athlete (or team) should normally have completed the event with bona fide effort.

Jostling should be understood as physical contact on one or more occasions with another athlete or athletes that results in an unfair advantage or causes injury or harm to them or, consequently, to another athlete or athletes.

17.2 In all races:

17.2.1 including at least one bend, the direction of the race shall be left-hand inside. The lanes shall be numbered with the left-hand inside lane numbered 1;

17.2.2 run entirely on the straight, the direction of the race may be either left-hand or right-hand inside, according to the available conditions;

17.2.3 run in lanes (or any part of a race run in lanes), each athlete shall keep within their allocated lane from start to finish and, when running on a bend, shall not step or run on or inside the left-hand lane line or in the case of the inside lane, the kerb or line marking the border of the inside of the track;

17.2.4 not run in lanes (or any part of a race not run in lanes), an athlete running on a bend, on the outer half of the track as per Rule 17.5.2 of the Technical Rules, or on any curved part of the diversion from the track for the steeplechase water jump, shall not step or run on or inside the kerb or line marking the applicable border (of the inside of the track, of the outer half of the track, or of any curved part of the diversion from the track for the steeplechase water jump).

***Lane Infringement***

17.3 In all races, if the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that an athlete has infringed Rule 17.2.3 or 17.2.4 of the Technical Rules, they or in the case of a relay race, their team shall be disqualified unless

17.3.1 is pushed or forced by another person or object to step or run outside their lane or on or inside the kerb or line marking the applicable border; or

17.3.2 steps or runs outside their lane in the straight, any straight part of the diversion from the track for the steeplechase water jump or outside the outer line of their lane on the bend; or

17.3.3 in all races run in lanes (or any part of races run in lanes), touches once the line on their left, or the kerb or line marking the border of the inside of the track on a bend; or

17.3.4 in all races not run in lanes (or any part of races not run in lanes), steps once on or completely over the kerb or line marking the applicable border (as defined in Rule 17.2.4 of the Technical Rules) on a bend;

and no other athlete being jostled or obstructed so as to impede the other athlete's progress (see Rule 17.1 of the Technical Rules) and no material advantage is gained (see Rule 17.4 of the Technical Rules).

In races with multiple rounds, any action defined in Rules 17.3.3 or 17.3.4 of the Technical Rules may be made only once during all rounds of an event by a particular athlete without the disqualification of that athlete. A second action will result in the disqualification of that athlete whether it was made in the same round or in another round of the same event.

In the case of Relay Races, any second action (as described in this Rule 17.3.3 and 17.3.4 of the Technical Rules) by an athlete who is a member of a team, regardless of whether committed by the same or different athletes, will result in the disqualification of the team whether it happens in the same round or in another round of the same event.

For the ratification of records, see Rule 31.14.4 of the Competition Rules.

17.4 If material advantage is gained by an athlete by improving their position by any means including under the exceptions in Rule 17.3 of the Technical Rules or by removing themselves from a "boxed" position in the race by having stepped or run inside the inside edge of the track at any point, the athlete (or team) shall be disqualified.

Rule 17.4 specifically outlaws the practice of an athlete seeking to improve their position in races by moving onto the inside of the track (whether intentionally or after being pushed or jostled there by another athlete) to get out of a boxed position by running on the inside until clear. Whilst normally running on the inside of lane 1 in the straight (as distinct from doing so on the bend) would not lead to mandatory disqualification, the Referee has the power to disqualify in their discretion if this occurs and the athlete is advantaged even if the initial reason for being there was the result of being pushed or jostled. In such cases the athlete should take immediate steps to return to the track without seeking or gaining any advantage.

Where a race is started in lanes and then continues not using separate lanes, Rules 17.2 and 17.3 of the Technical Rules apply accordingly to each such part of the race. Therefore, only one infringement according to Rules 17.3.3 or 17.3.4 is allowed. A second infringement in the same race will result in disqualification. When determining whether the exception in 17.3.3 applies in cases where some part of the shoe / foot is also to the left of the line, there is a requirement for at least some part of the outline of athlete's shoe / foot to be touching the line, i.e. some contact with the line (depicted by the outline of the relevant part of the shoe or foot) is required for this exception to apply. If this is not the case, then the exception does not apply.

All lane infringements should be tracked in the competition data systems and shown in the start lists and results. (See Rule 25.4 of the Competition Rules for the symbol to be used.)

The carry-forward rule only applies to the same event and not to a race of a different distance.

In Combined Events, an athlete should only be disqualified for more than one infringement, if it occurs during the same race. There is no carry-forward of the infringement to subsequent races within that Combined Event.

17.5 In competitions held under paragraphs 1. and 2. of the World Rankings Competition definition and where suitable in other competitions:

17.5.1 the 800m event shall be run in lanes as far as the nearer edge of the breakline where athletes may leave their respective lanes. The breakline shall be an arced line marked after the first bend, 50mm wide, across all lanes other than lane 1. To assist athletes identify the breakline, small cones, prisms or other suitable markers, preferably of different colour from the breakline and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline.

*Note: In competitions under paragraphs 1. (e) and 2. (e) of the World Rankings Competition definition, the participating teams may agree not to use lanes.*

17.5.2 when there are more than 12 athletes in a race over 1000m, 2000m, 3000m, (optionally, 3000m Steeplechase with inside water jump), 5000m or 10,000m, they may be divided into two groups with one group of approximately two thirds of the athletes on the regular arced start line and the other group on a separate arced start line marked across the outer half of the track. The other group shall run as far as the end of the first bend of the race on the outer half of the track, which shall be marked by cones, flags or temporary kerbing as described in Rule 14.1 of the Technical Rules.

The separate arced start line shall be positioned in such a way that all the athletes shall run the same distance.

The breakline for 800m indicates where the athletes in the outer group in 2000m and 10,000m may join the athletes using regular start.

For group starts in 1000m, 3000m, (optionally 3000m Steeplechase with inside water jump) and 5000m, the track shall be marked at the beginning of the finish straight to indicate where athletes starting in the outer group may join the athletes using the regular start. This mark (breakpoint) shall be a 50mm × 50mm mark on the line between lanes 4 and 5 (lanes 3 and 4 in a six-lane track) immediately before which a cone or flag is placed until the two groups converge.

If an athlete does not follow this Rule they, or in the case of a relay their team, shall be disqualified.

The markers used on the breakline for the 800m and applicable relays should be 50mm × 50mm and no more than 0.15m high.

For clarity, when complying with Rule 25.4 of the Competition Rules when stating the Rule under which an athlete is disqualified:

a. if an athlete steps on or inside the line, then state Rule 17.2.3 or 17.2.4 of the Technical Rules, as appropriate,

b. if an athlete leaves the assigned lane or the outer half of the track to the inside before the breakline or the breakpoint, then state Rule 17.5 of the Technical Rules.

### *Leaving the Track*

17.6 An athlete, after voluntarily leaving the track, except in compliance with Rule 24.6 of the Technical

Rules, shall not be allowed to continue in the race and shall be recorded as not finishing the event. Should the athlete attempt to re-enter the race, they shall be disqualified by the Referee.

*Check-Marks*

17.7 Except as stated in Rule 24.4 of the Technical Rules, when all or the first portion of a Relay Race is being run in lanes, athletes may not make check-marks or place objects on or alongside the track for their assistance. The Umpires shall direct the relevant athlete to adapt or remove any marks or objects not complying with this Rule. If they do not, the Umpires shall remove them.

*Note: Serious cases may further be dealt with under Rules 7.1 and 7.3 of the Technical Rules.*

*Wind Measurement*

17.8 All wind gauge equipment shall be manufactured and calibrated according to international standards. The accuracy of the measuring equipment used in the competition shall have been verified by an appropriate organisation accredited by the national measurement authority.

17.9 Non-mechanical wind gauges shall be used at all competitions under paragraphs 1. and 2. (a), (b), (c), (e) of the World Rankings Competition definition and for any performance submitted for ratification as a World Record.

A mechanical wind gauge should have appropriate protection to reduce the impact of any crosswind. Where tubes are used, their length on either side of the measuring device should be at least twice the diameter of the tube.

17.10 The Running and Race Walking Events Referee shall ensure that the wind gauge for Track Events is placed beside the straight, adjacent to lane 1, 30m (50m and 60m races) or 50m (100m, 110m and 200m races) from the finish line. The measuring plane shall be positioned 1.22m ± 0.05m high and not more than 2m away from the track.

17.11 The wind gauge may be started and stopped automatically and/or remotely, and the information conveyed directly to the competition computer.

17.12 The periods for which the wind velocity shall be measured from the flash / smoke of the Starter's gun are as follows:

| | Seconds |
|---|---|
| 50m | 5 |
| 50m Hurdles | 5 |
| 60m | 5 |
| 60m Hurdles | 5 |
| 100m | 10 |
| 100m Hurdles | 13 |
| 110m Hurdles | 13 |

For 200m races, except for races on a 200m Standard Oval Track, the wind velocity shall normally

be measured for a period of 10 seconds commencing when the first athlete enters the straight.

17.13 The wind gauge shall be read in metres per second, rounded to the next higher tenth of a metre per second, unless the second decimal is zero, in the positive direction (that is, a reading of +2.03 metres per second shall be recorded as +2.1; a reading of -2.03 metres per second shall be recorded as -2.0). Gauges that produce digital readings expressed in tenths of metres per second shall be constructed so as to comply with this Rule.

*Indication of Intermediate Times*

17.14 Intermediate times and preliminary winning times may be officially announced and/or displayed. Otherwise, such times must not be communicated to the athletes by persons in the competition area without the prior approval of the appropriate Referee who may authorise or appoint no more than one person to call times at each of no more than two agreed timing points.

Athletes who receive intermediate times that have been communicated in violation of this Rule shall be considered to have received assistance and shall be subject to the provisions of Rule 6.2 of the Technical Rules.

*Note: The competition area, which normally also has a physical barrier, is defined for this purpose as the area where the competition is being staged and which has an access restricted to the competing athletes and personnel authorised in accordance with the relevant Rules and Regulations.*

*Drinking / Sponging and Refreshment Stations in Track Events*

17.15 Drinking / Sponging and Refreshment Stations in Track Events, as follows:

17.15.1 In Running and Race Walking Events of 5000m or longer, the Organisers may provide water and sponges to athletes if weather conditions warrant such provision.

17.15.2 In Running and Race Walking Events longer than 10,000m, refreshments, water and sponging stations shall be provided. Refreshments may be provided either by the Organisers or the athlete and shall be placed so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organisers from the time that the refreshments are lodged by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.

17.15.3 An athlete may, at any time, carry water or refreshment by hand or attached to their body provided it was carried from the start or collected or received at an official station.

17.15.4 An athlete who receives or collects refreshment or water from a place other than the official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the track.

*Note: An athlete may receive from or pass to another athlete refreshment, water or sponges provided it was carried from the start or collected or received at an official station. However, any continuous support from an athlete to one or more others in such a way may be regarded as unfair assistance and warnings and/or disqualifications as outlined above may be applied.*

## 18. The Finish

18.1 The finish of a race shall be denoted by a white line 50mm wide.

*Note: In the case of events finishing outside the stadium, the finish line may be up to 0.30m in width and may be of any colour contrasting distinctively with the surface of the finish area.*

18.2 The athletes shall be placed in the order in which any part of their bodies (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line as defined above.

18.3 In any race decided on the basis of the distance covered in a fixed period of time, the Starter shall fire the gun exactly one minute before the end of the race to warn athletes and Judges that the race is nearing its end. The Starter shall be directed by the Chief Timekeeper and, at exactly the appropriate time after the start, they shall signal the end of the race by again firing the gun. At the moment the gun is fired to signal the end of the race, the Judges appointed for that purpose shall mark the exact spot where each athlete touched the track for the last time before or simultaneously with the firing of the gun.

The distance achieved shall be measured to the nearest metre behind this mark. At least one Judge shall be assigned to each athlete before the start of the race for the purpose of marking the distance achieved.

Guidelines for the conduct of the One Hour Race may be downloaded from the World Athletics website.

## 19. Timing

19.1 Three methods of timekeeping shall be recognised as official:

19.1.1 Hand Timing;

19.1.2 Fully Automatic Timing obtained from a Photo Finish System;

19.1.3 Timing provided by a Transponder System for competitions held under Rules 54 (races not held completely in the stadium), 55, 56, and 57 of the Technical Rules only.

19.2 Under Rules 19.1.1 and 19.1.2 of the Technical Rules, the time shall be taken to the moment at which any part of the body of an athlete (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.

19.3 Times for all finishers shall be recorded. In addition, whenever possible, lap times in races of 800m and over and intermediate times at every 1000m in races of 3000m and over shall be recorded.

### *Hand Timing*

19.4 The Timekeepers shall be in line with the finish and, where possible, they should be placed at least 5m from the outside lane of the track. In order that they may all have a good view of the finish line, an elevated stand should be provided.

19.5 Timekeepers shall use manually operated electronic timers with digital readouts. All such timing devices are termed “watches” for the purpose of the Rules.

19.6 The lap and intermediate times as per Rule 19.3 of the Technical Rules shall be recorded either, by designated members of the timekeeping team using watches capable of taking more than one time,

or by additional Timekeepers, or by transponders.

19.7 The time shall be taken from the flash / smoke of the gun.

19.8 Three official Timekeepers (one of whom shall be the Chief Timekeeper) and one or two additional Timekeepers shall time the winner of every event and any performances for record purposes. (For Combined Events, see Rule 39.8.2 of the Technical Rules.) The times recorded by the additional Timekeepers' watches shall not be considered unless one or more of the official Timekeepers' watches fail to record the time correctly, in which case the additional Timekeepers shall be called upon, in such order as has been decided previously, so that in all the races, three watches should have recorded the official winning time.

19.9 Each Timekeeper shall act independently and without showing their watch to, or discussing their time with, any other person, shall enter their time on the official form and, after signing it, hand it to the Chief Timekeeper who may examine the watches to verify the reported times.

19.10 For all hand-timed races, times shall be read and recorded as follows:

19.10.1 For races on the track, unless the time is an exact 0.1 second, the time shall be converted and recorded to the next longer 0.1 second, e.g. 10.11 shall be recorded as 10.2.

19.10.2 For races partly or entirely outside the stadium, unless the time is an exact whole second, the time shall be converted and recorded to the next longer whole second, e.g. 2:09:44.3 shall be recorded as 2:09:45.

*Note: For the Road Mile, the conversion shall be done to the next longer 0.1 second.*

19.11 If, after converting as indicated above, two of the three watches agree and the third disagrees, the time recorded by the two shall be the official time. If all three watches disagree, the middle time shall be official. If only times from two watches are available and they disagree, the longer time shall be official.

19.12 The Chief Timekeeper, acting in accordance with the Rules mentioned above, shall decide the official time for each athlete and provide the results to the Competition Secretary for distribution.

### *Fully Automatic Timing and Photo Finish System*

#### *The System*

19.13 A Fully Automatic Timing and Photo Finish System must have been tested, and have a certificate of accuracy issued within 4 years of the competition, including the following:

19.13.1 The System must capture the finish through a camera positioned in the extension of the finish line, producing a composite image.

a. For competitions under paragraphs 1. and 2. of the World Rankings Competition definition, this composite image must be captured at a minimum rate of 1000 frames per second.

b. For other competitions, this composite image must be captured at a minimum rate of 100 frames per second.

In each case, the image must be synchronised with a uniformly marked time-scale graduated in 0.01 seconds.

19.13.2 The System shall be started automatically by the Starter's signal, so that the overall delay between the report from the muzzle or its equivalent visual indication and the start of the timing system is constant and equal to or less than 0.001 second.

19.14 In order to confirm that the camera is correctly aligned and to facilitate the reading of the Photo Finish image, the intersection of the lane lines and the finish line shall be coloured black in a suitable design. Any such design must be solely confined to the intersection, for no more than 20mm beyond, and not extended before, the nearer edge of the finish line. Similar black marks may be placed on each side of the intersection of an appropriate lane line and the finish line to further facilitate reading.

19.15 The placing of the athletes shall be identified from the image by means of a cursor with its reading line guaranteed to be perpendicular to the time scale.

19.16 The System must automatically determine and record the finish times of the athletes and must be able to produce a printed image which shows the time of any athlete. Additionally, the system shall provide a tabular overview which shows the time or other result of every athlete. Subsequent changes of automatically determined values and manual input of values (such as start time, finish time), shall be indicated by the system automatically in the time scale of the printed image and the tabular overview.

19.17 A system which operates automatically at the finish, but not at the start, shall be considered to produce Hand Times provided that the system was started in accordance with Rule 19.7 of the Technical Rules or with equivalent accuracy. The image may be used as a valid support in order to determine placings and adjust time intervals between athletes.

*Note: If the timing mechanism is not started by the Starter's signal, the time-scale on the image shall indicate this fact automatically.*

19.18 A system, which operates automatically at the start but not at the finish, shall be considered to produce neither Hand nor Fully Automatic Times and shall not therefore be used to obtain official times.

### *Operation*

19.19 The Chief Photo Finish Judge shall be responsible for the functioning of the System. Before the start of the competition, they will meet the technical staff involved and familiarise themselves with the equipment, checking all applicable settings.

In cooperation with the Start Referee (or if one is not appointed, the relevant Running and Race Walking Events Referee) and the Starter, they shall initiate a zero control test, before the beginning of each session, to ensure that the equipment is started automatically by the Starter's signal within the limit identified in Rule 19.13.2 of the Technical Rules (i.e. equal to or less than 0.001 second).

They shall supervise the testing of the equipment and ensure that the camera(s) is (are) correctly aligned.

19.20 There should be at least two Photo Finish cameras in action, one from each side. Preferably, these timing systems should be technically independent, i.e. with different power supplies and recording and relaying of the Starter's signal, by separate equipment and cables.

*Note: Where two or more Photo Finish cameras are used, one should be designated as official by the Technical Delegate(s) (or World Athletics Photo Finish Judge where appointed) before the start of the competition. The times and places from the images of the other camera(s) should not be considered unless there is reason to doubt the accuracy of the official camera or if there is*

*need to use the supplementary images to resolve uncertainties in the finishing order (i.e. athletes wholly or partially obscured on the image from the official camera).*

19.21 In conjunction with an adequate number of assistants, the Chief Photo Finish Judge shall determine the placing of the athletes and, as a consequence, their official times. They shall ensure that these results are correctly entered in or transferred to the competition results system and conveyed to the Competition Secretary.

At major events where the technology is available, the Photo Finish image is often immediately provided on the video board or published on the internet. It has become the practice to provide athletes, or persons on their behalf, who are considering making a protest or appeal the opportunity to see the photo, in order to avoid time being spent on any unnecessary protests or appeals.

19.22 Times from the Photo Finish System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Photo Finish image, shall be official. Such back-up Timekeepers must be appointed where any possibility exists of failure of the timing system.

19.23 Times shall be read and recorded from the Photo Finish image as follows:

19.23.1 For all races on the track up to and including 10,000m, unless the time is an exact 0.01 second, the time shall be converted and recorded to the next longer 0.01 second, e.g. 26:17.533 shall be recorded as 26:17.54.

19.23.2 For all races on the track longer than 10,000m, all times not ending in two zeroes shall be converted and recorded to the next longer 0.1 second, e.g. 59:26.322 shall be recorded as 59:26.4.

19.23.3 For all races held partly or entirely outside the stadium, all times not ending in three zeroes shall be converted and recorded to the next longer whole second, e.g. 2:09:44.322 shall be recorded as 2:09:45.

*Note: For the Road Mile, the conversion shall be done to the next longer 0.01 second.*

*Note: Events held according to Rule 11.2 of the Technical Rules shall be considered to be conducted inside the stadium for timing and recording of performance.*

### *Transponder System*

19.24 The use of Transponder Timing Systems complying with the Rules in events held under Rules 54 (races not held completely in the stadium), 55, 56, and 57 of the Technical Rules is permitted provided that:

19.24.1 none of the equipment used at the start, along the course or at the finish line constitutes a significant obstacle or barrier to the progress of an athlete.

19.24.2 the weight of the transponder and its housing carried or worn by the athlete is not significant.

19.24.3 the System is started by the Starter's gun or synchronised with the start signal.

19.24.4 the System requires no action by an athlete during the competition, at the finish or at any stage in the result processing.

19.25 For all races, all times not ending in zero shall be converted and recorded to the next longer whole second, e.g. 2:09:44.3 shall be recorded as 2:09:45.

*Note (i): The official time shall be the time elapsed between the firing of the starting gun (or the synchronised start signal) and the athlete reaching the finish line. However, the time elapsed between an athlete crossing the start line and the finish line can be made known to them, but will not be considered an official time.*

*Note (ii): For the Road Mile, the conversion shall be done to the next longer 0.1 second.*

19.26 Whilst the determination of the finishing order and times may be considered official, Rules 18.2 and 19.2 of the Technical Rules must be applied where required.

*Note: It is recommended that Judges and/or video recording(s) also be provided to assist in determining the finishing order and the identification of athletes.*

It is important that when using Transponder Timing that appropriate back-up systems are put in place by the Organisers, especially to respect Rule 19.26 of the Technical Rules. The provision of back-up Timekeepers, and more importantly Finish Judges to adjudicate on close finishes (which might not be differentiated by chip timing) is strongly recommended.

19.27 The Chief Transponder Timing Judge shall be responsible for the functioning of the System. Before the start of the competition, they will meet the technical staff involved and familiarise themselves with the equipment, checking all applicable settings. They shall supervise the testing of the equipment and ensure that the passing of the transponder over the finish line will record the athlete's finish time. In conjunction with the Referee, they shall ensure that provision is made for the application, when necessary, of Rule 19.26 of the Technical Rules.

## 20. Seedings, Draws and Qualification in Track Events

### *Rounds and Heats*

20.1 Qualification Rounds shall be held in Track Events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). Where Qualification Rounds are held, all athletes must compete in, and qualify through, all such rounds except that the relevant governing body may, for one or more events, authorise the conduct of additional qualification round(s) either at the same competition or at one or more earlier competitions to determine some or all of the athletes who shall be entitled to participate and in which round of the competition. Such procedure and any other means (such as achieving entry standards during a specified period, by specified placing in a designated competition or by specified rankings) by which an athlete is entitled to participate, and in which round of the competition, shall be set out in the regulations for each competition.

*Note (i): See also Rule 8.4.3 of the Technical Rules.*

*Note (ii): Additional qualification round(s) may include preliminary qualification round(s) and/or Repechage Round(s).*

20.2 The Qualification Rounds for Track Events shall be arranged as follows by the appointed Technical Delegates. If no Technical Delegates have been appointed, they shall be arranged by the Organisers.

20.2.1 The regulations for each competition should include tables which shall, in the absence of extraordinary circumstances, be used to determine the number of rounds, the number of heats in each round and the qualification procedure, i.e. those to advance by place and

time. Such information shall also be provided for any additional qualification round(s).

*Note (i): Tables which may be used in the absence of any provision in applicable regulations or other determination by the Organisers are published on the World Athletics website.*

*Note (ii): The Technical Delegate(s) or the Organisers may divert from the use of any such tables if it is considered appropriate to provide more content to the event or better competition conditions to the athletes.*

*Note (iii): The applicable regulations may specify how vacant positions due to withdrawals in semi-finals and finals may be filled in by athletes ranked next following the previous round after those qualified.*

20.2.2 Whenever possible, athletes of each Member or team and the best performed athletes shall be placed in different heats in all Qualification Rounds of the competition. In applying this Rule after the first round, the required exchanges of athletes between heats should, to the extent possible, be made between athletes seeded in the same "group of lanes" according to Rules 20.4.3 to 20.4.8 of the Technical Rules.

20.2.3 When Qualification Rounds are being arranged, as much information as possible about the performances of all athletes should be considered and the heats drawn so that, normally, the best performed athletes reach the final.

This includes avoiding where possible the clashing of the best performed athletes (determined generally on performance in the qualification period but also on outstanding recent career records) in the same heats as also applies to athletes from the same Member or team.

In all such cases, adjustments of the seeding should be made after the initial allocation to the heats but before any draw is made for the lanes. After these changes are made, a final check should be made to ensure that the heats are as equal as possible.

In applying these principles, exchanges of athletes should be made:

a. in the first round, between athletes with a similar ranking on the list of best valid performances during the pre-determined period; and

b. in subsequent rounds, between athletes seeded in the same "group of lanes" according to Rules 20.4.3 to 20.4.8 of the Technical Rules.

Unless the applicable regulations provide otherwise, for major competitions, at least, the basis of the seeding should be the best times achieved by each athlete in valid conditions (including with wind readings for the relevant events) during the pre-determined period. This period may be specified in the applicable regulations or in the document setting out the entry conditions and standards for the competition. Where there is no such specification, then the "Season Best" should be used unless the Technical Delegate(s) or the Organisers decide that for one, some or all events the circumstances justify an alternate period or other criteria being applied.

Such factors as performances achieved during training or tests, even if they appeared to look like competition or notions about what an athlete might "be worth" but has never achieved, should not be taken into account in seeding.

The requirements of the Rule in relation to the "best performed athletes" does require some deviation from the strict protocol outlined above. For example, an athlete who might normally be seeded in a high position

might not have any, or only a poor, valid performance in the predetermined period (through injury, illness, ineligibility or in the case of Short Track meetings only have 400m Standard Oval Track Stadium results). Whilst they would normally be placed lower or at the bottom of the seeding list, adjustment should be considered by the Technical Delegate(s). Similar principles should be applied to avoid a clash in a Qualification Round between athletes considered to be the favourites to place highly in the event if the results of the previous round would strictly dictate that they should be in the same heat. At this same time any adjustments to ensure as much as possible that athletes from the same Member or team are in different heats should also be made.

Following these principles is more important in competitions in which the number of rounds has been reduced in some events - making accurate and well considered seeding vital to achieving both a fair and an athletically appealing outcome.

For lower level competitions, the Technical Delegate(s) or the Organisers may consider using different principles to achieve a similar final outcome.

*Ranking and Composition of Heats*

20.3 Ranking and Composition of Heats, as follows:

20.3.1 For the first round, the athletes shall be ranked with the seeding determined from the relevant list of valid performances achieved during the predetermined period or in accordance with the applicable regulations.

20.3.2 After the first round:

a. for events up to and including 400m, and relays up to and including 4 × 400m, seeding shall be based upon placings and times of each previous round. For this purpose, athletes shall be ranked as follows:

Fastest heat winner

2nd fastest heat winner

3rd fastest heat winner, etc.

Fastest 2nd place

2nd fastest 2nd place

3rd fastest 2nd place, etc.

(Concluding with)

Fastest time qualifier

2nd fastest time qualifier

3rd fastest time qualifier, etc.

b. for other events, the original performance lists shall continue to be used for seeding, modified only by improvements in performances achieved during the earlier round(s).

20.3.3 In each case the athletes shall then be placed in heats in the order of seeding in a zigzag distribution, e.g. three heats will consist of the following seedings:

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| A | 1 | 6 | 7 | 12 | 13 | 18 | 19 | 24 |
| B | 2 | 5 | 8 | 11 | 14 | 17 | 20 | 23 |
| C | 3 | 4 | 9 | 10 | 15 | 16 | 21 | 22 |

20.3.4 In each case, the order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.

For the first round, in order to reduce the number of heats required, it is acceptable and normal for additional available lanes (for example a ninth lane on a straight or oval track) to be used in races up to and including 400m and to have more than one athlete in a lane at the start of an 800m race.

The random draw to determine the order in which the heats are conducted is based on fairness. In middle and long distance races the athletes running in the last heat will know as far as qualifying by times the performance they have to realise in order to qualify. Even with the shorter races there is a fairness aspect as weather conditions can change (rain suddenly falling or an alteration in wind strength or direction). Fairness dictates that order be determined by chance.

*Draw for Lanes*

20.4 For events up to and including 800m, and relays up to and including 4 × 400m, where there are several successive rounds of a race, lanes will be drawn as follows:

20.4.1 Unless the applicable regulations provide otherwise, for the first round and any additional qualification round as per Rule 20.1 of the Technical Rules, the lane order shall be drawn by lot.

20.4.2 For any round after the first round, athletes shall be ranked in accordance with the procedure shown in Rule 20.3.2(a) or, in the case of 800m, 20.3.2(b) of the Technical Rules.

For an eight- or a nine-lane track, the draws for lanes will then be made in accordance with Rules 20.4.3 to 20.4.5 or 20.4.6 to 20.4.8 of the Technical Rules, respectively. When there are fewer than eight or more than nine lanes, the same principles with the necessary modifications should be used.

20.4.3 For straight races with 8 lanes:

a. one draw for the four highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6;

b. another for the fifth and sixth ranked athletes or teams to determine placings in lanes 2 and 7, and

c. another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 8.

20.4.4 For 200m and 300m races with 8 lanes:

a. one draw for the three highest ranked athletes or teams to determine placings in

lanes 5, 6 and 7;

b. another for the fourth, fifth and sixth ranked athletes or teams to determine placings in lanes 3, 4 and 8, and

c. another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 2.

20.4.5 For 400m races, all relays up to and including 4 × 400m and 800m races started in lanes with 8 lanes:

a. one draw for the four highest ranked athletes or teams to determine placings in lanes 4, 5, 6 and 7;

b. another for the fifth and sixth ranked athletes or teams to determine placings in lanes 3 and 8, and

c. another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 2.

20.4.6 For straight races with 9 lanes:

a. one draw for the three highest ranked athletes or teams to determine placings in lanes 4, 5 and 6,

b. another for the fourth and fifth ranked athletes or teams to determine placings in lanes 3 and 7,

c. another for the sixth and seventh ranked athletes or teams to determine placings in lanes 2 and 8, and

d. another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 9.

20.4.7 For 200m and 300m races with 9 lanes:

a. one draw for the four highest ranked athletes or teams to determine placings in lanes 5, 6, 7 and 8,

b. another for the fifth, sixth and seventh ranked athletes or teams to determine placings in lanes 3, 4 and 9, and

c. another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 2.

20.4.8 For 400m races, all relays up to and including 4 x 400m and 800m races started in lanes, with 9 lanes:

a. one draw for the three highest ranked athletes or teams to determine placings in lanes 5, 6 and 7,

b. another for the fourth and fifth ranked athletes or teams to determine placings in lanes 4 and 8,

c. another for the sixth and seventh ranked athletes or teams to determine placings in lanes 3 and 9,

d. another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 2.

*Note (i): The 800m event may be run with one or two athletes in each lane. However, in competitions under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, assigning two athletes in one lane should normally only be done in the first round, unless because of ties or advancement by the Referee or the Jury of Appeal, there are more athletes in a race of a subsequent round than lanes available. In competitions under paragraphs 1. (e), 2. (e) and 3. of the World Rankings Competition definition, 800m races may also be run without lanes using an arced start line or group starts.*

*Note (ii): In any 800m race, including a final, where for any reason there are more athletes competing than lanes available, the Technical Delegate(s) shall determine in which lanes more than one athlete will be drawn.*

*Note (iii): When there are more lanes than athletes, the inside lane(s) should always remain free.*

With regard to Note (ii), there is no exact specification as to how the Technical Delegates should act as the situations which may give rise to it may vary greatly. However, this issue only affects the running of the first bend of the race and is not as important as the allocation of lanes in a shorter race. Technical Delegate(s) are advised to place the additional athlete(s) in the lane(s) where the "double-up" will cause least inconvenience - usually the outer lanes so that the athletes are not running around a tighter bend together.

As to Note (iii), where a stadium has more lanes available than the number of athletes competing (either because of the number of entries or as set out in the Technical Regulations of the competition), the Technical Delegate(s) (or if none the Organisers) should decide in advance which lanes are to be used for this purpose and should apply the principles of the above system with the necessary modifications. For example, in the case of a nine-lane oval track, lane one would not be used in cases where less than nine athletes are taking part in a race. Consequently, Rules 20.4.3 to 20.4.5 of the Technical Rules should be applied, regarding lane 2 as lane 1 and so on.

20.5 In competitions under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, for events longer than 800m, relays longer than 4 × 400m and any event where only a single round (final) is required, lanes / starting positions shall be drawn by lot.

20.6 Where it is decided to conduct a series of races in an event rather than rounds and finals, the regulations for the competition shall set out all relevant considerations including seedings and draws and the method by which the final results will be determined.

20.7 An athlete shall not be allowed to compete in a heat or lane other than the one in which their name appears, except in circumstances which, in the opinion of the Technical Delegate(s) or the Referee, justify an alteration.

***Progression***

20.8 In all Qualification Rounds, the tables should, where practicable, allow at least the first and second places in each heat to qualify for the next round and it is recommended that, where possible, at least three in each heat should qualify.

Except where Rule 21 of the Technical Rules applies, any other athletes may qualify by place or by time according to Rule 20.2 of the Technical Rules, the applicable Technical Regulations, or as

determined by the Technical Delegate(s). When athletes are qualified according to their times, only one system of timing may be applied.

*Note: In races longer than 800 metres where rounds are conducted, it is recommended that only a small number of athletes qualify by time.*

Where tables are prescribed in the regulations for a competition, it is usual that the principle set out in Rule 20.8 of the Technical Rules will have been incorporated. Where not, the Technical Delegates or Organisers should follow same when establishing the progression table to be used.

There will, however, be occasions when Rule 21 of the Technical Rules may cause a variation to be applied, particularly where there is a tie for the last qualifying position based on place. In such cases, it may be necessary for one less athlete to progress on time. In circumstances where there are sufficient additional lanes available, or in the case of the 800m (where a lane at the start may be used for more than one athlete) or a non-laned race, the Technical Delegate(s) may decide to progress an additional athlete(s).

Because of the provision within Rule 20.8 of the Technical Rules that for time qualification only one system of timing may be applied it is important for back-up timing systems to be available for Qualification Rounds in case the primary system (usually Photo Finish) fails. In the event that only times from different timing systems are available for two or more heats, the Technical Delegates, in conjunction with the Running and Race Walking Events Referee, should determine, within the circumstances of the particular competition, the fairest method for determining those athletes who should proceed to the next round. Where additional lanes are available, it is recommended that this option be considered first.

### *Invitation Meetings*

20.9 In competitions held under paragraphs 1. (d) and 2. (d) of the World Rankings Competition definition athletes may be seeded, ranked and/or allocated to lanes in accordance with the applicable regulations for the competition or any other method determined by the Organisers but, preferably, notified to the athletes and their representatives in advance.

In invitation meetings, if there is only a "final" round but with more than one race, the races should be arranged according to any applicable regulations for the meeting or the series of meetings of which it is a part. If there are none then it is usual for allocation of athletes to the various "races" to be undertaken by the Organisers or if requested by the appointed Technical Delegate(s).

Similar considerations apply to how the final ranking of the athletes in such events will be made. In some meetings the "race(s)" other than the main race are regarded as separate races and are not considered for the overall ranking but in others the results of more than one race are "combined" to give the overall ranking. It is highly advisable to ensure that whichever is to apply for the competition is also notified to the participants in advance as it may affect prizes and other considerations.

### *Minimum Times between Rounds*

20.10 The following minimum times must be allowed, when practicable, between the last heat of any round and the first heat of a subsequent round or final:

| | |
|---|---|
| Up to and including 200m | 45 minutes |
| Over 200m up to and including 1000m | 90 minutes |
| Over 1000m | Not on the same day |

## 21. Ties

21.1 If the Judges or the Photo Finish Judges are unable to separate the athletes for any place according to Rules 18.2, 19.17, 19.21 or 19.26 of the Technical Rules (as may be applicable), it shall be determined to be a tie and the tie shall remain.

*Tie for ranking position (according to Rule 20.3.2 of the Technical Rules)*

21.2 If there is a tie for any ranking position under Rule 20.3.2 of the Technical Rules, the Chief Photo Finish Judge shall consider the actual times recorded by the athletes to 0.001 second and if it is equal, the tie shall remain and lots shall be drawn to determine the higher ranking position.

*Tie for last qualifying position based on place*

21.3 If after the application of Rule 21.1 of the Technical Rules, there is a tie for a last qualifying position based on place, if there are lanes or positions available (including lane sharing in 800m races) the tying athletes shall be placed in the next round. If that is not practicable, lots shall be drawn to determine which athlete(s) shall be placed in the next round.

21.4 Where qualifying for the next round is based on place and time (e.g. the first three in each of two heats plus the next two fastest), and there is a tie for the last qualifying position based on place, placing the tied athletes in the next round shall reduce the number of athletes qualifying based on time.

*Tie for last qualifying position based on time*

21.5 If there is a tie for a last qualifying position based on time, the Chief Photo Finish Judge shall consider the actual times recorded by the athletes to 0.001 second and if it is equal, the tie shall remain. If there are lanes or positions available (including lane sharing in 800m races) the tying athletes shall be placed in the next round. If that is not practicable, lots shall be drawn to determine which athlete(s) shall be placed in the next round.

## 22. Hurdle Races

22.1 The standard distances shall be:

Men, U20 Men and U18 Men: 110m, 300m, 400m

Women, U20 Women and U18 Women: 100m, 300m, 400m

For 100m, 110m and 400m hurdle races, there shall be ten flights of hurdles in each lane. For 300m hurdle races, there shall be seven flights of hurdles in each lane. The hurdles shall be set out in accordance with the following table:

*Men, U20 Men and U18 Men*

| Distance of race | Distance from start line to first hurdle | Distance between hurdles | Distance from last hurdle to finish line |
|---|---|---|---|
| 110m | 13.72m | 9.14m | 14.02m |
| 300m | 50.00m | 35.00m | 40.00m |
| 400m | 45.00m | 35.00m | 40.00m |

*Women, U20 Women and U18 Women*

| Distance of race | Distance from start line to first hurdle | Distance between hurdles | Distance from last hurdle to finish line |
|---|---|---|---|
| 100m | 13.00m | 8.50m | 10.50m |
| 300m | 50.00m | 35.00m | 40.00m |
| 400m | 45.00m | 35.00m | 40.00m |

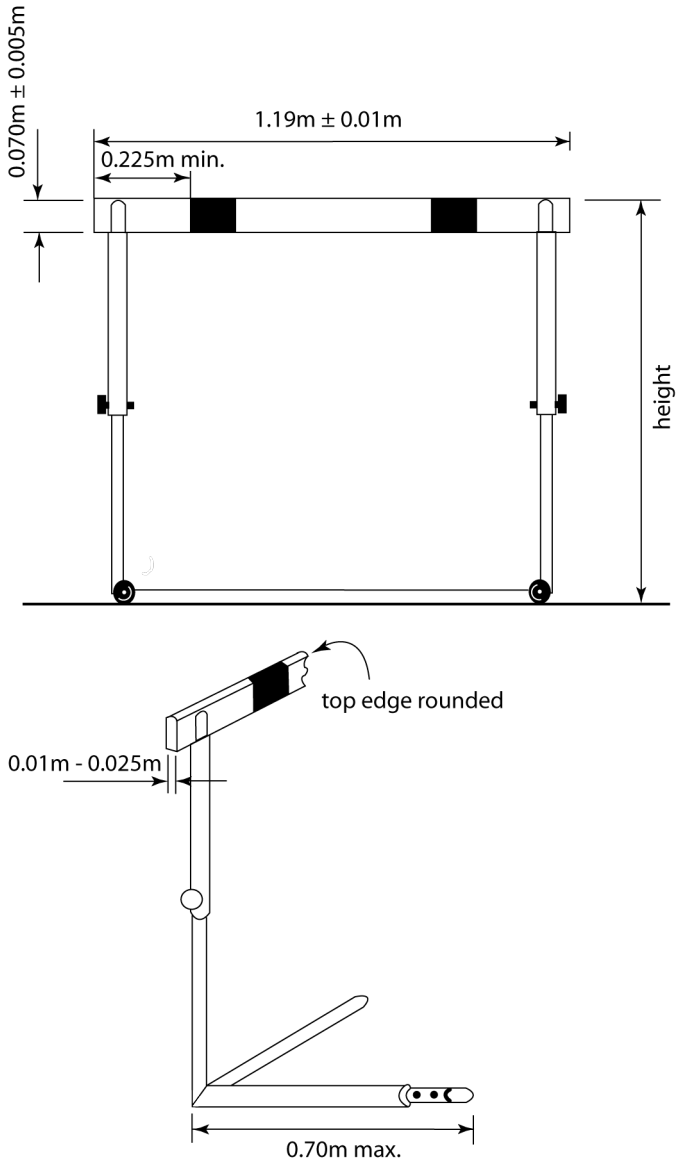


Figure TR22 - Example of a hurdle

Each hurdle shall be so placed on the track that the feet shall be on the side of the approach by the athlete. The hurdle shall be so placed that the vertical plane of the side of the top bar nearer to the approaching athlete coincides with the track marking nearest the athlete.

22.2 The hurdles shall be made of metal or some other suitable material with the top bar of wood or

other non-metallic suitable material. They shall consist of two feet and two uprights supporting a rectangular frame, reinforced by one or more cross bars, the uprights to be fixed at the extreme end of each base. The hurdle shall be of such a design that a force at least equal to the weight of 3.6kg applied horizontally to the centre of the top edge of the top bar is required to tilt it. The hurdle may be adjustable in height for each event. The counterweights shall be adjustable so that at each height a force at least equal to the weight of 3.6kg and not more than 4kg is required to tilt it.

The maximum horizontal deflection of the top bar of a hurdle (including any deflection of the uprights) when subject to a centrally applied force equal to the weight of 10kg shall not exceed 35mm.

22.3 Dimensions: The standard heights of the hurdles shall be:

| Distance of race | Men | U20 Men | U18 Men | Women/U20 | U18 Women |
|---|---|---|---|---|---|
| 110m/100m | 1.067m | 0.991m | 0.914m | 0.838m | 0.762m |
| 300m | 0.914m | 0.914m | 0.838m | 0.762m | 0.762m |
| 400m | 0.914m | 0.914m | 0.838m | 0.762m | 0.762m |

*Note: Due to manufacturing variations, hurdles up to 1.000m are also acceptable in the U20 110m Hurdles.*

In each case, there shall be a tolerance allowance of 3mm, above and below the standard heights, to allow for variation in the manufacture. The width of the hurdles shall be from 1.18m to 1.20m. The maximum length of the base shall be 0.70m. The total weight of the hurdles shall be not less than 10kg.

22.4 The height of the top bar shall be 70mm ± 5mm. The thickness of this bar should be between 10mm and 25mm, and the top edges should be rounded. The bar should be firmly fixed at the extremities.

22.5 The top bar should be painted with white and black stripes, or with other strong distinctive contrasting colours (and also in contrast with the surrounding environment), such that the lighter stripes, which should be at least 0.225m wide are on the outside. It shall be coloured so as to be visible to all sighted athletes.

22.6 All races shall be run in lanes and each athlete shall go over each hurdle and keep to their own lane throughout. Failure to do so will result in a disqualification, unless Rule 17.3 of the Technical Rules applies.

In addition, an athlete shall be disqualified, if:

22.6.1 their foot or leg is, at the instant of clearance, beside the hurdle (on either side) and below the horizontal plane of the top of any hurdle; or

22.6.2 they knock down or displace any hurdle by hand, body or the front side of the lead lower limb; or

22.6.3 they directly or indirectly knock down a hurdle in their or in another lane in such a manner that there is effect or obstruction upon any other athlete(s) in the race, and/or another Rule is also infringed; or

22.6.4 they directly or indirectly displace a hurdle in their or in another lane in such a manner that there is a significant effect or obstruction upon any other athlete(s) in the race, and/or another Rule is also infringed.

Provided that this Rule is otherwise observed and the hurdle is not displaced or its height lowered in any manner including tilting in any direction, an athlete may go over the hurdle in any manner.

The requirement to go over each hurdle should not be read as requiring the athlete to go over each hurdle in their own lane - provided always the intention of Rules 17.1 and 17.3 of the Technical Rules is followed. But if an athlete knocks down or displaces a hurdle in another lane and thereby affects the progress of another athlete they shall be disqualified.

Situations when an athlete knocks down or displaces a hurdle in another lane should be interpreted in a logical way. For example, an athlete who knocks down or displaces a hurdle in the lane of an athlete who has already gone over that hurdle, or whose displacement does not significantly affect the other athlete's progression (i.e. does not result in significant effects such as altering their rhythm, shortening or lengthening their stride, changing direction, or causing an impact with the hurdle that would not have happened without the displacement) should not necessarily be disqualified unless they otherwise infringe the Rules, e.g. by moving to an inside lane on the bend or having their foot or leg, at the instant of clearance, beside the hurdle (on either side) and below the horizontal plane of the top of any hurdle. The intent of this Rule is to make it clear that an athlete who in making such action affects another athlete should be considered for disqualification.

Referees and Umpires must nonetheless be alert and be sure that each athlete has kept to their own lane. Additionally, it is common in hurdle races that athletes stretch their arms widely while going over the hurdle, thus hitting or hampering the athlete in the next lane. This can best be noticed by Umpires standing or a video camera being placed head-on to the athletes. In this regard Rule 17.1 of the Technical Rules may be applied.

Rule 22.6.1 of the Technical Rules applies to both the athlete's "lead" and "trail" legs.

"Knocking down" a hurdle does not in itself result in disqualification. The previous reference in the Rule to deliberately knocking down a hurdle has been removed. In Rule 22.6.2, it is replaced by some more objective factors to be considered by the Referee. The most obvious example is where the athlete uses their hand but could also be for example by their chest if they "ran through" the hurdle. The front side of the lead lower limb includes all front facing parts of the leg from the top of the thigh to the end of the foot.

In relation to the Note, it will mainly be relevant to competitions at a lower level but is nonetheless applicable to all. Essentially, it permits an athlete, often one who has fallen or lost their stride pattern, to for example place their hands on the hurdle and "climb over".

22.7 Except as provided in Rules 22.6.2 and 22.6.3 of the Technical Rules, the knocking down of hurdles shall not result in disqualification nor prevent a Record being made.

## 23. Steeplechase Races

23.1 The standard distances shall be: 2000m and 3000m.

23.2 For the 3000m event, there shall be 28 hurdle jumps and 7 water jumps. The distance from the start to the beginning of the first lap shall not include any jumps, those hurdles not being placed until the athletes have entered the first lap.

23.3 For the 2000m event, there shall be 18 hurdle jumps and 5 water jumps. The first jump is at the third hurdle of a lap. The previous hurdles shall be removed until the athletes have passed them for the first time.

*Note: In the 2000m event, if the water jump is on the inside of the track, the finish line has to be passed twice before the first complete lap with five jumps.*

23.4 For the Steeplechase Events, there shall be five jumps in a complete lap, with the water jump as the fourth. The jumps should be evenly distributed, so that the distance between the jumps shall be approximately one fifth of the nominal length of the lap.

*Note: Adjustment to the hurdle spacing may be necessary to ensure that safe distances from a hurdle / start line to the next hurdle are maintained before and after the finish line, respectively, as indicated in the World Athletics Track and Field Facilities Manual.*

23.5 The hurdles shall be 0.914m ± 0.003m high for Senior and U20 Men's events, 0.838m ± 0.003m high for U18 Men's events and 0.762m ± 0.003m for Senior, U20 and U18 Women's events and shall be at least 3.94m wide.

The section of the top bar of the hurdles, and the hurdle at the water jump, shall be 0.127m ± 0.003m square.

The weight of each hurdle shall be between 80kg and 100kg. Each hurdle shall have on either side a base between 1.2m and 1.4m (see Figure (a) TR23).

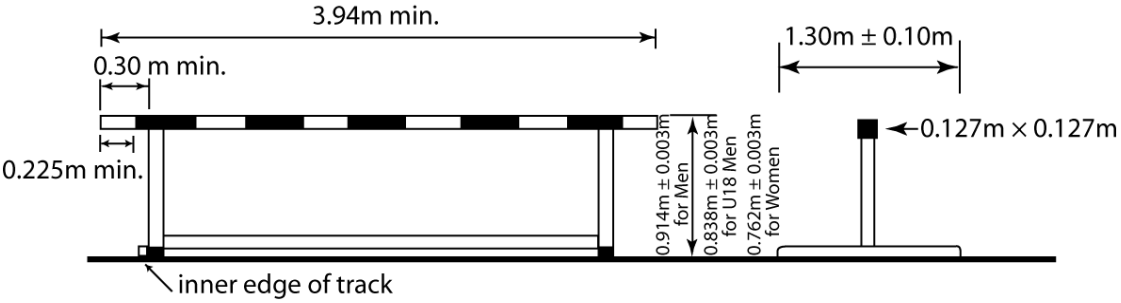


**Figure (a) TR23 - Example of a steeplechase hurdle**

The hurdle at the water jump shall be 3.66m ± 0.02m wide, and shall be firmly fixed in or to the pit concrete walls, so that minimal only horizontal movement is possible.

The top bars shall be made of wood or other suitable material and should be painted with white and black stripes, or with other strong distinctive contrasting colours (and also in contrast with the surrounding environment), such that the lighter stripes, which should be at least 0.225m wide, are on the outside and shall be coloured so as to be visible to all sighted athletes.

The hurdle shall be placed on the track so that at least 0.30m of the top bar will extend inside the inner edge of the track.

*Note: It is recommended that the first hurdle taken in the race should be at least 5m in width.*

23.6 The water jump, including the hurdle, shall be 3.66m ± 0.02m in length and the water pit shall be 3.66m ± 0.02m in width.

The bottom of the water pit shall consist of a synthetic surface, or matting, of sufficient thickness to ensure safe landing, and allow for the spikes to grip satisfactorily. The depth of the water closest to the hurdle shall be 0.50m ± 0.05m for approximately 1.20m. From there, the bottom shall have a uniform slope of 12.4° ± 1° upwards to the level of the track at the farther end of the water pit. At the start of a race, the surface of the water shall be level with the surface of the track within a

margin of 20mm.

*Note: Existing pits to the 2018/19 specifications remain acceptable. However, any new installation or renovation shall comply with the specifications set out in this Rule.*

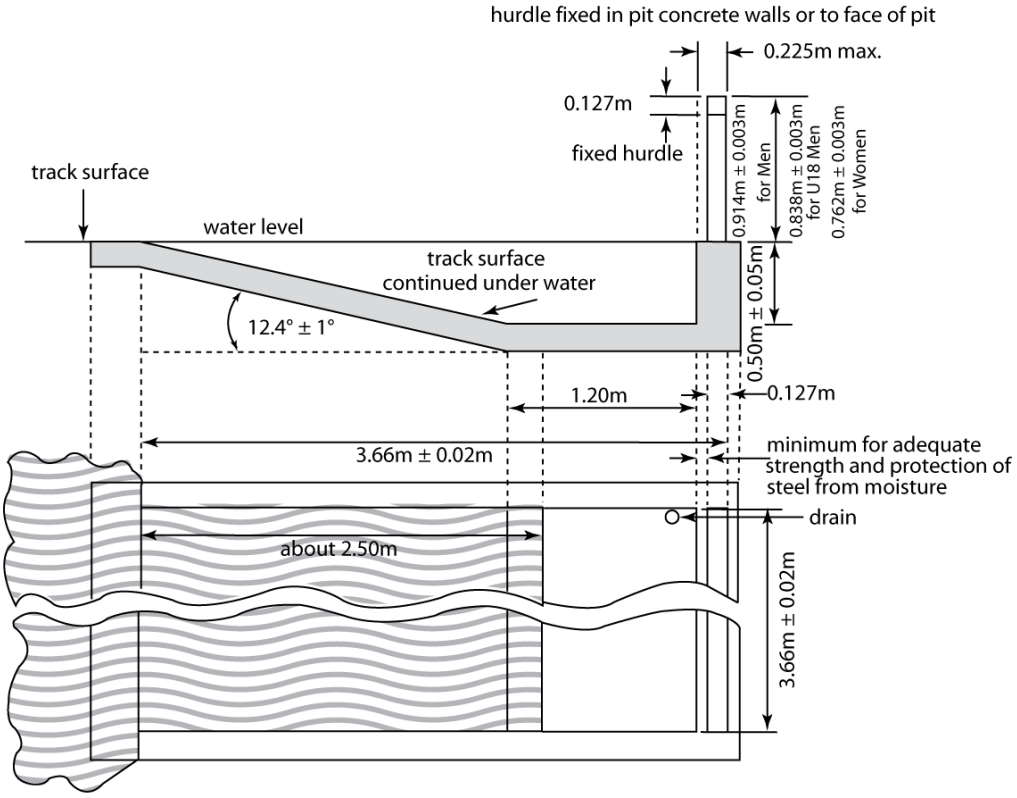


**Figure (b) TR23 - Water jump**

23.7 Each athlete shall go over or through the water and shall go over each hurdle. Failure to do so will result in a disqualification.

In addition, an athlete shall be disqualified, if

23.7.1 they step to one side or other of the water jump, or

23.7.2 their foot or leg is, at the instant of clearance, beside the hurdle (on either side), and below the horizontal plane of the top of the hurdle.

Provided this Rule is observed, an athlete may go over each hurdle in any manner.

## 24. Relay Races

24.1 The standard distances shall be: 4 × 100m, 4 × 100m Mixed, 4 × 200m, 100m-200m-300m-400m Medley Relay (Medley Relay), 4 × 400m, 4 × 400m Mixed, 4 × 800m, 1200m-400m-800m-1600m Distance Medley Relay (Distance Medley Relay), 4 × 1500m.

*Note: The Medley Relay may be run with the legs in a different order in which case the appropriate adjustments should be made to the application of Rules 24.3, 24.16 and 24.22 of the Technical Rules.*

24.2 Lines 50mm wide shall be drawn across the track to mark the start of each leg distance (scratch line).

24.3 In the 4 × 100m, 4 × 100m Mixed and the 4 × 200m relays, and for the first and second changes in the Medley Relay, each takeover zone shall be 30m long, of which the scratch line is 20m from the beginning of the zone. For the third change in the Medley Relay and in the 4 × 400m, 4 × 400m Mixed and longer relays, each takeover zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each takeover conducted in lanes, a designated Umpire shall ensure that the athletes are correctly placed in their takeover zone. The designated Umpire shall also ensure that Rule 24.4 of the Technical Rules is observed.

The Umpires must ensure that each athlete from each team takes their position in the correct lanes or position. The Starter's Assistants will be responsible for the positioning of the first runners and for ensuring that each is supplied with a baton. They may also be assigned to assist at any takeover zones which subsequently occur at the start line. Chief Umpires for each takeover zone and the umpires placed at their disposal will be responsible for the positioning of the subsequent runners. When all athletes are correctly positioned the zone Chief Umpire should advise the relevant other officials by the agreed means of communication – which for major competitions would usually be by radio.

They must also ensure that for all takeovers the receiving athletes' feet are completely inside the zone before they commence their movement which eventuates in the taking of the baton. This movement may not commence at any point outside the zone.

24.4 When all or the first portion of a Relay Race is being run in lanes, an athlete may place one check-mark on the track within their own lane, by using adhesive tape, maximum 0.05m × 0.40m, of a distinctive colour which cannot be confused with other permanent markings. No other check-mark may be used. The Umpires shall direct the relevant athlete(s) to adapt or remove any marks not complying with this Rule. If they do not, the Umpires shall remove them.

*Note: Serious cases may further be dealt with under Rules 7.1 and 7.3 of the Technical Rules.*

Adhesive tape otherwise complying with this Rule may be torn into one or more pieces to make a single marker of a different shape to stand out more clearly.

24.5 A baton shall be used for all Relay Races held in the Stadium and shall be carried by hand throughout the race. At least for competitions conducted under paragraphs 1 (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, each baton shall be numbered and of a different colour and may include a timing transponder.

The relay baton shall be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which shall be 0.28m to 0.30m. The outside diameter shall be 40mm ± 2mm and it shall not weigh less than 50g. It should be coloured so as to be easily visible during the race.

Athletes are not permitted to wear gloves or to place material (other than those permitted by Rule 6.4.3 of the Technical Rules) or substances on their hands or on the baton in order to obtain a better grip of the baton.

If an athlete does not follow this Rule, their team shall be disqualified.

*Note: If possible, the allocation of the colour to each lane or starting order position should be shown on the start list.*

24.6 If dropped, the baton shall be recovered by the athlete who dropped it. They may leave their lane

to retrieve it provided that, by doing so, they do not lessen the distance to be covered and no other athlete is impeded while retrieving the baton. When crossing the finish line, the baton shall be carried by the relevant athlete.

If an athlete does not follow this Rule, their team shall be disqualified.

24.7 The baton shall be passed within the takeover zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete. In relation to the takeover zone, it is only the position of the baton which is decisive. Passing of the baton outside the takeover zone shall result in disqualification. Rule 17.3.2 of the Technical Rules shall apply when relevant.

The application of Rule 17.3.2 of the Technical Rules may be necessary when an athlete, during the takeover, steps outside the allocated lane inside the takeover zone without material advantage gained and other athletes obstructed.

In determining the position of the baton, it is the whole baton which must be considered.

Umpires must be diligent to ensure that they observe any contact with the baton prior to the baton entering the takeover zone. If the receiving athlete even touches the baton prior to the baton being inside the zone, the team will be subject to disqualification. They must also ensure that the baton is only in the hand of the receiving athlete before it "leaves" the takeover zone.

24.8 Until the moment when the baton is in the hand of only the receiving athlete, Rule 17.3 of the Technical Rules shall be applicable only to the incoming athlete. Thereafter it shall be applicable only to the receiving athlete.

Additionally, athletes before receiving and/or after handing over the baton, should keep in their lanes or maintain position until the course is clear to avoid obstruction to other athletes. Rules 17.2 and 17.3 of the Technical Rules shall not apply to these athletes. If, however, an athlete impedes a member of another team, including by running out of position or lane, Rule 17.1 of the Technical Rules shall be applied.

24.9 If during the race an athlete takes or picks up the baton of another team, their team shall be disqualified. The other team should not be penalised unless an advantage is obtained.

24.10 Each member of a relay team may run one leg only. Any four athletes from among those entered for the competition, whether for that or any other event, may be used in the composition of the relay team for any round. However, once a relay team has started in a competition, up to a total of two additional athletes may be used as substitutes in the composition of the team. If a team does not follow this Rule, it shall be disqualified.

24.11 In the 4 × 100m Mixed, each team has to be composed of two men and two women. The running order shall be Man, Woman, Man, Woman.

24.12 In the 4 × 400m Mixed, each team has to be composed of two men and two women. The running order shall be Man, Woman, Man, Woman.

24.13 The composition of a team and the order of running for a relay shall be officially declared no later than the published first call time (the time by which the athletes must be present in the Call Room) for their respective heat in each round of the competition. The team shall compete as named and in the declared order. If a team does not follow this Rule, it shall be disqualified.

24.14 The 4 × 100m and the 4 × 100m Mixed races shall be run entirely in lanes.

24.15 The 4 × 200m race may be run in any of the following ways:

24.15.1 where possible, entirely in lanes (four bends in lanes),

24.15.2 in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (three bends in lanes),

24.15.3 in lanes for the first leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (one bend in lanes).

*Note: Where not more than four teams are competing and Rule 24.15.1 is not possible, Rule 24.15.3 should be used.*

24.16 The Medley Relay race should be run in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (two bends in lanes).

24.17 The 4 × 400m and the 4 × 400m Mixed races may be run in either of the following ways:

24.17.1 in lanes for the first leg, as well as that part of the second leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (three bends in lanes);

24.17.2 in lanes for the first leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (one bend in lanes).

*Note: Where not more than four teams are competing, Rule 24.17.2 should be used.*

24.18 The 4 × 800m race may be run in either of the following ways:

24.18.1 in lanes for the first leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (one bend in lanes);

24.18.2 without the use of lanes.

24.19 If an athlete does not follow Rule 24.15, 24.16, 24.17 or 24.18.1 of the Technical Rules their team shall be disqualified.

24.20 The Distance Medley Relay race and the 4 × 1500m race shall be run without the use of lanes.

24.21 For all takeovers, athletes are not permitted to begin running outside their takeover zones, and shall start within the zone. If an athlete does not follow this Rule, their team shall be disqualified.

24.22 In the Medley Relay, the athletes running the final leg and in the 4 × 400m and the 4 × 400m Mixed races, the athletes running the third and fourth legs (or under Rule 24.17.2 of the Technical Rules, also the second leg) shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they enter the last bend. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, their team shall be disqualified.

*Note: In the 4 × 200m race (if this event is not run entirely in lanes) where the previous leg is not run in lanes, the athletes shall line up in the order of the start list (inside to out).*

To ensure that the positioning of the waiting athletes in the Medley Relay and all 4x400m relays is done in accordance with this Rule, electronic systems may be used (e.g. transponders, face- or uniform-recognition applications, timing cells, etc.). Data showing the order of the teams as they enter the last bend shall be made available to the Running and Race Walking Events Referee and Chief Umpire immediately on a dedicated monitor or on one of the stadium's main screens.

24.23 In any race, when lanes are not being used, including when applicable, in 4 × 200m, the Medley Relay, 4 × 400m and 4 × 400m Mixed, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete so as to impede their progress. In 4 × 200m, the Medley Relay, 4 × 400m and 4 × 400m Mixed, waiting athletes shall maintain the order in accordance with Rule 24.22 of the Technical Rules. If an athlete does not follow this Rule, their team shall be disqualified.

24.24 In the case of relay events not covered by this Rule, the relevant competition regulations should specify any particular rules that should be applied and the method by which the relay should be conducted.

Chief Umpires must remain at the zone to which they and their Umpires have been assigned. Once the athletes are correctly placed in their lanes and the race has started, zone Chief Umpires and those Umpires assigned to them are responsible for reporting any infringements of both these Rules as well as any other infringements particularly those under Rule 17 of the Technical Rules.

## PART III - FIELD EVENTS

### 25. General Conditions – Field Events

*Practice Trials at the Competition Area*

25.1 At the competition area and before the beginning of the event, each athlete may have practice trials. In the case of throwing events, the practice trials will be in draw order and always under the supervision of the Judges.

Whilst in the past the Rules specified that there should be two practice trials for each athlete in throwing events, there is currently no such specification. Rule 25.1 of the Technical Rules should be interpreted as allowing whatever number of practice trials that may be included in the warm-up time available. Whilst for major events, two remains a standard practice, this is regarded as a minimum and should time be available and some or all or the athletes request additional practice trials, this can be permitted.

25.2 Once a competition has begun, athletes are not permitted to use, for practice purposes, as appropriate,

25.2.1 the runway or take-off area;

25.2.2 vaulting poles;

25.2.3 implements;

25.2.4 the circle or runway or the ground within the sector with or without implements.

However, the use of implements outside the circle or runway is prohibited at any time.

The application of this Rule should not prevent an athlete from touching, preparing or taping their vaulting pole or their selected implement in readiness for their trial provided that it does not endanger, delay or obstruct another athlete or other person. It is particularly important that the Judges interpret this Rule reasonably so as to ensure the competition proceeds in an efficient manner and the athlete is able, if they so choose, to take their trial immediately their time begins.

*Markers*

25.3 Markers, as follows:

25.3.1 In all Field Events where a runway is used, markers shall be placed alongside it, except for High Jump where the markers can be placed on the runway. An athlete may use one or two markers (supplied or approved by the Organisers) to assist them in their run-up and take-off. If such markers are not supplied, they may use adhesive tape but not chalk or similar substance nor anything which leaves indelible marks.

25.3.2 For throws made from a circle, an athlete may use one marker only. This marker may be placed only on the ground in the area immediately behind or adjacent to the circle but not on any lines or in the landing sector. It must be temporary, in position only for the duration of each athlete's own trial, and shall not impair the view of the Judges. No personal markers may be placed in or beside the landing area.

*Note: Each marker shall be composed of a single piece only.*

25.3.3 The Judges shall direct the relevant athlete to adapt or remove any marks not complying

with this Rule. If they do not, the Judges shall remove them.

*Note: Serious cases may further be dealt with under Rules 7.1 and 7.3 of the Technical Rules.*

25.3.4 For Pole Vault, the Organisers should place suitable and safe distance markers beside the runway at each 0.5m between the points 2.5m to 5m from the "zero" line and at each 1.0m from the 5m to the 18m point.

If the ground is wet, the adhesive tape can be fixed to the ground by drawing pins of several colours.

The requirement for each marker to be a single piece should be interpreted sensibly by the Referee. If for example the manufacturer has used two pieces connected to make a single structure which is intended to be used that way, it should be allowed. Similarly, if an athlete chooses to place both their markers in the same place or, in the case of the High Jump, an athlete who tears the tape they are given into one or more pieces to make a single marker of a different shape to stand out more clearly, these should also be acceptable.

Rule 25.3.4 of the Technical Rules is designed to assist athletes and their coaches in determining their take-off points and the progress on the runway. There is no set concept as to how they should be constructed or look – with Organisers and Referees having discretion in interpreting what is acceptable and fair within the intention of the Rule in each particular competition environment.

*Performance Markers and Wind Socks*

25.4 Performance Markers and Wind Socks, as follows:

25.4.1 A distinctive flag or marker may be provided to mark the existing World Record and, when appropriate, the existing Area, National or Meeting Record.

25.4.2 One or more wind socks should be placed in an appropriate position in all jumping events, Discus Throw and Javelin Throw, to show the athletes the approximate direction and strength of the wind.

*Competing Order and Trials*

25.5 Except where Rule 25.6 of the Technical Rules applies, or the applicable regulations provide otherwise, the athletes shall compete in an order drawn by lot.

If any athlete by their own decision makes a trial in an order different from that previously determined, Rules 7.1 and 7.3 of the Technical Rules shall be applied. In the case of a warning, the result of the trial (valid or failure) will stand.

If there is a Qualification Round, there shall be a fresh drawing of lot for the final.

25.6 Except for the High Jump and Pole Vault, no athlete shall have more than one trial recorded in any one round of trials of the competition.

In all Field Events, except for the High Jump and Pole Vault, where there are more than eight athletes, each athlete shall be allowed three trials and the eight athletes with the best valid performances shall be allowed three additional trials, unless the applicable regulations provide otherwise.

In the case of the last qualifying place, if two or more athletes have the same best performances,

Rule 25.22 of the Technical Rules shall be applied. If it is thus determined that there has been a tie, the tying athletes shall be allowed any additional trials, permitted by the applicable regulations.

Where there are eight athletes or fewer, each athlete shall be allowed six trials, unless the applicable regulations provide otherwise. If one or more athletes fail to achieve a valid trial during the first three rounds of trials, such athletes shall compete in subsequent rounds of trials before those with valid trials, and if more than one, in the same relative order according to the original draw.

In both cases:

25.6.1 the competing order for any subsequent rounds of trials shall be in the reverse ranking order recorded after the first three rounds of trials, unless the applicable regulations provide otherwise;

25.6.2 when the competing order is to be changed and there is a tie for any position, those tying shall compete in the same relative order according to the original draw.

*Note (i): For Vertical Jumps, see Rule 26.2 of the Technical Rules.*

*Note (ii): If one or more athletes are permitted by the Referee to continue in a competition "under protest" in accordance with Rule 8.5 of the Technical Rules, such athletes shall compete in all subsequent rounds of trials before all others continuing in the competition and if more than one, in the same relative order according to the original draw.*

*Note (iii): The regulations of the relevant governing body may specify the number of trials (provided it is no more than six) and the number of athletes which may progress to each additional round of trials after the third.*

*Note (iv): The regulations of the relevant governing body may specify that the competing order be changed again after any further round of trials after the third.*

*Note (v): In competitions held under paragraphs 1. (d) and 2. (d) of the World Rankings Competition definition, athletes may be seeded, ranked and/or allocated to competing order in accordance with the applicable regulations for the competition or any other method determined by the Organisers but preferably notified to the athletes and their representatives in advance.*

When an athlete has retired from an event either by their own decision or by a decision made in accordance with Rule 6 of the Competition Rules, they may take no further part in that event, including, in the case of Vertical Jumps, in a jump-off for first place or, in the case of Combined Events, in that particular event of the Combined Events.

In situations in the horizontal Field Events where there are more than eight athletes, only the eight athletes with the best valid performances are allowed any additional trial(s). This requires an athlete to have a measured mark recorded from a fair jump or throw in at least one of their first three trials. Where less than eight athletes achieve such a valid performance it is only those athletes who are allowed any additional trial(s) even though it will mean less than eight athletes proceeding.

### *Recording of Trials*

25.7 Except in High Jump and Pole Vault, a valid trial shall be indicated by the measurement taken.

For the standard abbreviations and symbols to be used in all other cases, see Rule 25.4 of the Competition Rules.

*Completion of Trials*

25.8 The Judge shall not raise a white flag to indicate a valid trial until a trial is completed. The Judge may reconsider a decision if they believe they raised the incorrect flag.

The completion of a valid trial shall be determined as follows:

25.8.1 In the case of Vertical Jumps, once the judge has determined that there is no failure according to Rules 27.2, 28.2 or 28.4 of the Technical Rules;

25.8.2 In the case of Horizontal Jumps, once the athlete leaves the landing area in accordance with Rule 30.2 of the Technical Rules;

25.8.3 In the case of throwing events, once the athlete leaves the circle or runway in accordance with Rule 32.17 of the Technical Rules.

*Qualification Round*

25.9 A Qualification Round shall be held in Field Events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). When a Qualification Round is held, all athletes shall compete in, and qualify through, that round except that the relevant governing body may, for one or more events, authorise the conduct of additional qualification round(s) either at the same or at one or more earlier competitions to determine some or all of the athletes who shall be entitled to participate and in which round of the competition. Such procedure and any other means (such as achieving entry standards during a specified period, by specified placing in a designated competition or by specified rankings) by which an athlete is entitled to participate, and in which round of the competition, shall be set out in the regulations for each competition.

Performances accomplished in a Qualification Round or additional qualification round(s) shall not be considered as part of the final.

25.10 The athletes shall normally be divided into two or more groups such that the groups are of approximately equal strength and whenever possible so that athletes of each Member or team shall be placed in different groups. Unless there are facilities for the groups to compete at the same time and under the same conditions, each group should start its practice trials immediately after the previous group has finished.

25.11 It is recommended that, in competitions of more than three days, a rest day be provided between Qualification Rounds and the finals in the vertical jumping events.

25.12 The conditions for qualifying, the qualifying standard and the number of athletes in the final, shall be decided by the Technical Delegate(s). If no Technical Delegate(s) have been appointed, the conditions shall be decided by the Organisers. For competitions conducted under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, there should be at least 12 athletes in the final unless otherwise provided in the regulations for the competition.

*Note: The applicable regulations may specify how vacant positions due to withdrawals in finals may be filled in by athletes ranked next following the qualification round after those qualified.*

25.13 In a Qualification Round, apart from the High Jump and the Pole Vault, each athlete shall be allowed up to three trials. Once an athlete has achieved the qualifying standard, they shall not continue in the Qualification Round.

25.14 In a Qualification Round for the High Jump and the Pole Vault, the athletes, not eliminated after

three consecutive failures, shall continue to compete according to Rule 26.2 of the Technical Rules (including passing a trial) until the end of the last trial at the height set as the qualifying standard, unless the number of athletes for the final has been reached as defined in Rule 25.12 of the Technical Rules. Once it is determined that an athlete will be in the final, they shall not continue in the Qualification Round.

25.15 If no athletes, or fewer than the required number of athletes, achieve the pre-set qualifying standard, the group of finalists shall be expanded to that number by adding athletes according to their performances in the Qualification Round. In the case of the last qualifying place, if two or more athletes have the same best performances in the overall results of the competition, Rule 25.22 or 26.8 of the Technical Rules as appropriate shall be applied. If it is thus determined that there has been a tie, the tying athletes shall be placed in the final.

25.16 When a Qualification Round for the High Jump and Pole Vault is held in two simultaneous groups, it is recommended that the bar be raised to each height at the same time in each group.

It is important when seeding High Jump and Pole Vault qualifying groups that the requirements of Rule 25.10 of the Technical Rules are observed. The Technical Delegates and the Referee must follow closely the progress of the Qualification Rounds of the High Jump and the Pole Vault to ensure that, on the one hand, the athletes must jump (or indicate that they are passing) as long as they are not eliminated under Rule 26.2 of the Technical Rules until the qualifying standard has been reached (unless the number of athletes for the final has been reached as defined in Rule 25.12 of the Technical Rules) and, on the other hand, any tie between athletes in the overall standings in the two groups is resolved according to Rule 26.8 of the Technical Rules. Close attention must also be kept to the application of Rule 25.14 of the Technical Rules to ensure that athletes do not unnecessarily continue in the competition once it is certain that they will be in the final regardless of what may happen to the other athletes continuing to compete in the Qualification Round.

*Time Allowed for Trials*

25.17 The official responsible shall indicate to an athlete that all is ready for the trial to begin, and the period allowed for this trial shall commence from that moment.

For the Pole Vault, the time shall begin when the crossbar has been adjusted according to the previous wishes of the athlete.

If the time allowed elapses after an athlete has started their trial, that trial should not be disallowed.

If after the time for a trial has begun, an athlete decides not to attempt that trial, it shall be considered a failure once that period allowed for the trial has elapsed.

The following times shall not be exceeded. If the time is exceeded, unless a determination is made under Rule 25.18 of the Technical Rules, the trial shall be recorded as a failure:

*Individual Events*

| Number of athletes remaining in the competition | High Jump | Pole Vault | Other |
|---|---|---|---|
| More than 3 athletes (or for the very first trial of each athlete) | 1 min | 1 min | 1 min |
| 2 or 3 athletes | 1.5 min | 2 min | 1 min |
| 1 athlete | 3 min | 5 min | - |

*Combined Events*

| Number of athletes remaining in the competition | High Jump | Pole Vault | Other |
|---|---|---|---|
| More than 3 athletes (or for the very first trial of each athlete) | 1 min | 1 min | 1 min |
| 2 or 3 athletes | 1.5 min | 2 min | 1 min |
| 1 athlete | 2 min | 3 min | - |

***Consecutive Trials***

| | High Jump | Pole Vault | Other |
|---|---|---|---|
| Consecutive trials | 2 min | 3 min | 2 min |

*Note (i): A clock which shows the remaining time allowed for a trial should be visible to an athlete. In addition, an official shall normally raise and keep raised a yellow flag during the final 15 seconds of the time allowed. Alternate visual indication may also be approved.*

*Note (ii): In the High Jump and Pole Vault, any change in the time period allowed for a trial, except the time specified for consecutive trials, shall not be applied until the bar is placed at a new height. In the other Field Events, except for the time specified for consecutive trials, the time limit allowed will not change.*

*Note (iii): When calculating the number of athletes remaining in the competition, this shall include those athletes who could be involved in a jump off for first place.*

*Note (iv): When only one athlete (who has won the competition) remains in High jump or Pole Vault and is attempting a World Record or other record relevant to the competition, the time limit shall be increased by one minute beyond those set out above.*

*Note (v): In Vertical Jumps, the number of athletes remaining in the competition is determined at the time the bar is raised to a new height.*

*Note (vi): The time for consecutive trials will be applied for any consecutive trial regardless of it being in the same round for a replacement trial, at the same height or consecutive heights in Vertical Jumps or when the order is changed at the end of a round of trials. The time for consecutive trials will be applied if it is longer than the time allowed for the trial based on the calculation of the number of athletes remaining in the competition. However, when an athlete, based on the calculation of the number of athletes remaining in the competition, is entitled to a longer time, then that will be applied.*

Whilst the Judges should always use a system which notifies or calls the next athlete who is to take their trial plus the one who is to follow, this is essential when the time allowed for an athlete to take their trial is one minute. They must also ensure that the competition area is completely ready for the next trial before calling the athlete and then starting the clock. The Judges, and the Referee in particular, must be fully aware of the current competition environment, including direction from Event Presentation, when deciding when to start the clock or to "time out" and call a failure.

Particular circumstances which should be taken into account are the availability of the runway for an athlete's trial in High Jump and Javelin Throw (when Running or Race Walking Events are being held concurrently in the same competition area) and the distance for athletes to walk to and through the cage to reach the circle to take their trial in Discus Throw and Hammer Throw.

***Replacement Trials***

25.18 If, for any reason beyond their control, an athlete is hampered in a trial and is unable to take it, or the trial cannot be correctly recorded, the Referee shall have the authority to award them a replacement trial or to re-set the time either partially or in full.

No change in the order shall be permitted. A reasonable time shall be allowed for any replacement trial according to the particular circumstances of the case. In cases when the competition has progressed before the replacement trial is awarded, it should be taken before any other subsequent trials are then made.

There are several situations in which it may be appropriate for an athlete to be given a replacement trial including where because of procedural or technical failure a trial is not measured and it is not possible for a re-measurement to be accurately made. Whilst this should be avoided by good systems and backups, with technology being used more and more provision needs to be made for when things do go wrong. As no change in the competition order should be permitted (unless the problem is not immediately discovered and the competition has continued), the Referee must decide how long should be allowed for the replacement trial taking into account the specific circumstances of each particular case.

*Absence during Competition*

25.19 An athlete may not leave the immediate area of the event during the progress of the competition, unless they have the permission of, and is accompanied by, an official. If possible, a warning should be given first, but for subsequent instances or in serious cases the athlete shall be disqualified. If an athlete subsequently is not present for a particular trial, it will be counted as a failure once the period allowed for the trial has elapsed.

*Change of Competition Area or Time*

25.20 The Technical Delegate(s) or appropriate Referee shall have the authority to change the place or time of the competition if, in their opinion, the conditions justify it. Such a change should be made only after a round of trials has been completed.

*Note: Neither the wind strength nor its change of direction is sufficient condition to change the place nor time of the competition.*

The phrase “round of trials” instead of “rounds” is designed to ensure a clear difference between a “round of trials” within a Field Event competition and a “round of the competition” (i.e. a Qualification Round or a Final).

If the conditions make it impossible to complete a round of trials before a change of place or time is made, the Technical Delegate (through the Referee) or Referee should normally void those trials already completed in that round of trials (always depending on and evaluating the conditions and the results of the trials up to the time of the interruption) and recommence the competition at the beginning of that round of trials. (See also Rule 11.4 of the Technical Rules.)

*Result*

25.21 Each athlete shall be credited with the best of all their trials, including, in the case of High Jump and Pole Vault, those achieved in resolving a tie for first place.

*Ties*

25.22 Except for the High Jump and Pole Vault, the second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. If the athletes are still equal following the application of this Rule 25.22, it shall be determined to be a tie.

Except in Vertical Jumps, in the case of a tie for any place, including first place, the tie shall remain.

*Note: For Vertical Jumps, see Rules 26.8 and 26.9 of the Technical Rules.*

## Vertical Jumps

### 26. General Conditions – Vertical Jumps

26.1 Before the competition begins, the Referee or the Chief Judge shall announce to the athletes the starting height and the subsequent heights to which the bar will be raised at the end of each round of trials, until there is only one athlete remaining having won the competition, or there is a tie for first place. (For Combined Events, see Rule 39.8.4 of the Technical Rules).

*Trials*

26.2 An athlete may commence jumping / vaulting at any height previously announced by the Referee or Chief Judge and may jump / vault at their own discretion at any subsequent height. Three consecutive failures, regardless of the height at which any of such failures occur, disqualify from further jumping / vaulting except in the case of a tie for first place.

The effect of this Rule is that an athlete may pass their second or third trial at a particular height (after failing first or second time) and still jump / vault at a subsequent height.

If an athlete passes a trial at a certain height, they may not make any subsequent trial at that height, except in the case of a jump-off for first place.

In the case of the High Jump and Pole Vault, if one or more athletes are not present when all other athletes who are present have completed the competition, the Referee shall deem that such athlete(s) have abandoned the competition, once the period for one further trial has elapsed.

Whilst Rule 26.2 of the Technical Rules provides that an athlete may not attempt the second or third trial at any particular height in Vertical Jumps if it has been deemed that they have passed an earlier trial at that height, it is suggested that in lower level competitions such as children's and school meets, the competition regulations could be adapted so as to allow an athlete to opt to take the second or third trial in such cases.

26.3 Even after all the other athletes have failed, an athlete is entitled to continue jumping until they have forfeited their right to compete further.

26.4 Unless there is only one athlete remaining and they have won the competition:

26.4.1 the bar shall never be raised by less than 2cm in the High Jump and 5cm in the Pole Vault after each round of trials; and

26.4.2 the increment of the raising of the bar shall never increase.

These Rules 26.4.1 and 26.4.2 of the Technical Rules shall not apply once the athletes still competing all agree to raise it to a World Record (or other record relevant to the competition) height directly.

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 relevant Judge or Referee.

*Note: This Rule does not apply for a Combined Events Competition.*

*Height Measurement*

26.5 In all vertical jumping events, measurements shall be made, in whole centimetres, perpendicularly from the ground to the lowest part of the upper side of the bar.

26.6 Any measurement of a new height shall be made before athletes attempt such height. A re-measurement should be made if the bar has been substituted. In all cases of Records, the Judges shall also re-check the measurement before each subsequent Record attempt if the bar has been touched since last measured.

*Crossbar*

26.7 The crossbar shall be made of fibre-glass, or other suitable material but not metal, circular in cross-section except for the end pieces. It shall be coloured so as to be visible to all sighted athletes. The overall length of the crossbar shall be 4.00m ± 0.02m in the High Jump and 4.50m ± 0.02m in Pole Vault. The maximum weight of the crossbar shall be 2kg in the High Jump and 2.25kg in Pole Vault. The diameter of the circular part of the crossbar shall be 30mm ± 1mm.

The crossbar shall consist of three parts - the circular bar and two end pieces, each 30mm-35mm wide and 0.15m-0.20m long for the purpose of resting on the supports of the uprights.

These end pieces shall be circular or semi-circular with one clearly defined flat surface on which the bar rests on the crossbar supports. This flat surface may not be higher than the centre of the vertical cross section of the crossbar. The end pieces shall be hard and smooth. They shall not be of, or covered with rubber or with any other material which has the effect of increasing the friction between them and the supports.

The crossbar shall have no bias and, when in place, shall sag a maximum of 20mm in the High Jump and 30mm in Pole Vault.

Control of elasticity: Hang a 3kg weight in the middle of the crossbar when in position. It may sag a maximum of 70mm in the High Jump and 0.11m in Pole Vault.

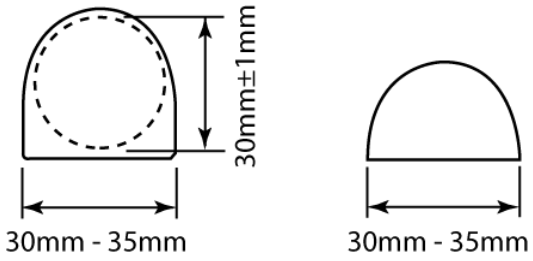


**Figure TR26 - Alternative ends for crossbar**

*Placings*

26.8 If two or more athletes clear the same final height, the procedure to decide the places will be the following:

26.8.1 The athlete with the lowest number of jumps at the height last cleared shall be awarded the higher place.

26.8.2 If the athletes are equal following the application of Rule 26.8.1 of the Technical Rules, the athlete with the lowest total of failures throughout the competition up to and including the height last cleared, shall be awarded the higher place.

26.8.3 If the athletes are still equal following the application of Rule 26.8.2 of the Technical Rules, the athletes concerned shall be awarded the same place unless it concerns the first place.

26.8.4 If it concerns the first place, a jump-off between these athletes shall be conducted in

accordance with Rule 26.9 of the Technical Rules, unless otherwise decided, either in advance according to the regulations applying to the competition, or during the competition but before the start of the event by the Technical Delegate(s) or the Referee if no Technical Delegate has been appointed. If no jump-off is carried out, including where the relevant athletes at any stage decide not to jump further, the tie for first place shall remain.

*Note: This Rule 26.8.4 does not apply for a Combined Events Competition*

There are a number of ways in which a jump-off may be cancelled/terminated:

a. by provision in advance of the competition set out in the regulations;

b. by decision during the competition by the Technical Delegate (or Referee if there is no Technical Delegate);

c. by decision of the athletes not to jump further prior to or at any stage of the jump-off.

Whilst any decision by the Technical Delegate or Referee not to conduct a jump-off should be made before the start of the event, there may be circumstances where this might not be possible such as where conditions at the place of competition make it impossible or undesirable to begin or continue with a jump-off. The Referee could use their powers under Rule 18 of the Competition Rules or Rule 25 of the Technical Rules to deal with this situation. It is emphasised that the athletes may make the decision not to jump further either before or at any stage during the jump-off.

***Jump-off***

26.9 Jump-off, as follows:

26.9.1 Athletes concerned must jump at every height until a decision is reached or until all of the athletes concerned decide not to jump further.

26.9.2 Each athlete shall have one jump at each height.

26.9.3 The jump-off shall start at the next height determined in accordance with Rule 26.1 of the Technical Rules after the height last cleared by the athletes concerned.

26.9.4 If no decision is reached the bar shall be raised if more than one athlete concerned were successful, or lowered if all of them failed, by 2cm for the High Jump and 5cm for the Pole Vault.

26.9.5 If an athlete is not jumping at a height, they automatically forfeit any claim to a higher place. If only one other athlete then remains, they are declared the winner regardless of whether they attempt that height.

***High Jump - Example***

Heights announced by the Chief Judge at the beginning of competition: 1.75m; 1.80m; 1.84m; 1.88m; 1.91m; 1.94m; 1.97m; 1.99m…

| Athlete | Heights | | | | | | | Failures | Jump Off | | | Pos |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 1.75m | 1.80m | 1.84m | 1.88m | 1.91m | 1.94m | 1.97m | | 1.91m | 1.89m | 1.91m | |
| A | O | XO | O | XO | X- | XX | | 2 | X | O | X | 2 |
| B | - | XO | - | XO | - | - | XXX | 2 | X | O | O | 1 |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| C | - | O | XO | XO | - | XXX | | 2 | X | X | | 3 |
| D | - | XO | XO | XO | XXX | | | 3 | | | | 4 |

"A", "B", "C" and "D" all cleared 1.88m.

Rules 26.8 and 26.9 of the Technical Rules now come into operation; all four athletes have the same number of jumps at the height last cleared. Now, the Judges add up the total number of failures, up to and including the height last cleared, i.e. 1.88m.

"D" has more failures than "A", "B" or "C", and is therefore awarded fourth place. "A", "B" and "C" are still equal and as this concerns the first place, they shall jump at 1.91m which is the next height after the height last cleared by the athletes concerned.

As all the athletes failed, the bar is lowered to 1.89m for another jump-off. As only "C" failed to clear 1.89m, the two other athletes, "A" and "B" shall have a third jump-off at 1.91m which only "B" cleared and is therefore declared the winner.

When an athlete unilaterally decides to withdraw from a jump-off, the other athlete (if only one remains) will be declared the winner in accordance with Rule 26.9.5 of the Technical Rules. It is not necessary for that athlete to attempt the applicable height. Where more than one athlete remains in the jump-off, the jump-off continues with the athletes who have not withdrawn. The athlete(s) who withdraw, shall be placed according to their then finishing place as they have forfeited any right to any higher placing (including first place) available to the remaining athletes.

*Extraneous Forces*

26.10 When it is clear that the bar has been displaced by a force not associated with an athlete (e.g. a gust of wind)

26.10.1 if such displacement occurs after an athlete has cleared the bar without touching it, then the trial shall be considered successful, or

26.10.2 if such displacement occurs under any other circumstance, a replacement trial shall be awarded.

## 27. High Jump

*Competition*

27.1 An athlete shall take off from one foot.

27.2 An athlete fails if:

27.2.1 after the jump, the bar does not remain on the supports because of the action of the athlete whilst jumping; or

27.2.2 they touch the ground, including the landing area, beyond the vertical plane through the nearer edge of the crossbar, either between or outside the uprights with any part of their body, without first clearing the bar. However, if when they jump, an athlete touches the landing area with their foot and in the opinion of the Judge, no advantage is gained, the jump for that reason shall not be considered a failure.

*Note: To assist in the implementation of this Rule a white line 50mm wide shall be drawn (usually by adhesive tape or similar material) between points 3m outside of each upright, the nearer edge of the line being drawn along the vertical plane through the nearer edge*

*of the crossbar.*

27.2.3 they touch the crossbar or the vertical section of the uprights when running up without jumping.

### *Runway and Take-off Area*

27.3 The minimum width of the runway shall be 16m and the minimum length of the runway shall be 15m except in competitions held under paragraphs 1. (a), (b), (c), (d) and 2. (a), (b) of the World Rankings Competition definition, where the minimum length shall be 25m.

27.4 The maximum overall downward inclination in the last 15m of the runway and take-off area shall not exceed 1:167 (0.6%) along any radius of the minimum 16m wide rectangular area centred midway between the uprights and having the minimum radius specified in Rule 27.3 of the Technical Rules. The landing area should be placed so that the athlete's approach is up the inclination.

*Note: Runways and take-off areas to the 2018/19 specifications remain acceptable.*

27.5 The take-off area shall be level or any inclination shall be in accordance with the requirements of Rule 27.4 of the Technical Rules and the World Athletics Track and Field Facilities Manual.

### *Apparatus*

27.6 Any style of uprights or posts may be used, provided they are rigid.

They shall have supports for the crossbar firmly fixed to them.

They shall be sufficiently tall as to exceed the actual height to which the crossbar is raised by at least 0.10m.

The distance between the uprights shall be not less than 4.00m nor more than 4.04m.

27.7 The uprights or posts shall not be moved during the competition unless the Referee considers that either the take-off or landing area has become unsuitable.

In such a case, the change shall be made only after a round of trials has been completed.

27.8 The crossbar supports shall be flat and rectangular, 40mm wide and 60mm long. They shall be firmly fixed to the uprights and immovable during the jump and shall each face the opposite upright. The ends of the crossbar shall rest on them in such a manner that, if the crossbar is touched by an athlete, it will easily fall to the ground, either forwards or backwards. The surface of the supports shall be smooth.

The supports shall not be of, or covered with, rubber or with any other material which has the effect of increasing the friction between them and the end pieces of the crossbar, nor may they have any kind of springs.

The supports shall be the same height above the take-off area immediately below each end of the crossbar.

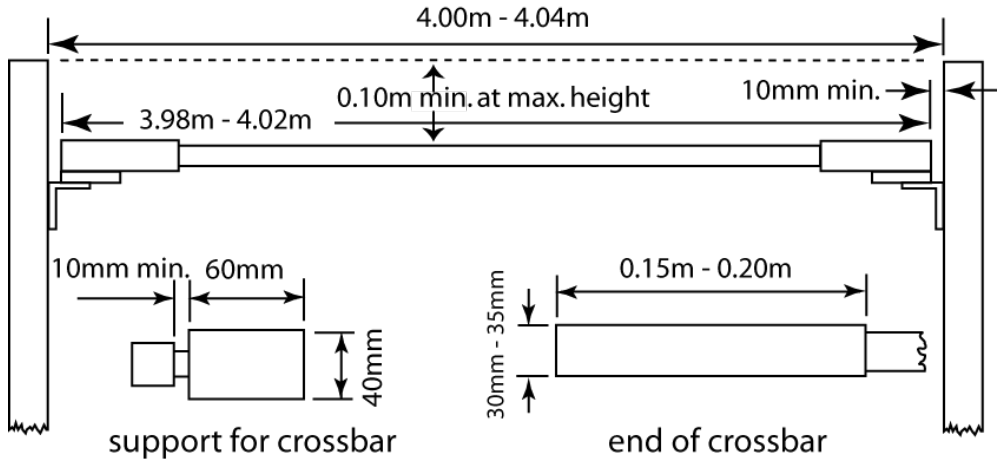


**Figure TR27 - High Jump uprights and crossbar**

27.9 There shall be a space of at least 10mm between the ends of the crossbar and the uprights.

*Landing Area*

27.10 For competitions under paragraphs 1. (a), (b), (c), (d) and 2. (a), (b) of the World Rankings Competition definition, the landing area shall be not smaller than 6m long × 4m wide × 0.7m high.

*Note: Landing areas may have a cut-out in the front corners to provide clearance from the uprights. The uprights and the landing area should be designed so that there is a clearance of at least 0.1m between them when in use, to avoid displacement of the crossbar through a movement of the landing area causing contact with the uprights. The front of the landing area should be positioned about 0.1m from the vertical plane of the crossbar.*

For other competitions, the landing area should measure not less than 5m long × 3m wide × 0.7m high.

Team of Officials

For a High Jump event, it is recommended to allocate the available officials as follows:

a. The Chief Judge will watch over the whole of the event and verify the measurements. They must be provided with two flags - white to indicate if the trial is valid and red if it is a failure. They must place themselves so as to manage two matters in particular:

   i. Frequently it happens that the crossbar having been touched by an athlete trembles on the supports. The Chief Judge, depending on the position of the crossbar, must decide when the vibrating of the bar must be stopped and the appropriate flag raised – particularly in the special situations as covered in Rule 26.10 of the Technical Rules; and

   ii. Since the athlete may not touch the crossbar, the vertical section of the uprights or ground beyond the vertical plane of the nearer edge of the crossbar, it is important to keep a watch on the position of the athlete's feet in situations where, when deciding not to complete a trial, they run to the side or go "under" the bar.

b. Two Judges, one on either side of the landing area and slightly standing back in charge of replacing the crossbar when it falls, and assisting the Chief Judge in applying the above Rules.

c. Judge - a recorder scoring the results sheet and calling each athlete (and the one who is to follow).

d. Judge in charge of the scoreboard (trial-number-result).

e. Judge in charge of the clock indicating to the athletes that they have a certain time to take their trial.

f. Judge in charge of athletes.

*Note (i): This is the traditional setting-up of the officials. In major competitions, where a data system and electronic scoreboards are available, specialised personnel are certainly required. To be clear in these cases, the progress and scoring of a Field Event is followed by both the recorder and by the data system.*

*Note (ii): Officials and equipment must be placed in such a way as not to obstruct the athlete's way nor impede the view of the spectators.*

*Note (iii): A space must be reserved for a wind-sock to indicate the wind direction and strength.*

## 28. Pole Vault

*Competition*

28.1 Athletes may have the crossbar moved only in the direction of the landing area so that the edge of the crossbar nearest the athlete can be positioned at any point from that directly above the back end of the box to a point 80cm in the direction of the landing area.

An athlete shall, before the competition starts, inform the appropriate official of the position of the crossbar they require for their first trial and this position shall be recorded.

If subsequently an athlete wants to make any changes, they should immediately inform the appropriate official before the crossbar has been set in accordance with their initial wishes.

Once the time for the trial has started, no further change in the position of the crossbar is allowed.

*Note: A line, 10mm wide and of distinguishable colour, shall be drawn at right angles to the axis of the runway, in line with the back end of the box ("zero" line). A similar line, up to 50mm wide, shall appear on the surface of the landing area and be prolonged as far as the outside edge of the uprights. The edge of the line nearer to the approaching athlete coincides with the back end of the box.*

In the case of consecutive trials, the judges should check with the athlete if they wish to change the position of the crossbar before the time for their next trial begins.

28.2 An athlete fails if:

28.2.1 after the vault, the bar does not remain on both pegs because of the action of an athlete whilst vaulting; or

28.2.2 any part of their body, or the pole, touches the ground, including the landing area, beyond the vertical plane through the back end of the box, without the athlete first clearing the bar; or

28.2.3 after leaving the ground, they place their lower hand above the upper one or move the upper hand higher on the pole; or

28.2.4 during the vault, they steady or replace the bar with their hand(s).

*Note (i): It is not a failure if an athlete runs outside the white lines marking the runway at any point.*

*Note (ii): It is not a failure if the pole touches the landing area, in the course of a trial, after properly being planted in the box.*

The following should be noted in applying and interpreting Rule 28.2 of the Technical Rules:

a. the bar must be dislodged because of the action of the athlete "whilst vaulting". So, if the athlete after correctly retrieving their pole (so as not to infringe Rule 28.4 of the Technical Rules) were then to hit the crossbar or the uprights with the pole so that it was dislodged, this would not amount to a failure since it was not because of the action of the athlete whilst vaulting, unless the crossbar was still moving and, as a result, the Judge had not yet raised the white flag;

b. to take into account the effect of Note (ii) as there will be many occasions when the pole on bending will touch the landing area beyond the zero line;

c. to be aware of the possibility that the athlete can actually take off in such a way that their body or the bend of the pole will break the vertical plane through the zero line but then they return to the runway without attempting to clear the bar. Provided that they have time left for their trial and they did not touch the ground beyond the zero line, they may continue with the trial. This also applies in cases where the athlete during the time for their trial is, for any reason, placing the pole in the box or otherwise through the vertical plane of the zero line and the pole does not touch the ground beyond the zero line;

d. Judges must take particular care to detect whether any action prohibited under Rule 28.2.4 of the Technical Rules has occurred. Not only does it mean that the relevant Judge must keep an eye on the vaulter throughout the vault, but they must determine that such action was not merely incidental touching as the athlete cleared the bar. In general for Rule 28.2.4 of the Technical Rules to be applied there should be some direct action on behalf of the athlete to steady or replace the bar.

e. there is a common practice where athletes return to the box after a trial (whether it is a clearance or failure) and place the pole in the box to check their take-off position. Provided this occurs after the trial is completed in accordance with Rule 25.8 of the Technical Rules and before the time for the next athlete's trial begins and does not otherwise delay the conduct of the competition, it is allowed.

28.3 Athletes may, during the competition, place a substance on their hands or on the pole, in order to obtain a better grip. The use of gloves is permitted.

Whilst there is no prohibition on wearing gloves or the use of permitted substances on gloves this practice should be monitored by Referees in case the practice causes concern and gives rise to possible issue of unfair assistance.

28.4 After the release of the pole, no one including the athlete shall be allowed to touch the pole unless it is falling away from the bar or uprights. If it is touched, however, and the Referee is of the opinion that, but for the intervention, the bar would have been knocked off, the vault shall be recorded as a failure.

This is one of the few rules where behaviour by an official can result in a failure being called. It is important therefore that the upright Judges are diligent in ensuring that they do not touch or catch a pole unless it is clearly falling away from the crossbar and/or uprights.

28.5 If, in making a trial, an athlete's pole is broken, it shall not be counted as a failure and they shall be awarded a replacement trial.

***Runway***

28.6 The minimum length of the runway, measured from the "zero" line, shall be 40m and where conditions permit, 45m. It shall have a width of 1.22m ± 0.01m and shall be marked by white lines 50mm in width.

*Note: For all tracks constructed before 1 January 2004 the runway may have a width of maximum 1.25m. However, when such a runway is fully resurfaced, the lane width shall comply with this Rule.*

28.7 The maximum lateral inclination of the runway should be 1:100 (1%) unless special circumstances exist which justify World Athletics providing an exemption and, in the last 40m of the runway, the overall downward inclination in the direction of running shall not exceed 1:1000 (0.1%).

### *Apparatus*

28.8 The take-off for the Pole Vault shall be from a box. It shall be constructed of suitable material, with rounded or soft upper edges and shall be sunk level with the runway, with or without the synthetic surface carried over the upper edges. Any synthetic covering must be within the allowed tolerances for the height of the box. It shall be 1.00m in length, measured along the inside of the bottom of the box, 0.60m in width at the front end and tapering to 0.15m in width at the bottom of the stop board. The length of the box at runway level and the depth of the stop board are determined by the angle of 105° formed between the base and the stop board. (Tolerances on dimensions and angles: ± 0.01m and – 0°/ + 1°)

The base of the box shall slope from runway level at the front end to a vertical distance below ground level of 0.20m at the point where it meets the stop board. The box should be constructed in such a manner that the sides slope outwards and end next to the stop board at an angle of approximately 120° to the base.

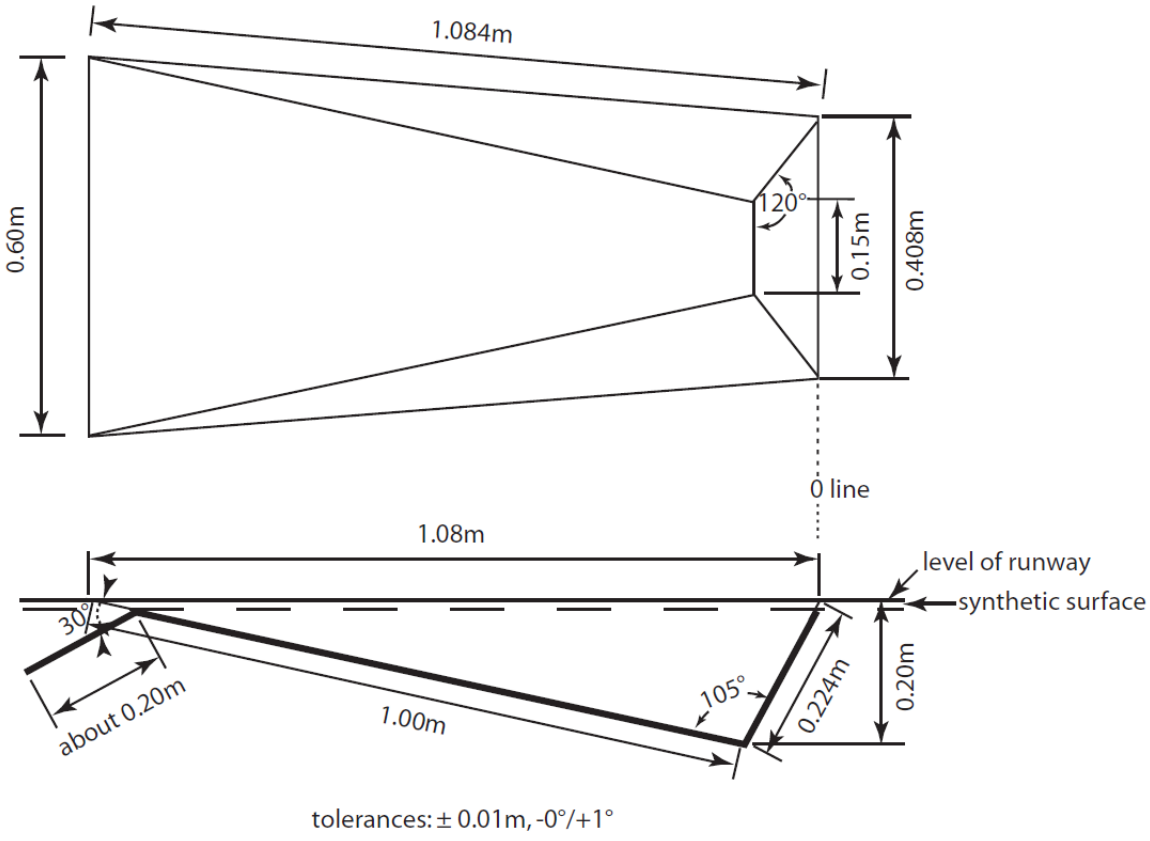


**Figure (a) TR28 - Pole Vault box** (top and side view)

*Note: An athlete may place padding around the box for additional protection during any of their trials. The placement of such equipment shall be done within the time allowed for the athlete's trial and shall be removed by the athlete immediately after their trial is completed. At competitions under paragraphs 1. (a), (b), (c), (d) and 2. (a), (b) of the World Rankings Competition definition this shall be provided by the organisers.*

28.9 Any style of uprights or posts may be used, provided they are rigid. The metallic structure of the base and the lower part of the uprights above the landing area must be covered with padding of appropriate material in order to provide protection to the athletes and the poles.

28.10 The crossbar shall rest on horizontal pegs so that if it is touched by an athlete or their pole, it will fall easily to the ground in the direction of the landing area. The pegs shall be without notches or indentations of any kind, of uniform thickness throughout and not more than 13mm in diameter.

They shall not extend more than 55mm from the supporting members, which shall be smooth. The vertical peg backings, which shall also be smooth and be constructed in a way that the crossbar cannot rest on the top of them, shall extend 35mm-40mm above the pegs.

The distance between the pegs shall be 4.28m-4.37m. The pegs shall not be of, or covered with, rubber or with any other material which has the effect of increasing the friction between them and the end pieces of the crossbar, nor may they have any kind of springs. The pegs should support the bar in the middle of the end pieces. The crossbar supports shall be at the same height above the surfaces supporting the two upright metal bases.

*Note: To lessen the chance of injury to an athlete by their falling on the feet of the uprights, the pegs supporting the crossbar may be placed upon supporting members permanently attached to the uprights, thus allowing the uprights to be placed wider apart, without increasing the length of the crossbar (see Figure (b) TR28).*

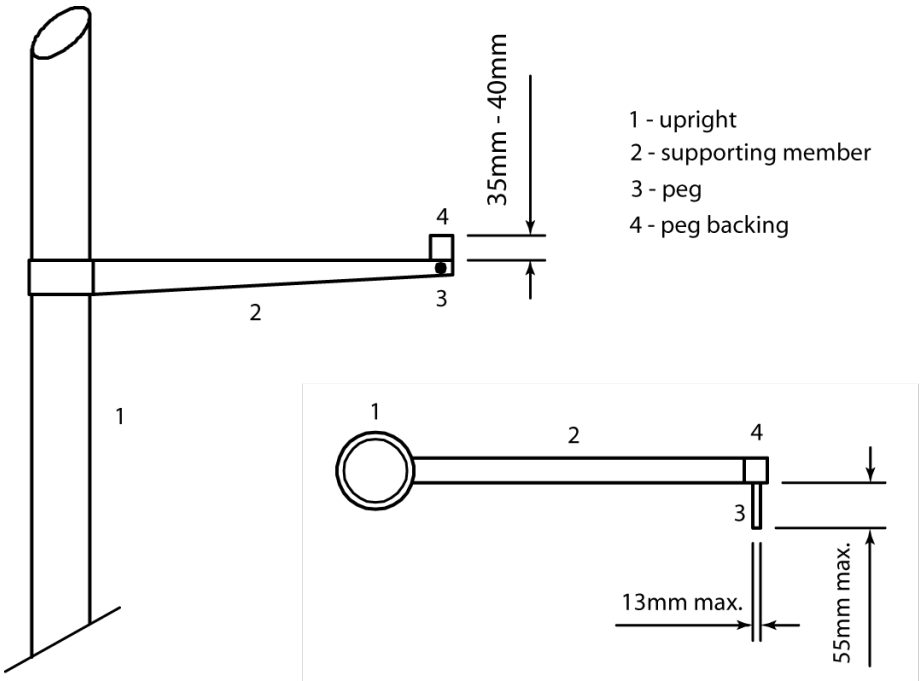


**Figure (b) TR28 - Pole Vault crossbar support** (view from landing area and top view)

*Vaulting Poles*

28.11 Athletes may use their own poles. No athlete shall use any other athlete's pole except with the

consent of the owner.

*Note: If the Judges are aware, they shall direct any athlete not complying with this Rule to correct the situation. If the athlete does not, such trial(s) shall be a failure. It shall also be judged as a failure, if a trial is completed before the non-compliance is noticed. In all cases considered serious enough, Rules 7.1 and 7.3 of the Technical Rules may also be applied.*

The pole may be of any material or combination of materials and of any length or diameter, but the basic surface must be smooth.

The pole may have layers of tape at the grip end (to protect the hand) and of tape and/or any other suitable material at the bottom end (to protect the pole). Any tape at the grip end must be uniform except for incidental overlapping and must not result in any sudden change in diameter, such as the creation of any "ring" on the pole.

Only "regular" taping in accordance with the Rule is allowed at the grip end of the pole - rings, loops and the like are not permitted. There be any restriction on how far up or down the pole such taping extends but it should be for the purpose for which it is intended - to protect the hand. There is, however, no restriction at the bottom end of the pole and, in general, any form of taping or protection is permitted there - provided it does not give the athlete any advantage.

*Landing Area*

28.12 For competitions under paragraphs 1. (a), (b), (c), (d) and 2. (a), (b) of the World Rankings Competition definition, the landing area shall be not smaller than 6m long (behind the zero line and excluding the front pieces) × 6m wide × 0.8m high. The front pieces must be at least 2m long.

The sides of the landing area nearest to the box shall be placed 0.10m to 0.15m from the box and shall slope away from the box at an angle of at least 45° and no more than 48° (see Figure (c) TR28).

For other competitions, the landing area should measure not less than 5m long (excluding the front pieces) × 5m wide × 0.8m high.

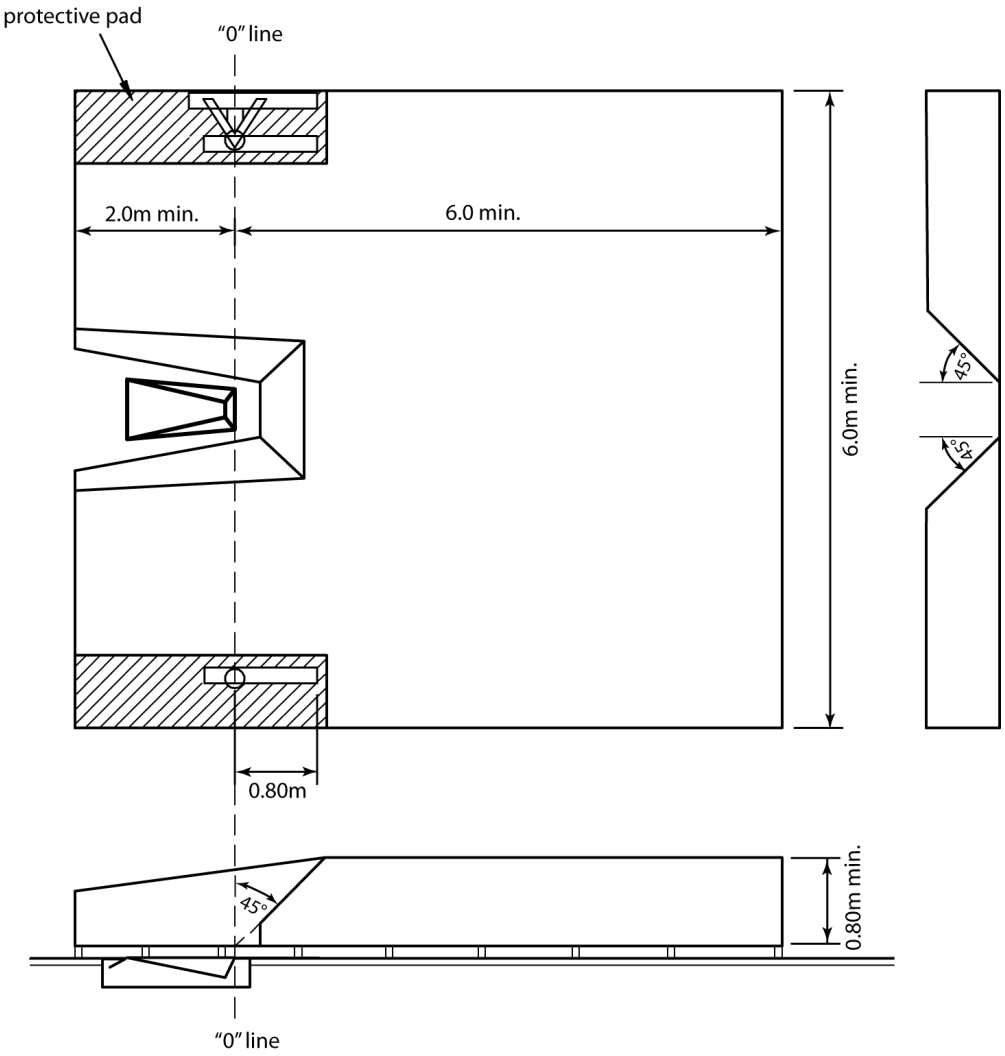


**Figure (c) TR28- Pole Vault landing area** (top and side views)

Team of Officials

For a Pole Vault event, it is recommended to allocate the available officials as follows:

a. The Chief Judge will watch over the whole of the event and verify the measurements. They must be provided with two flags - white to indicate if the trial is valid and red if it is a failure. They must place themselves so as to manage two matters in particular:

   i. Frequently it happens that the crossbar having been touched by an athlete trembles on the supports. The Chief Judge, depending on the position of the crossbar, must decide when the vibrating of the bar must be stopped and the appropriate flag raised – particularly the special situations covered in Rules 26.10 and 28.4 of the Technical Rules; and

   ii. Since before the take-off, the athlete may not touch the ground beyond the vertical plane through the back end of the box they must place themselves in such manner as to be able to determine this.

b. Two Judges, one on either side, in line with the back of the box, in charge of replacing the crossbar when it falls, and assisting the Chief Judge in applying the above Rules. They are also responsible for the correct placement of the upright as notified by the recorder according to the wishes of the athlete.

c. Judge - a recorder noting the upright positions requested by the athletes, scoring the results sheet and calling the upright position and then each athlete (and the one who is to follow).

d. Judge in charge of the scoreboard (trial-number-result).

e. Judge in charge of the clock indicating to the athletes that they have a certain time to take their trial.

f. Judge in charge of athletes.

*Note (i): This is the traditional setting-up of the officials. In major competitions, where a data system and electronic scoreboards are available, specialised personnel are certainly required. To be clear in these cases, the progress and scoring of a Field Event is followed by both the recorder and by the data system.*

*Note (ii): Officials and equipment must be placed in such a way as not to obstruct the athlete's way nor impede the view of the spectators.*

*Note (iii): A space must be reserved for a wind-sock to indicate the wind direction and strength.*

## Horizontal Jumps

### 29. General Conditions – Horizontal Jumps

*Runway*

29.1 The minimum length of the runway, measured from the relevant take-off line shall be 40m and, where conditions permit, 45m. It shall have a width of 1.22m ± 0.01m and shall be marked by white lines 50mm in width.

*Note: For all tracks constructed before 1 January 2004 the runway may have a width of maximum 1.25m. However, when such a runway is fully resurfaced, the lane width shall comply with this Rule.*

29.2 The maximum lateral inclination of the runway should be 1:100 (1%) unless special circumstances exist which justify World Athletics providing an exemption and, in the last 40m of the runway, the overall downward inclination in the direction of running shall not exceed 1:1000 (0.1%).

*Take-off Board*

29.3 The take-off shall be marked by a board sunk level with the runway and the surface of the landing area. The edge of the board which is nearer to the landing area shall be the take-off line.

29.4 The take-off board shall be rectangular, made of wood or other suitable rigid material in which the spikes of an athlete's shoe will grip and not skid and shall measure 1.22m ± 0.01m long, 0.20m ± 0.002m wide and not more than 0.10m deep. It shall be white. In order to ensure that the take-off line is clearly distinguishable and in contrast to the take-off board, the ground immediately beyond the take-off line or any blanking board shall be in a colour other than white. (See Figure (a1) TR29.)

29.5 To assist the Judges in deciding the application of Rule 30.1.1 of the Technical Rules, video technology capturing video at 120 frames per second with a minimum resolution of 4K shall be used for competitions under paragraphs 1. (a) and (b) of the World Rankings Competition definition. For other competitions, the use of such technology is strongly recommended, while alternative systems may also be used if access is limited. However, if no technology is available, a plasticine indicator board placed immediately beyond the take-off line may still be used.

The plasticine indicator board shall consist of a rigid board, 0.10m ± 0.002m wide and 1.22m ± 0.01m long made of wood or any other suitable material and shall be painted in a contrasting colour to the take-off board. Where possible, the plasticine should be of a third contrasting colour. The board shall be mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area. The surface shall rise from the level of the take-off board to a height of 7mm ± 1mm. The edges shall be cut away such that in relation to the recess, when filled with plasticine, the surface of the plasticine nearer to the take-off line shall be at an angle of 90° (see Figure (a2) TR29).

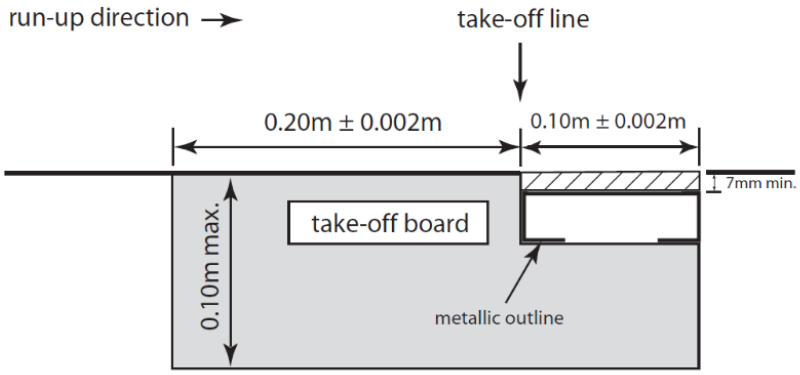


**Figure (a1) TR29 - Take-off board with blanking board**

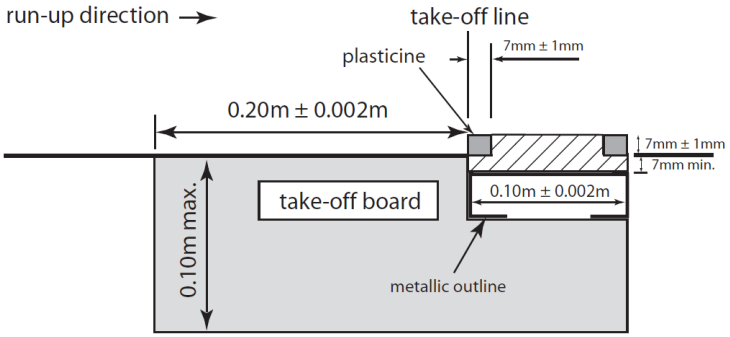


**Figure (a2) TR29 - Take-off board with plasticine indicator board**

When mounted in this recess, the whole assembly shall be sufficiently rigid to accept the full force of the athlete's foot.

The surface of the board shall be of a material in which the spikes of an athlete's shoe will grip and not skid.

The plasticine can be smoothed off by means of a roller or suitably shaped scraper for the purposes of removing the footprint of an athlete.

*Note (i): Where in the construction of the runway and/or take-off board there was previously provision for the placement of a plasticine indicator board and such board is not used, this recess should be filled by a blanking board flush with the take-off board.*

*Note (ii): The take-off board can be constructed as a single piece of board 0.30m wide with a 0.20m white section and a 0.10m in a contrasting colour, i.e. the take-off board and blanking board can be one piece.*

### *Landing Area*

29.6 The landing area shall have a minimum width of 2.75m and a maximum width of 3m. It shall, if possible, be so placed that the middle of the runway, if extended, would coincide with the middle of the landing area.

*Note: When the middle of the runway is not in line with the middle line of the landing area, a tape,*

*or if necessary, two tapes, shall be placed along the landing area so that the above is achieved (see Figure (b) TR29).*

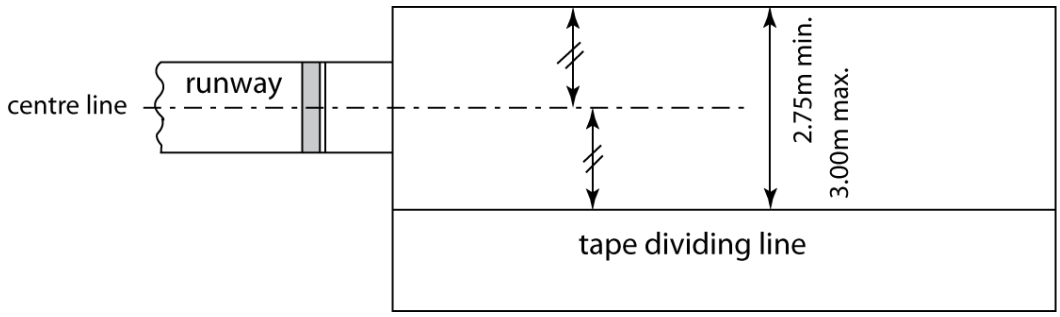


**Figure (b) TR29 - Centralised Long Jump /Triple Jump landing area**

Where new facilities are developed at which it is envisaged that visually impaired athletes will compete, at least one pit should be built with an increased width (3.50m instead of maximum 3.00m as in the Rules) as recommended by IPC.

29.7 The landing area should be filled with soft damp sand, the top surface of which shall be level with the take-off board.

***Distance Measurement***

29.8 In all horizontal jumping events, distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.

29.9 The measurement of each jump shall be made immediately after each valid trial (or after an immediate oral protest made under Rule 8.5 of the Technical Rules) from the nearest break in the landing area made by any part of the body, or anything that was attached to the body at the time it made a mark, to the take-off line, or take-off line extended. The measurement shall be taken perpendicular to the take-off line or its extension.

As long as no irregularity has been committed, each trial must be measured whatever the distance reached, including for the reasons that other trial measurements may become critical in determining countbacks or whether an athlete will proceed to subsequent rounds.

Except where Rule 8.5 of the Technical Rules is applied, under normal practice no trial during which an irregularity has been committed should be measured. Judges should carefully use their discretion in applying any alternate practice and usually only in special cases.

Unless video measuring is being used, for every valid trial a marker (usually metal) should be placed in a vertical position at the place of the imprint left by the athlete in the landing area nearest to the take-off line. The marker is passed through the loop at the end of the graduated steel tape so that the “zero” is on the mark. The tape should be pulled out horizontally taking care not to place it on any rise in the ground.

***Wind Measurement***

29.10 The wind gauge shall be the same as described in Rules 17.8 and 17.9 of the Technical Rules. It shall be operated as described in Rules 17.11 and 29.12 of the Technical Rules and read as per Rule 17.13 of the Technical Rules.

29.11 The relevant Field Events Referee shall ensure that the wind gauge is placed 20m from the take-off line. The measuring plane shall be positioned 1.22m ± 0.05m high and not more than 2m away

from the runway.

29.12 The wind velocity shall be measured for a period of 5 seconds from the time an athlete passes a mark placed alongside the runway, for the Long Jump 40m from the take-off line and for the Triple Jump 35m. If an athlete runs less than 40m or 35m, as appropriate, the wind velocity shall be measured from the time they commence their run.

## 30. Long Jump

*Competition*

30.1 An athlete fails if:

30.1.1 they while taking off (at any time prior to the instant at which they cease contact with the take-off board or ground), break the vertical plane of the take-off line with any front part of their take-off foot / shoe, whether running up without jumping or in the act of jumping; or

*Note: It will not be considered a failure, if the break of the vertical plane is made by a loose part of the shoe (e.g. shoelace).*

30.1.2 they take off from outside either end of the board, whether beyond or before the extension of the take-off line; or

30.1.3 they employ any form of somersaulting whilst running up or in the act of jumping; or

30.1.4 after taking off, but before their first contact with the landing area, they touch the runway or the ground outside the runway or outside the landing area; or

30.1.5 in the course of landing (including any overbalancing), they touch the border of, or the ground outside, the landing area closer to the take-off line than the nearest break made in the sand; or

30.1.6 they leave the landing area in any manner other than that described in Rule 30.2 of the Technical Rules.

Since the intent of Rule 30.1.1 focuses on the position of the front of the take-off shoe / foot, it is not relevant if the vertical plane should be broken in other ways, for example by their hands or arms or a cap or piece of jewellery falling from the athlete's body during the take-off. Similarly, a loose shoelace or the like is not relevant to the adjudication even if it breaks the plane.

30.2 When leaving the landing area, an athlete's first contact by foot with its border or the ground outside shall be further from the take-off line than the nearest break in the sand (which may be any mark made on overbalancing completely inside the landing area or when walking back, closer to the take-off line than the initial break on landing).

*Note: This first contact is considered leaving.*

30.3 An athlete shall not be regarded to have failed if:

30.3.1 they run outside the white lines marking the runway at any point; or

30.3.2 except as described in Rule 30.1.2 of the Technical Rules, they take off before reaching the board; or

30.3.3 under Rule 30.1.2 of the Technical Rules a part of their shoe / foot is touching the ground outside either end of the take-off board, before the take-off line; or

30.3.4 if in the course of landing, they touch, with any part of their body, or anything attached to it at that moment, the border of, or the ground outside the landing area, unless such contact contravenes Rule 30.1.4 or 30.1.5 of the Technical Rules; or

30.3.5 they walk back through the landing area after having left the landing area in the manner described in Rule 30.2 of the Technical Rules.

*Take-off Line*

30.4 The distance between the take-off line and the far end of the landing area shall be at least 10m and, where possible, 11m.

30.5 The take-off line shall be placed between 1m and 3m from the nearer end of the landing area.

Team of Officials

For a Long Jump or Triple Jump event, it is recommended to allocate the available officials as follows:

a. The Chief Judge will watch over the whole of the event.

b. Judge checking whether the take-off has been made correctly and measuring the trial. They must be provided with two flags - white to indicate if the trial is valid and red if it is a failure. When the jump has been measured, it is advised that the Judge stands in front of the take-off board, holding the red flag, while the landing area is levelled and, if relevant, the plasticine board is replaced. A cone may be used instead or in addition. (In some competitions this position is assumed by the Chief Judge of the event.)

c. Judge at the landing point determining the position of the nearest break in the landing area to the take-off line, to insert the spike/prism and then, if a tape is being used, hold the tape on the 0. When video measuring is being used, no judge will normally be required on site for this purpose. When an optic system of measuring is being used on site, two judges are needed at the landing point, one to plant the marker in the sand, the other one to read the result on the optic apparatus.

d. Judge - a recorder scoring the results sheet and calling each athlete (and the one who is to follow).

e. Judge in charge of the scoreboard (trial-number-result).

f. Judge in charge of the wind gauge positioned at a point 20 metres from the take-off line.

g. One or more Judges or assistants in charge of levelling the landing area after each trial.

h. Judge or an assistant in charge of replacing the plasticine.

i. Judge in charge of the clock indicating to the athletes that they have a certain time to take their trial.

j. Judge in charge of athletes.

*Note (i): This is the traditional setting-up of the officials. In major competitions, where a data system and electronic scoreboards are available, specialised personnel are certainly required. To be clear in these cases, the progress and scoring of a Field Event is followed by both the recorder and by the data system.*

*Note (ii): Officials and equipment must be placed in such a way as not to obstruct the athlete's way nor impede the view of the spectators.*

*Note (iii): A space must be reserved for a wind-sock to indicate the wind direction and strength.*

## 31. Triple Jump

Rules 29 and 30 of the Technical Rules apply to Triple Jump with the following variations:

### *Competition*

31.1 The Triple Jump shall consist of a hop, a step and a jump in that order.

31.2 The hop shall be made so that an athlete lands first on the same foot as that from which they have taken off; in the step they shall land on the other foot, from which, subsequently, the jump is performed.

It shall not be considered a failure if, during a trial, an athlete, touches the ground with the "sleeping" leg.

*Note: Rule 30.1.4 of the Technical Rules does not apply to the normal landings from the hop and step phases*

It should be noted that it is not a failure (for that reason alone) if the athlete:

a. touches the white lines or the ground outside between the take-off line and the landing area; or

b. lands in the pit in the step phase through no fault of their own (i.e. if the Judge incorrectly indicated the take-off board) - in which such case the Referee would normally offer the athlete a replacement trial.

It is, however, a failure if the landing of the jump is not within the landing area.

### *Take-off Line / Take-off Area*

31.3 The distance between the take-off line for men and the far end of the landing area shall be at least 21m.

31.4 Where necessary for the level of the competition, there should be a separate take-off board for men and women. The take-off line shall not be less than 13m for men and 11m for women from the nearer end of the landing area. For any other competition, this distance shall be appropriate for the level of competition.

31.5 Between the take-off board and the landing area there shall, for the step and jump phases, be a take-off area of 1.22m ± 0.01m wide providing firm and uniform footing.

*Note: For all tracks constructed before 1 January 2004, this take-off area may have a width of maximum 1.25m. However, when such a runway is fully resurfaced, the lane width shall comply with this Rule.*

## Throwing Events

### 32. General Conditions – Throwing Events

*Official Implements*

32.1 In all World Rankings Competitions, the implements used shall comply with current World Athletics specifications. Only World Athletics certified implements may be used. The following table shows the implement to be used by each age group:

| Implement | Women U18 | Women U20/Senior | Men U18 | Men U20 | Men Senior |
|---|---|---|---|---|---|
| Shot | 3.000kg | 4.000kg | 5.000kg | 6.000kg | 7.260kg |
| Discus | 1.000kg | 1.000kg | 1.500kg | 1.750kg | 2.000kg |
| Hammer | 3.000kg | 4.000kg | 5.000kg | 6.000kg | 7.260kg |
| Javelin | 500g | 600g | 700g | 800g | 800g |

*Note (i): The current standard forms required to be used for the certification and renewal application as well as the Certification System Procedures are available from the World Athletics Office, or may be downloaded from the World Athletics website.*

*Note (ii): Recommended weights and specifications for other implements commonly used in underage, para or master competition will be listed on the World Athletics website.*

32.2 Except as provided below, all such implements shall be provided by the Organisers. The Technical Delegate(s) may, based on the applicable regulations of each competition, allow athletes to use their own personal implements or those provided by a supplier, provided that such implements are World Athletics certified, checked and marked as approved by the Organisers before the competition and made available to all athletes. Unless the Technical Delegate decides otherwise, not more than two implements may be submitted by any athlete for any throwing event in which they are competing.

*Note: "World Athletics certified" implements may include older models that previously held a certificate but are not in production any longer.*

It is becoming increasingly common for Organisers to provide a lesser range of implements than in the past (largely due to the cost of purchases). This increases the responsibility of Technical Managers and their assistants to closely check all personal implements presented for competitions - to ensure that they comply with the Rules as well as being on the World Athletics list of certified products. Implements which do not currently have but have previously had a World Athletics certificate may be accepted for competition if they comply with the Rules.

32.3 No modification shall be made to any implements during the competition.

*Assistance*

32.4 The following shall be considered assistance and are therefore not allowed:

32.4.1 The taping of two or more fingers together. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts.

32.4.2 The use of any device of any kind, including weights attached to the body, which in any way provides assistance when making a trial.

32.4.3 The use of gloves except in the Hammer Throw. In this case, the gloves shall be smooth on the back and on the front and the tips of the glove fingers, other than the thumb, shall be open.

32.4.4 The spraying or spreading by an athlete of any substance in the circle or on their shoes nor the roughening of the surface of the circle.

*Note: The placement by an athlete of tape to the outside of a throwing shoe is acceptable, see also the Athletic Shoe Regulations. Any such application should be shown to the Chief Judge before the athlete's first (or next) trial.*

32.4.5 The spitting or application by other means of human body fluids on any implement.

32.4.6 The placement by an athlete, in the Javelin Throw, on the implement, of chalk or a similar substance.

*Note: If the Judges are aware, they shall direct any athlete not complying with this Rule to correct the situation. If the athlete does not, such trial(s) shall be a failure. It shall also be judged as a failure, if a trial is completed before the non-compliance is noticed. In all cases considered serious enough, Rules 7.1 and 7.3 of the Technical Rules may also be applied.*

32.5 The following shall not be considered assistance and are therefore allowed:

32.5.1 The use by an athlete, in order to obtain a better grip, of a suitable substance on their hands only or in the case of a hammer thrower on their gloves. A shot putter may use such substances on their neck.

32.5.2 The placement by an athlete, in the Shot Put and Discus Throw, on the implement, of chalk or a similar substance.

All substances used on the hands, gloves and on the implements shall be easily removable from the implement using a wet cloth and shall not leave any residue. If this is not followed, the Note to Rule 32.4 of the Technical Rules shall be applied.

32.5.3 The use of taping on the hands and fingers that is not in contravention of Rule 32.4.1 of the Technical Rules.

### *Throwing Circle*

32.6 The rim of the circle shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. It shall be at least 6mm thick. The inside and top of the rim shall be white. The ground surrounding the circle may be concrete, synthetic, asphalt, wood or any other suitable material.

The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material. The surface of this interior generally shall be level and 20mm ± 6mm lower than the upper edge of the rim of the circle.

In the Shot Put, a portable circle meeting these specifications is permissible.

32.7 The inside diameter of the circle shall be 2.135m ± 0.005m in the Shot Put and the Hammer Throw

and 2.50m ± 0.005m in the Discus Throw.

The hammer may be thrown from the discus circle provided the diameter of this circle is reduced from 2.50m to 2.135m by placing a circular ring inside.

*Note: The circular ring should preferably be coloured other than white so that the white lines required by Rule 32.8 of the Technical Rules be clearly visible.*

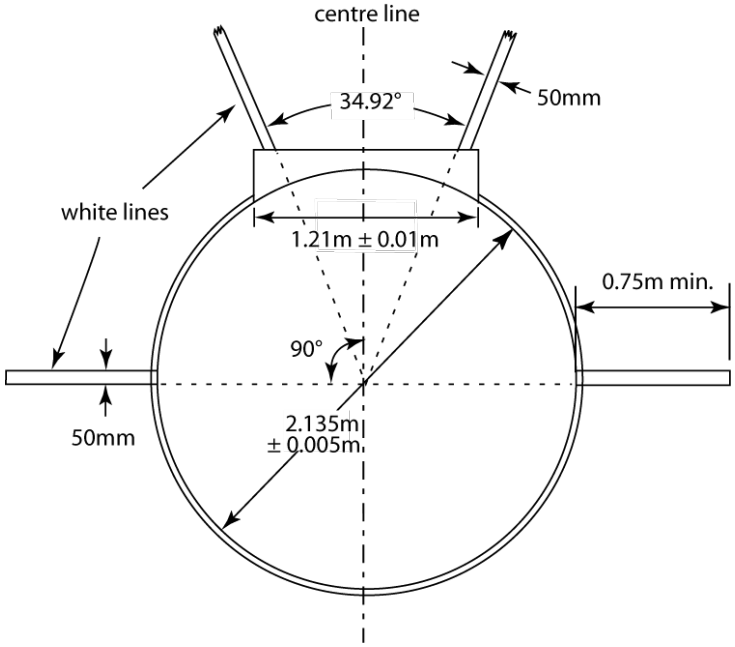


**Figure (a) TR32 - Layout of Shot Put circle**

32.8 A white line 50mm wide shall be drawn from the top of the rim extending for at least 0.75m on either side of the circle. The white line may be painted or made of wood or other suitable material. The rear edge of the white line shall form a prolongation of a theoretical line through the centre of the circle at right angles to the centre line of the landing sector.

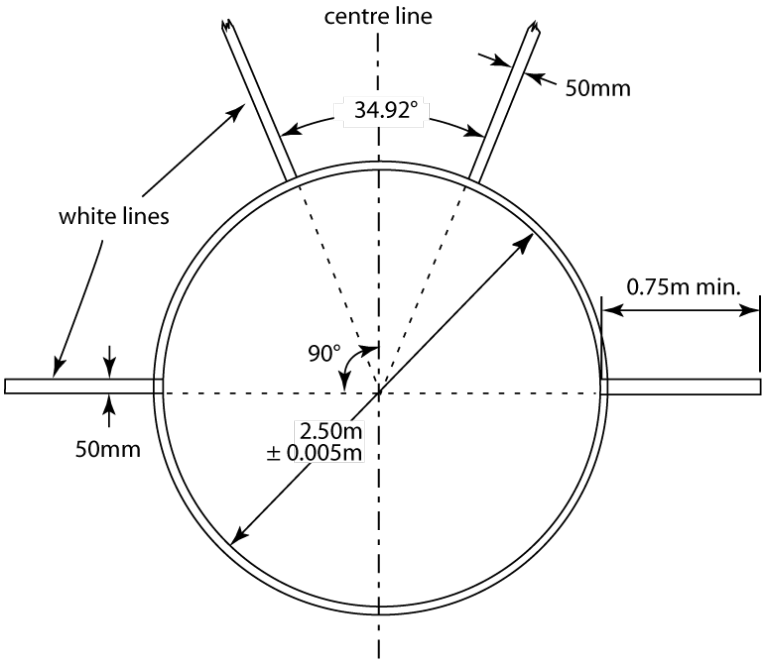

Figure (b) TR32 - Layout of Discus Throw circle

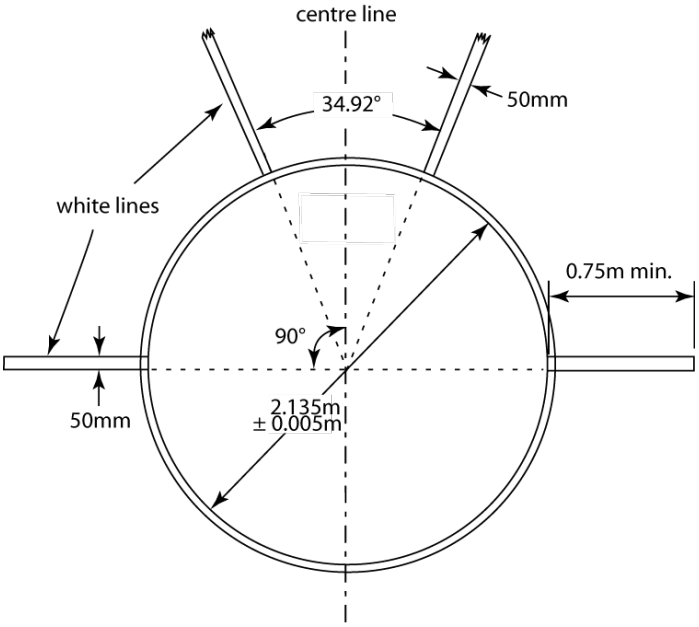


Figure (c) TR32 - Layout of Hammer Throw circle

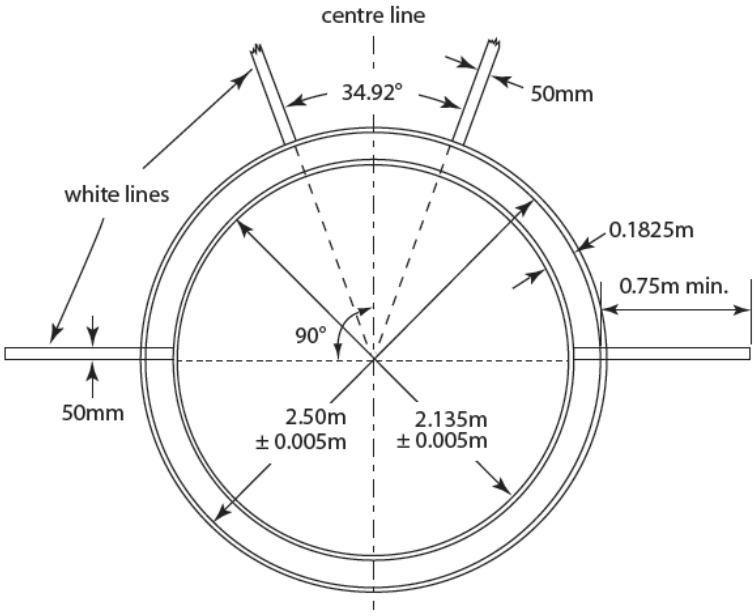


Figure (d) TR32 - Layout of concentric circles for Discus and Hammer Throw circle

*Javelin Throw Runway*

32.9 The minimum length of the runway shall be 30m except in competitions held under paragraphs 1. (a), (b), (c), (d) and 2. (a), (b) of the World Rankings Competition definition, where the minimum shall be 33.50m. Where conditions permit, the minimum length should be 36.50m.

It shall be marked by two parallel white lines 50mm wide and 4m apart. The throw shall be made from behind an arc of a circle drawn with a radius of 8m. The arc shall consist of an at least 70mm wide strip painted or made of wood or a suitable non-corrodible material like plastic. It shall be

white and be flush with the ground. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be white, at least 0.75m long and at least 70mm wide. The maximum lateral inclination of the runway should be 1:100 (1%) unless special circumstances exist which justify World Athletics providing an exemption and, in the last 20m of the runway, the overall downward inclination in the direction of running shall not exceed 1:1000 (0.1%).

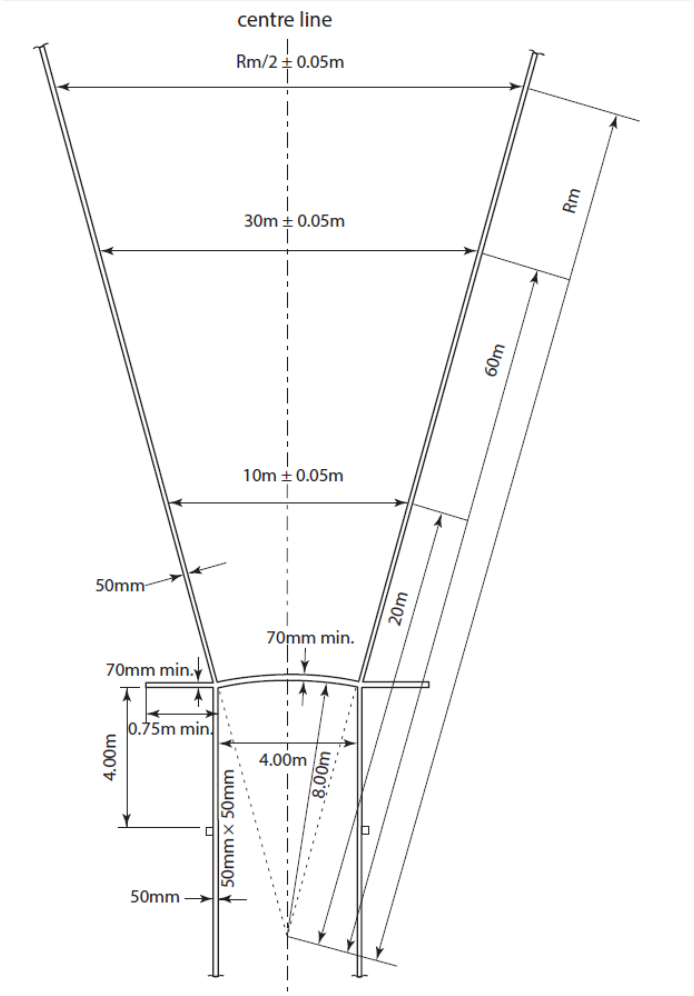


**Figure (e) TR32 - Javelin Throw runway and landing sector** (not to scale)

### *Landing Sector*

32.10 The landing sector shall consist of cinders or grass or other suitable material on which the implement makes an imprint.

32.11 The maximum overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000 (0.1%) when measured from the level of the centre of the circle or the level of the centre of the throwing arc.

32.12 Landing Sector markings:

32.12.1 Except for the Javelin Throw, the landing sector shall be marked with white lines 50mm wide at an angle of 34.92° such that the inner edge of lines, if extended, would pass through the centre of the circle.

*Note: The 34.92° sector may be laid out accurately by making the distance between the two points on the sector lines 20m from the centre of the circle 12m ± 0.05m (20 × 0.60m) apart. Thus, for every 1m from the centre of the circle, the distance across shall be increased by 0.60m.*

32.12.2 In the Javelin Throw, the landing sector shall be marked with white lines 50mm wide such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc and the parallel lines marking the runway, and intersect at the centre of the circle of which the arc is part (see Figure (e) TR32). The sector angle is thus 28.96°.

The landing sector shall be of an even surface soft enough to ensure that the place of the initial fall of the implement can be clearly established by the Judges. The landing surface should not allow the implement bounce backwards thus creating a risk that the measuring point is obliterated.

***Trials***

32.13 In the Shot Put, Discus Throw and Hammer Throw, implements shall be thrown from a circle, and in the Javelin Throw, from a runway. In the case of trials made from a circle, an athlete shall commence their trial from a stationary position inside the circle. An athlete is allowed to touch the inside of the rim. In the Shot Put, they are also allowed to touch the inside of the stop board described in Rule 33.2 of the Technical Rules.

There is no restriction on how, or from which direction, an athlete may enter the circle nor in the case of the shot put is there any restriction on making contact with the stop board during this process. The relevant requirement is that once inside, they must adopt a stationary position before commencing their trial.

A stationary position means that an athlete having entered the circle to make their trial and before doing so adopts a stance in which both feet are simultaneously in firm contact with the ground inside the circle and with no contact with the top of the rim or the ground outside. Such contact to be sufficiently long in time to be visible to the judges. There is no requirement for the arms or hands or other parts of the athlete's body to be stationary.

32.14 It shall be a failure if an athlete in the course of a trial:

32.14.1 releases the shot or the javelin other than as permitted under Rules 33.1 and 38.1 of the Technical Rules;

32.14.2 after they have stepped into the circle and begun to make a throw, touches with any part of their body the top (or the top inside edge) of the rim or the ground outside the circle;

*Note: It will not be considered a failure if the touch occurs during any first rotation at a point completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.*

32.14.3 in the Shot Put, touches with any part of their body any part of the stop board other than its inner side (excluding its top edge which is considered to be part of the top);

32.14.4 in the Javelin Throw, touches with any part of their body the lines which mark the runway or the ground outside.

*Note (i): It will not be considered a failure at any time, if the touch, including of the top of the stop board, or, in the case of Javelin Throw, the throwing arc or lines marking the runway, is made by a loose part of the shoe (e.g. shoelace) or clothing, or if the touch is made by any other item (e.g.*

*cap) which was attached to the body at the time of the start of throw and became detached during or after the throw.*

*Note (ii): It shall be considered a failure if the discus or the head of the hammer strikes the far side of the cage (left side for a right-handed thrower when facing the landing sector or the right side for a left-handed thrower when facing the landing sector) after the release of the implement.*

*Note (iii): It will not be considered a failure if the discus or any part of the hammer strikes the near side of the cage (right side for a right-handed thrower when facing the landing sector or the left side for a left-handed thrower when facing the landing sector) after the release of the implement, then lands within the landing sector outside the limits of the cage, provided that no other Rule is infringed, including Rule 32.10 of the Technical Rules.*

It is clarified that the top inside edges of the rim of the circle and of the stop board are considered to be part of the top of the rim and stop board, respectively. This means that should an athlete make contact with the top inside edge of either the rim or the stop board then they will be considered thereby to have made a failure.

The addition of the Note to Rule 32.14.2 of the Technical Rules about the first rotation applies to rotational techniques used by athletes in Shot Put, Discus Throw or Hammer Throw. It should be interpreted that any "incidental" touch of the top of the rim or the ground outside in respect of the back half of the circle during the first rotation should not, of itself, be regarded as a failure.

The addition of Note (i) to Rule 32.14 of the Technical Rules confirms that the intent of Rules 32.14.2 to 32.14.4 is to respect the purpose of the circle's or runway's limits so that the athlete complies by remaining in the circle or runway until they exit correctly. It is, unless they overbalance, only the position of their feet / shoes which is critical. It is not relevant, if the top of the rim or, in the case of Javelin Throw, the throwing arc or lines marking the runway, the ground outside or the top of the stop board is touched by a loose shoelace or the like or for example a cap or piece of jewellery falling from the athlete's body during the trial.

The limits of the cage shall be defined as the boundary formed by the cage and the gates, when in position, completed by an imaginary straight line drawn between the ends of the cage/gates closest to the landing sector.

32.15 Provided that, in the course of a trial, the Rules relative to each throwing event have not been infringed, an athlete may interrupt a trial once started, may lay the implement down inside or outside the circle or runway and may leave the circle or runway.

*Note: All the moves permitted by this Rule shall be included in the maximum time for a trial given in Rule 25.17 of the Technical Rules.*

In these circumstances, there is no restriction on how, or from which direction, an athlete may leave the circle or runway if they choose to do. The relevant requirement is that no other Rule is or has already been infringed.

32.16 It shall be a failure if the shot, the discus, the hammer head or the head of the javelin in contacting the ground when it first lands touches the sector line or the ground outside the sector line. Moreover, it shall be a failure if the shot, the discus, the hammer head or any part of the javelin after the release but before contacting the ground touches any object (other than the cage as provided in Note (iii) to Rule 32.14 of the Technical Rules) outside the sector line.

It should be noted that for the purposes of this Rule, the position of the hammer wire or handle is not relevant. For example, the wire could land or be laying on or outside the sector line and it would not matter,

provided that the head had landed correctly. The same applies in respective of determining the point from which the measurement is taken under Rule 32.20.1 of the Technical Rules.

32.17 It shall be a failure

32.17.1 if the athlete leaves the circle or runway before the implement has touched the ground, or

32.17.2 for throws made from a circle, if when leaving the circle, the athlete's first contact with the top of the rim or the ground outside the circle is not completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle;

*Note: The first contact with the top of the rim or the ground outside the circle is considered leaving.*

32.17.3 in the case of the Javelin Throw, if, when leaving the runway, the athlete's first contact with the parallel lines or the ground outside the runway is not completely behind the white line of the arc or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly, upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, four metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, they shall be considered to have left the runway correctly.

The second and third sentences in Rule 32.17.3 of the Technical Rules are designed to speed up the judging process and not to create an additional method of calling a failure on the athlete. The purpose of the "4m marks" is solely to enable the Judges to raise the white flag and begin measuring the trial once the athlete retreats behind this point (in the same way as they would do if they had otherwise correctly left the runway). The only requirement is that there is no other reason for calling a failure and that the implement has touched the ground before the white flag is raised. Necessarily, if the athlete for whatever reason never progresses past the "4m marks" when making their throw then the flag can be raised once the implement has landed.

32.18 After each throw, implements shall be carried back to the area next to the circle or runway and never thrown back.

*Distance Measurement*

32.19 In all throwing events, distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.

32.20 The measurement of each throw shall be made immediately after each valid trial (or after an immediate oral protest made under Rule 8.5 of the Technical Rules) from the nearest mark made in contacting the ground when it first lands by:

32.20.1 the shot, discus and hammer head, to the inside of the circumference of the circle along a line to the centre of the circle; or

32.20.2 the head of the javelin to the inside edge of the arc, along a line to the centre of the circle of which the arc is part.

As long as no irregularity has been committed, each trial must be measured whatever the distance reached, including for the reasons that other trial measurements may become critical in determining countbacks or whether an athlete will proceed to subsequent rounds.

Except where Rule 8.5 of the Technical Rules is applied, under normal practice no trial during which an irregularity has been committed should be measured. Judges should carefully use their discretion in applying any alternate practice and usually only in special cases.

Unless video measuring is being used, for every valid trial a marker (usually metal) should be placed in a vertical position at the place of the imprint left by the implement in the landing area nearest to the circle/arc. The marker is passed through the loop at the end of the graduated steel tape so that the "zero" is on the mark. The tape should be pulled out horizontally taking care not to place it on any rise in the ground.

## 33. Shot Put

### *Competition*

33.1 The shot shall be put from the shoulder with one hand only. At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.

*Note: Cartwheeling techniques are not permitted.*

### *Stop Board*

33.2 The stop board shall be white and made of wood or other suitable material in the shape of an arc so that the inner surface aligns with the inner edge of the rim of the circle and is perpendicular to the surface of the circle. It shall be placed so that its centre coincides with the centre line of the landing sector (see Figure (a) TR32), and shall be firmly fixed to the ground or to the concrete surrounding the circle.

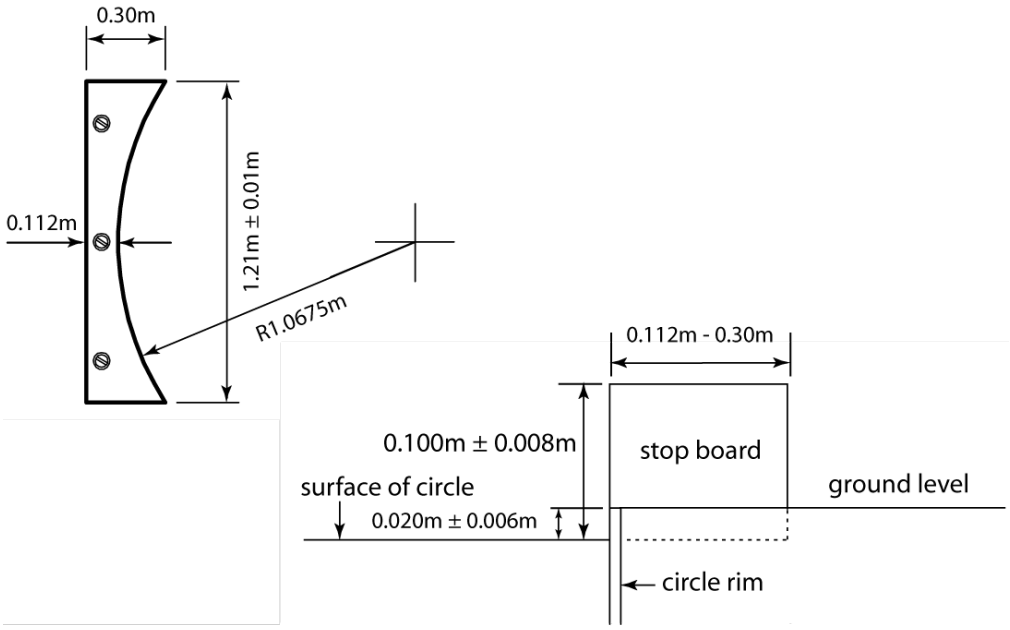


**Figure TR33 - Shot Put stop board** (top and side view)

*Note: Stop boards to the 1983/84 specifications remain acceptable.*

33.3 The stop board shall measure 0.112m to 0.30m wide, with a chord of 1.21m ± 0.01m for an arc of the same radius as the circle and 0.10m ± 0.008m high in relation to the level of the inside of the

circle adjacent to the stop board.

***Shot***

33.4 The shot shall be of solid iron, brass or any metal not softer than brass, or a shell of such metal filled with lead or other solid material. It shall be spherical in shape and its surface finish shall be smooth. If a filling is used, this shall be inserted in such manner that it is immovable and complies with the requirement for the centre of gravity as defined in Rule 36.5 of the Technical Rules.

Information for manufacturers: to be smooth, the surface average height must be less than or equal to 1.6µm, i.e., a roughness number N7 or less.

33.5 The shot shall conform to the following specifications:

| Minimum weight and diameter limits for admission to competition and acceptance of a Record: | | | | | |
|---|---|---|---|---|---|
| Diameter | 3.000kg | 4.000kg | 5.000kg | 6.000kg | 7.260kg |
| Minimum | 85mm | 95mm | 100mm | 105mm | 110mm |
| Maximum | 110mm | 110mm | 120mm | 125mm | 130mm |

Team of Officials

For a Shot Put event, it is recommended to allocate the available officials as follows:

a. The Chief Judge will watch over the whole of the event.

b. Two Judges checking whether the put has been made correctly and measuring the trial. One must be provided with two flags - white to indicate if the trial is valid and red if it is a failure. When the put has been measured, it is advised that the Judge stands in the circle holding the red flag, while the implement is returned and the landing area is cleared. A cone may be placed in the circle instead. (In some competitions this position is assumed by the Chief Judge of the event.)

   Where EDM is not in use, the second Judge should pull through and hold the measuring tape in such a way that it passes through the centre of the circle.

c. Judge immediately after the throw placing a marker indicating the point from which the trial is to be measured.

d. Judge positioning the spike/prism at the point where the marker has been placed ensuring the tape is on the zero mark.

e. Judge in charge of retrieving the implements and returning them to the implement stand or placing them in the return chute.

f. Judge - a recorder scoring the results sheet and calling each athlete (and the one who is to follow).

g. Judge in charge of the scoreboard (trial-number-result).

h. Judge in charge of the clock indicating to the athletes that they have a certain time to take their trial.

i. Judge in charge of athletes.

j. Judge in charge of the implement stand.

*Note (i): This is the traditional setting-up of the officials. In major competitions, where a data system and electronic scoreboards are available, specialised personnel are certainly required. To be clear in these cases, the progress and scoring of a Field Event is followed by both the recorder and by the data system.*

*Note (ii): Officials and equipment must be placed in such a way as not to obstruct the athlete's way nor impede the view of the spectators.*

## 34. Discus Throw

### *Discus*

34.1 The body of the discus may be solid or hollow and shall be made of wood, or other suitable material, with a metal rim, the edge of which shall be circular. The cross section of the edge shall be rounded in a true circle having a radius of approximately 6mm. There may be circular plates set flush into the centre of the sides. The plates shall be tightly fixed and not able to be rotated. Alternatively, the discus may be made without metal plates, provided that the equivalent area is flat and the measurements and total weight of the implement correspond to the specifications. There shall be no loose parts.

Each side of the discus shall be identical and shall be made without indentations, projections or sharp edges. The sides shall taper in a straight line from any point on a circle of a radius of 25mm to 28.5mm from the centre of the discus to the beginning of the curve of the rim.

The profile of the discus shall be designed as follows. From the beginning of the curve of the rim the thickness of the discus increases regularly up to the value D. This maximum value is achieved at a distance of 25 mm to 28.5mm from the axis of the discus Y. From this point up to the axis Y, the thickness of the discus is constant. The upper and lower side of the discus must be identical. Also, the discus has to be symmetrical concerning rotation around the axis Y.

The discus, including the surface of the rim, shall have no roughness and the finish shall be smooth (see Rule 33.4 of the Technical Rules) and uniform throughout.

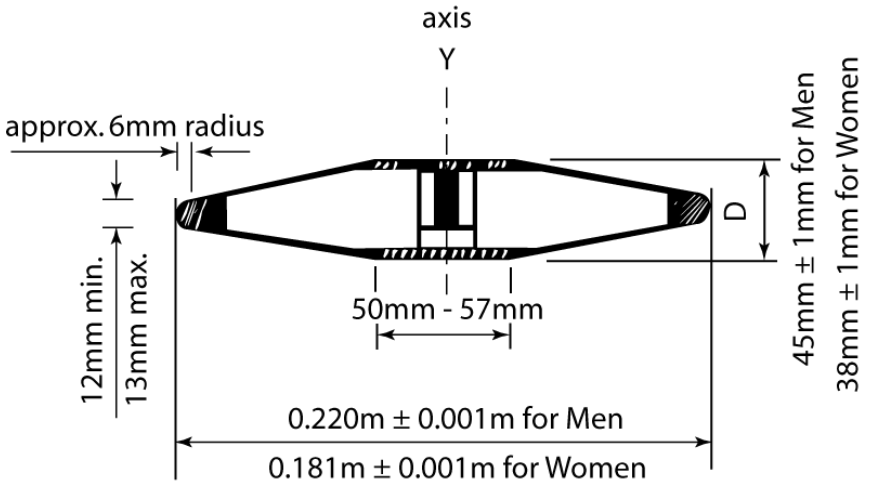


**Figure TR34– Discus**

34.2 The discus shall conform to the following specifications:

| Minimum weight and diameter limits for admission to competition and acceptance of a Record: | | | | |
|---|---|---|---|---|
| | 1.000kg | 1.500kg | 1.750kg | 2.000kg |

| Outside diameter of metal rim: | | | | |
|---|---|---|---|---|
| Minimum | 180mm | 200mm | 210mm | 219mm |
| Maximum | 182mm | 202mm | 212mm | 221mm |
| Diameter of metal plate or flat centre area: | | | | |
| Minimum | 50mm | 50mm | 50mm | 50mm |
| Maximum | 57mm | 57mm | 57mm | 57mm |
| Thickness of metal plate or flat centre area: | | | | |
| Minimum | 37mm | 38mm | 41mm | 44mm |
| Maximum | 39mm | 40mm | 43mm | 46mm |
| Thickness of metal rim (6mm from edge): | | | | |
| Minimum | 12mm | 12mm | 12mm | 12mm |
| Maximum | 13mm | 13mm | 13mm | 13mm |

Team of Officials

For a Discus Throw event, it is recommended to allocate the available officials as follows:

a. The Chief Judge will watch over the whole of the event.

b. Two Judges checking whether the throw has been made correctly and measuring the trial. One must be provided with two flags - white to indicate if the trial is valid and red if it is a failure. When the throw has been measured, it is advised that the Judge stands at the entrance to the cage holding the red flag, while the implement is returned and the landing area is cleared. A cone may be placed at this point instead. (In some competitions this position is assumed by the Chief Judge of the event.)

   Where EDM is not in use the second Judge should pull through and hold the measuring tape in such a way that it passes through the centre of the circle.

c. Judge immediately after the throw placing a marker indicating the point from which the trial is to be measured. If the implement lands outside the sector either this Judge or the one with the spike/prism (whichever is closer to the line) should indicate this by holding their arm outstretched. No indication is required for a valid trial.

d. Judge positioning the spike/prism at the point where the marker has been placed ensuring the tape is on the zero mark.

e. one or more Judges or assistants in charge of retrieving the implements and returning them to the implement stand or placing them in the return device. Where a tape is used for measurement, one of these Judges or assistants should ensure that the tape measure is taut in order to ensure a correct measurement.

f. Judge - a recorder scoring the results sheet and calling each athlete (and the one who is to follow).

g. Judge in charge of the scoreboard (trial-number-result).

h. Judge in charge of the clock indicating to the athletes that they have a certain time to take their trial.

i. Judge in charge of athletes.

j. Judge in charge of the implement stand.

*Note (i): This is the traditional setting-up of the officials. In major competitions, where a data system and electronic scoreboards are available, specialised personnel are certainly required. To be clear in these cases, the progress and scoring of a Field Event is followed by both the recorder and by the data system.*

*Note (ii): Officials and equipment must be placed in such a way as not to obstruct the athlete's way nor impede the view of the spectators.*

*Note (iii): A space must be reserved for a wind-sock to indicate the wind direction and strength.*

## 35. Discus Cage

35.1 All discus throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and athletes. The cage specified in this Rule is intended for use when the event takes place in the Field of Play with other events taking place at the same time or when the event takes place outside the Field of Play with spectators present. Where this does not apply, and especially in training areas, a much simpler construction may be satisfactory. Advice is available, on request, from Members or from the World Athletics Office.

*Note (i): The hammer cage specified in Rule 37 of the Technical Rules may also be used for Discus Throw, by installing 2.135/2.50m concentric circles.*

*Note (ii): The hammer cage movable panels may be used when the cage is being used for discus throw to limit the danger zone.*

35.2 The cage should be designed, manufactured and maintained so as to be capable of stopping a 2kg discus moving at a speed of up to 25 metres per second. The arrangement should be such that there is no danger of ricocheting or rebounding back towards the athlete or over the top of the cage. Provided that it satisfies all the requirements of this Rule, any form of cage design and construction can be used.

35.3 The cage should be U-shaped in plan as shown in Figure TR35. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the cage netting. The height of the netting panels or draped netting at their lowest point should be at least 4m and it should be at least 6m for the 3m nearest the front of the cage on each side.

Provision should be made in the design and construction of the cage to prevent a discus forcing its way through any joints in the cage or the netting or underneath the netting panels or draped netting.

*Note (i): The arrangement of the rear panels/netting is not important provided the netting is a minimum of 3.00m away from the centre of the circle.*

*Note (ii): Innovative designs that provide the same or better degree of protection and do not increase the danger zone compared with conventional designs may be World Athletics certified.*

*Note (iii): The cage side, particularly alongside the track, may be lengthened, and/or provided with (a) movable panel(s), and/or increased in height so as to provide greater protection to athletes competing on the adjoining track during a discus competition.*

The netting must be fixed in a way that the width of the mouth is the same at each height of the netting. This applies also for the panels when put into a position according to Rule 37.4 of the Technical Rules Note (ii).

35.4 The netting for the cage can be made from suitable natural or synthetic fibre cord or, alternatively, from mild or high tensile steel wire. The distance of adjacent mesh cord centres shall be a maximum of 45mm for cord netting and 50mm for steel wire netting.

*Note: Further specifications for the netting and safety inspection procedures are set out in the*

*World Athletics Track and Field Facilities Manual.*

35.5 The maximum danger sector for discus throws from this cage is approximately 69°, when used by both right and left handed throwers in the same competition (calculated by assuming that the discus is released from a circumscribed circle of 1.5m radius). The position and alignment of the cage in the Field of Play is, therefore, critical for its safe use.

*Note (i): The method used to determine the danger zone is illustrated in Figure TR35.*

*Note (ii): At each competition site, a danger zone plan for display at the venue should be prepared that plots the danger zone for the location of each throwing cage considering its configuration and orientation.*

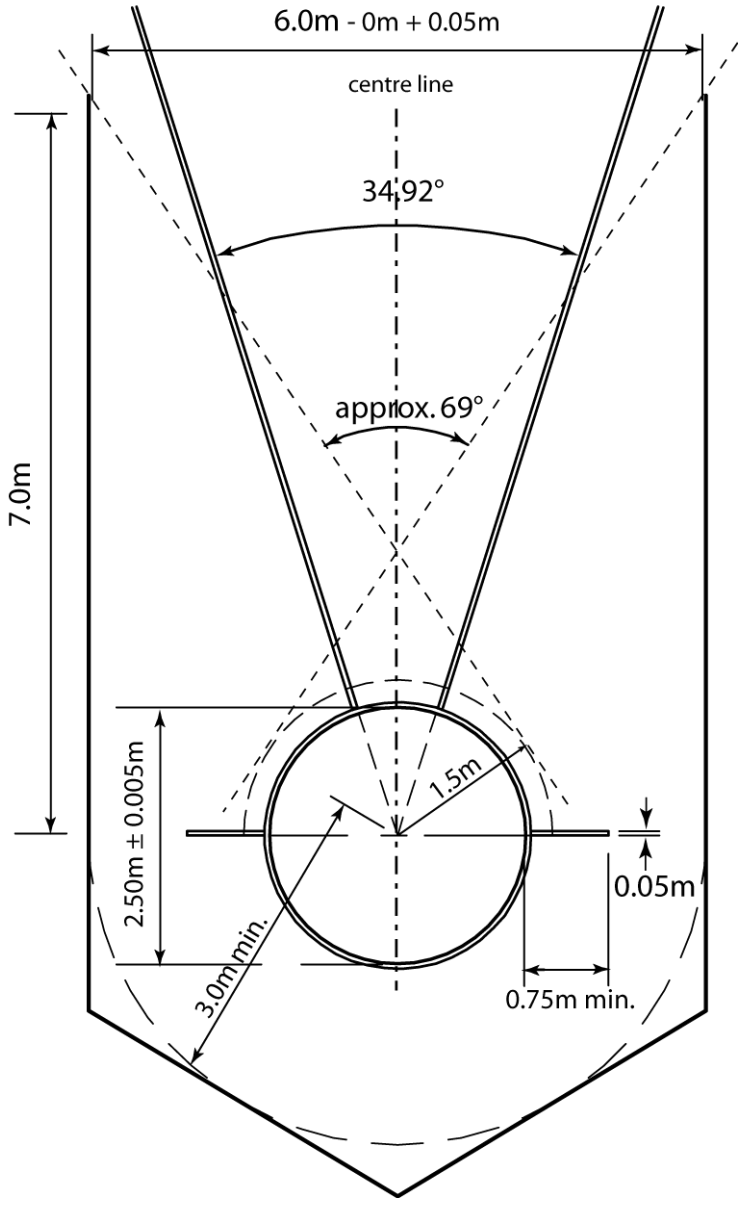


**Figure TR35 - Cage for Discus Throw only** (with cage dimensions to netting)

## 36. Hammer Throw

*Competition*

36.1 An athlete, in their starting position prior to the preliminary swings or turns, is allowed to put the head of the hammer on the ground inside or outside the circle.

36.2 It shall not be considered a failure if the head of the hammer touches the ground inside or outside the circle, or the top of the rim. The athlete may stop and begin the throw again, provided no other Rule has been breached.

36.3 If the hammer breaks during a throw or while in the air, it shall not count as a failure, provided the trial was otherwise made in accordance with this Rule. Nor shall it count as a failure if an athlete thereby loses their balance and as a result contravenes any part of this Rule. In both cases the athlete shall be awarded a replacement trial.

*Hammer*

36.4 The hammer shall consist of three main parts: a metal head, a wire and a handle.

36.5 The head shall be of solid iron, brass or other metal not softer than brass or a shell of such metal filled with lead or other solid material.

The centre of gravity of the head shall be not more than 6mm from the centre of the sphere, i.e. - it must be possible to balance the head, less handle and wire, on a horizontal sharp-edged circular orifice 12mm in diameter (see Figure (a) TR36). If a filling is used, this shall be inserted in such manner that it is immovable and complies with the requirement for the centre of gravity.

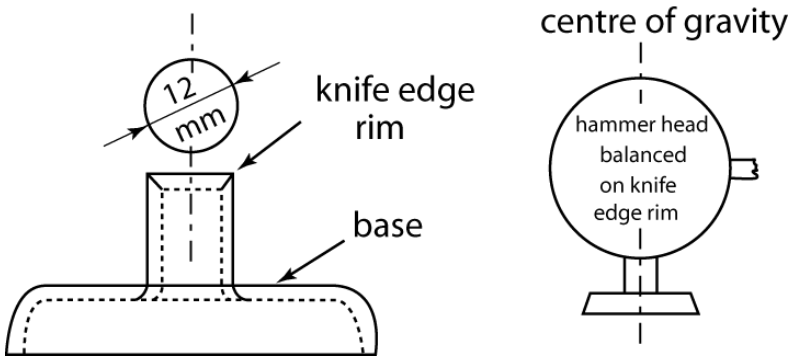


**Figure (a) TR36 - Suggested apparatus for testing centre of gravity of hammer head**

36.6 The wire shall be a single unbroken and straight length of spring steel wire not less than 3mm in diameter and shall be such that it cannot stretch appreciably while the hammer is being thrown.

The wire may be looped at one or both ends as a means of attachment. The wire shall be connected to the head by means of a swivel, which may be either plain or ball bearing.

*Note: A small section of clear vinyl tubing 50mm long with an internal diameter of 5mm may be placed over the twisted ends of the hammer wire.*

The purpose of the tubing is to reduce the chance of the implement becoming caught in the cage netting and delaying the competition. Clear plastic tubing is required to be able to check the wire.

36.7 The handle shall be rigid and without hinging joints of any kind. The total deformation of the handle under a tension load of 3.8kN shall not exceed 3mm. It shall be attached to the wire in such a manner that it cannot be turned within the loop of the wire to increase the overall length of the hammer. The handle shall be connected to the wire by means of a loop. A swivel may not be used.

The handle shall have a symmetric design and may have a curved or straight grip and/or brace. The minimum handle breaking strength shall be 8kN.

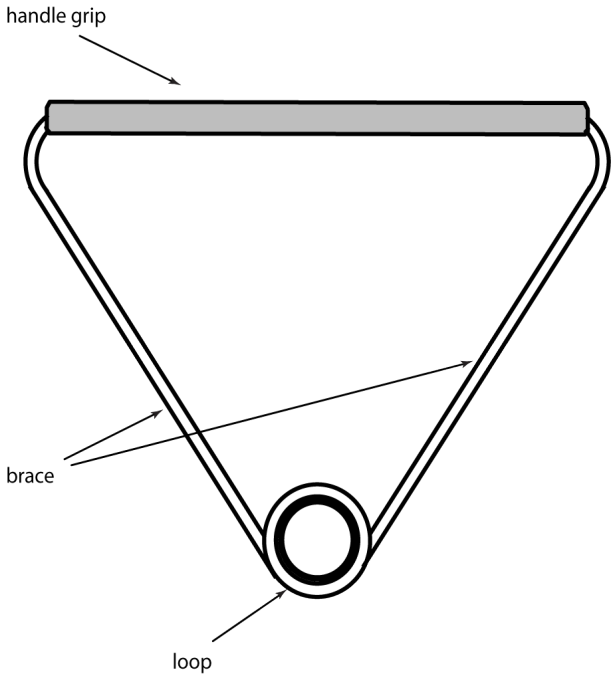


**Figure (b) TR36- Generic hammer handle**

*Note: Other designs complying with the specifications are acceptable.*

36.8 The hammer shall conform to the following specifications:

| Minimum weight and diameter limits for admission to competition and acceptance of a Record: | | | | | |
|---|---|---|---|---|---|
| | 3.000kg | 4.000kg | 5.000kg | 6.000kg | 7.260kg |
| Length of hammer measured from inside of handle: | | | | | |
| Maximum | 1195mm | 1195mm | 1200mm | 1215mm | 1215mm |
| Diameter of head: | | | | | |
| Minimum | 85mm | 95mm | 100mm | 105mm | 110mm |
| Maximum | 100mm | 110mm | 120mm | 125mm | 130mm |

*Note: The weight of the implement includes the totality of the hammer head, wire and handle.*

Team of Officials

For a Hammer Throw event, it is recommended to allocate the available officials as follows:

a. The Chief Judge will watch over the whole of the event.

b. Two Judges checking whether the throw has been made correctly and measuring the trial. One must be provided with two flags - white to indicate if the trial is valid and red if it is a failure. When the throw has been measured, it is advised that the Judge stands at the entrance to the cage holding the red flag, while the implement is returned and the landing area is cleared. A cone may be placed at this point instead. (In some competitions this position is assumed by the Chief Judge of the event.)

   Where EDM is not in use, the second Judge should pull through and hold the measuring tape in such a way that it passes through the centre of the circle.

c. Judge immediately after the throw placing a marker indicating the point from which the trial is to be measured. If the implement lands outside the sector either this Judge or the one with the spike/prism (whichever is closer to the line) should indicate this by holding their arm outstretched. No indication is required for a valid trial.

d. Judge positioning the spike/prism at the point where the marker has been placed ensuring the tape is on the zero mark.

e. one or more Judges or assistants in charge of retrieving the implements and returning them to the implement stand or placing them in the return device. Where a tape is used for measurement, one of these Judges or assistants should ensure that the tape measure is taut in order to ensure a correct measurement.

f. Judge - a recorder scoring the results sheet and calling each athlete (and the one who is to follow).

g. Judge in charge of the scoreboard (trial-number-result).

h. Judge in charge of the clock indicating to the athletes that they have a certain time to take their trial.

i. Judge in charge of athletes.

j. Judge in charge of the implement stand.

*Note (i): This is the traditional setting-up of the officials. In major competitions, where a data system and electronic scoreboards are available, specialised personnel are certainly required. To be clear in these cases, the progress and scoring of a Field Event is followed by both the recorder and by the data system.*

*Note (ii):* Officials and equipment must be placed in such a way as not to obstruct the athlete's way nor impede the view of the spectators.

## 37. Hammer Cage

37.1 All hammer throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and athletes. The cage specified in this Rule is intended for use when the event takes place in the Field of Play with other events taking place at the same time or when the event takes place outside the Field of Play with spectators present. Where this does not apply, and especially in training areas, a much simpler construction may be satisfactory. Advice is available on request from Members or from the World Athletics Office.

37.2 The cage should be designed, manufactured and maintained so as to be capable of stopping a 7.260kg hammer head moving at a speed of up to 32 metres per second. The arrangement should be such that there is no danger of ricocheting or rebounding back towards the athlete or over the top of the cage. Provided that it satisfies all the requirements of this Rule, any form of cage design and construction can be used.

37.3 The cage should be U-shaped in plan as shown in Figure (a) TR37. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the pivoted netting. The height of the netting panels or draped netting at their lowest point shall be at least 7m for the panels/netting at the rear of the cage and at least 10m for the last 2.80m panels to the gate netting pivot points.

Provisions should be made in the design and construction of the cage to prevent a hammer forcing its way through any joints in the cage or the netting or underneath the netting panels or draped netting.

*Note (i): The arrangement of the rear panels / netting is not important provided the netting is a minimum of 3.50m away from the centre of the circle.*

*Note (ii): Any number of posts may be used to support the netting in the position shown in Figures TR37.*

37.4 Two movable netting panels 2m wide shall be provided at the front of the cage, only one of which will be operative at a time. The minimum height of the panels shall be 10m.

*Note (i): The left hand panel is used for throwers turning anti clockwise, and the right hand panel for throwers turning clockwise. In view of the possible need to change over from one panel to the other during the competition, when both left and right-handed throwers are present, it is essential that this changeover should require little labour and be carried out in the minimum of time.*

*Note (ii): The end position of both panels is shown in the plan even though only one panel will be closed at any one time during competition.*

*Note (iii): When in operation, the movable panel shall be exactly in the position shown. Provision shall therefore, be made in the design of the movable panels to lock them in the operative position. It is recommended to mark (either temporarily or permanently) the operative positions of the panels on the ground.*

*Note (iv): The construction of these panels and their operation depends on the overall design of the cage and can be sliding, hinging on a vertical or horizontal axis or dismounting. The only firm requirements are that the panel in operation shall be fully able to stop any hammer striking it and there shall be no danger of a hammer being able to force its way between the fixed and movable panels.*

*Note (v): Innovative designs that provide the same or better degree of protection and do not increase the danger zone compared with conventional designs may be World Athletics certified.*

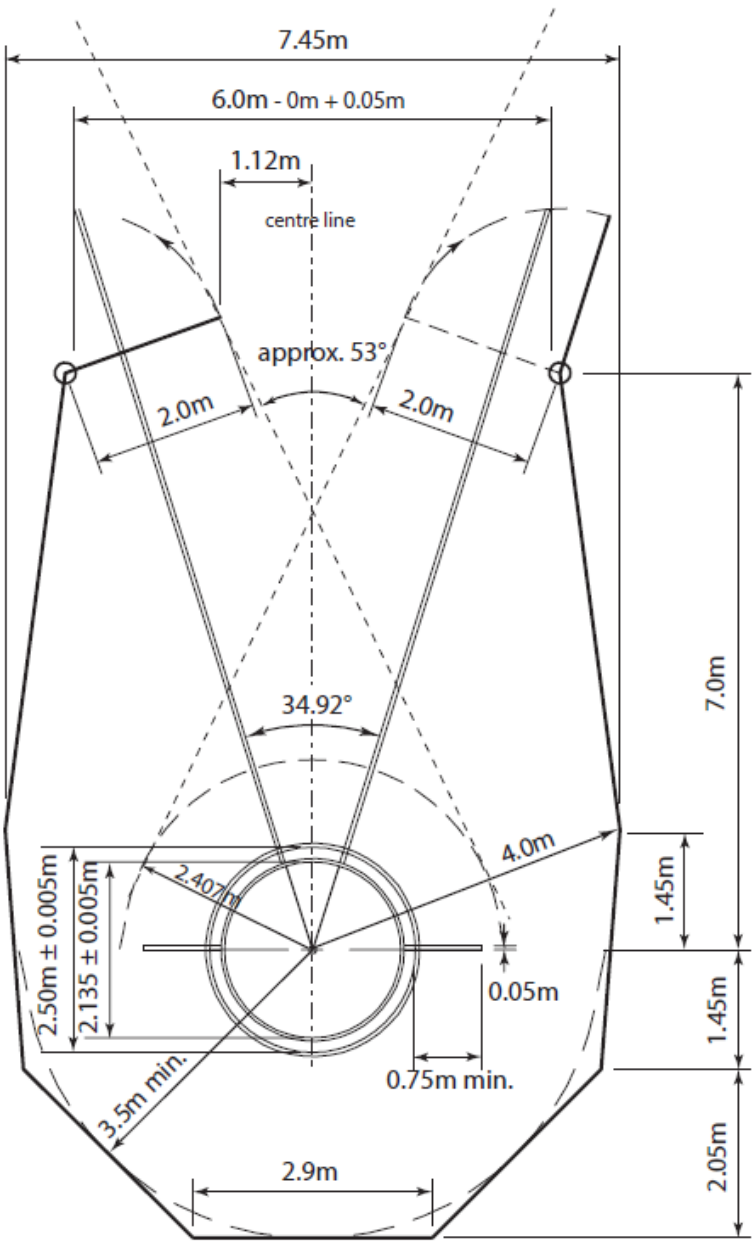


**Figure (a) TR37 - Cage for Hammer and Discus Throw with concentric circles** (Hammer Throw configuration for right-handed thrower with cage dimensions to netting)

37.5 The netting for the cage can be made from suitable natural or synthetic fibre cord or, alternatively, from mild or high tensile steel wire. The distance of adjacent mesh cord centres shall be a maximum of 45mm for cord netting and 50mm for steel wire netting.

*Note: Further specifications for the netting and safety inspection procedures are set out in the World Athletics Track and Field Facilities Manual.*

37.6 Where it is desired to use the same cage for Discus Throw, a 2.135m/2.50m concentric circle may be fitted, noting that this involves using the same surface in the circle for Hammer Throw and Discus Throw. The hammer cage shall be used for Discus Throw by fixing the movable netting panels clear of the cage opening.

*Note: The arrangement of the rear panels/draped netting is not important provided the netting is a minimum of 3.50m away from the centre of the concentric circles.*

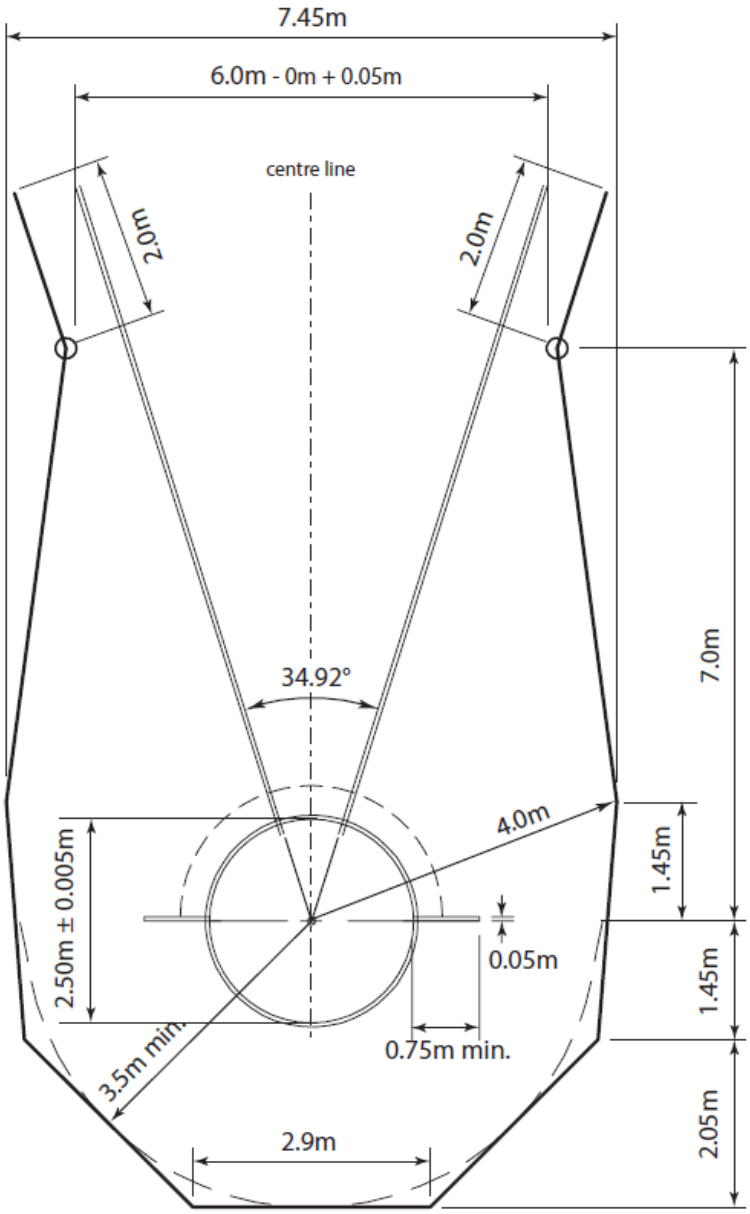


**Figure (b) TR37 - Cage for Hammer and Discus Throw with concentric circles** (Discus Throw configuration, with cage dimensions to netting)

37.7 The maximum danger sector for hammer throws from this cage is approximately 53°, when used by both right and left-handed throwers in the same competition (calculated by assuming that the hammer is released from a circumscribed circle of 2.407m radius). The position and alignment of the cage in the Field of Play is, therefore, critical for its safe use.

*Note (i): The method used to determine the danger zone is illustrated in Figure (a) TR37.*

*Note (ii): At each competition site, a danger zone plan for display at the venue should be prepared that plots the danger zone for the location of each throwing cage considering its configuration*

*and orientation.*

## 38. Javelin Throw

### *Competition*

38.1 The javelin shall be held at the grip with one hand only. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted.

38.2 A throw shall be valid only if the metal head strikes the ground before any other part of the javelin.

Previous references in the Rules to the "tip" of the javelin have been removed and are replaced by a generic reference to the head. This acknowledges that the shape of the head varies greatly, making it harder to separately define the tip. It means that Judges in determining whether the javelin has landed correctly in terms of Rule 32.16 of the Technical Rules and this Rule 38.2 and the reference point for measurement in terms of Rule 32.20.2 of the Technical Rules now have a bigger area with which to assess. But the principles remain as before and there must be some angle on landing, however small, for the throw to be valid. Flat or "tail-first" landings are still to be red flagged.

38.3 Until the javelin has been thrown, an athlete shall not at any time turn completely around, so that their back is towards the throwing arc.

*Note: This Rule refers to the run-up and the act of throwing, not to an athlete walking back before starting their attempt or after having interrupted it.*

38.4 If the javelin breaks during a throw or while in the air, it shall not count as a failure, provided the trial was otherwise made in accordance with this Rule. Nor shall it count as a failure if an athlete thereby loses their balance and as a result contravenes any part of this Rule. In both cases the athlete shall be awarded a replacement trial.

### *Javelin*

38.5 The javelin shall consist of three main parts: a shaft, a head and a cord grip.

38.6 The shaft may be solid or hollow and shall be constructed of metal or other suitable material so as to constitute a fixed and integrated whole. The surface of the shaft shall have no dimples or pimples, grooves or ridges, holes or roughness, and the finish shall be smooth (see Rule 33.4 of the Technical Rules) and uniform throughout.

38.7 The shaft shall have fixed to it a metal head terminating in a sharp point. The head shall be constructed completely of metal. It may contain a reinforced tip of other metal alloy fixed to the front end of the head provided that the completed head is smooth (see Rule 33.4 of the Technical Rules) and uniform along the whole of its surface. The angle of the tip shall not exceed 40°.

*Note: The metal head up to 3mm from the tip may be disregarded for the angle of the point, when the construction of the tip is made with safety measures implemented.*

38.8 The cord grip, which shall cover the centre of gravity, shall not exceed the average diameter of the shaft by more than 8mm. It may have a regular non-slip pattern surface but without thongs, notches or indentations of any kind. The grip shall be of uniform thickness.

38.9 The cross-section shall be regularly circular throughout (see Note (i)). The maximum diameter of the shaft shall be immediately in front of the grip. The central portion of the shaft, including the

part under the grip, may be cylindrical or slightly tapered towards the rear but in no case may the reduction in diameter, from immediately in front of the grip to immediately behind, exceed 0.25mm. From the grip, the javelin shall taper regularly to the tip at the front and the tail at the rear. The longitudinal profile from the grip to the front tip and to the tail shall be straight or slightly convex (see Note (ii)), and there shall be no abrupt alteration in the overall diameter, except immediately behind the head and at the front and rear of the grip, throughout the length of the javelin. At the rear of the head, the reduction in the diameter may not exceed 2.5mm.

*Note (i): Whilst the cross section throughout should be circular, a maximum difference between the largest and the smallest diameter at any cross section of 2% is permitted. The mean value of these two diameters, at any nominated cross section, shall meet the specifications of a circular javelin in the tables hereunder.*

*Note (ii): The shape of the longitudinal profile may be quickly and easily checked using a metal straight edge at least 500mm long and two feeler gauges 0.20mm and 1.25mm thick. For slightly convex sections of the profile, the straight edge will rock while being in firm contact with a short section of the javelin. For straight sections of the profile, with the straight edge held firmly against it, it must be impossible to insert the 0.20mm gauge between the javelin and the straight edge anywhere over the length of contact. This shall not apply immediately behind the joint between the head and the shaft. At this point it must be impossible to insert the 1.25mm gauge.*

38.10 The javelin shall conform to the following specifications:

| Minimum weight and diameter limits for admission to competition and acceptance of a Record (inclusive of the cord grip): | | | | |
|---|---|---|---|---|
| | 500g | 600g | 700g | 800g |
| Overall length (L0): | | | | |
| Minimum | 2000mm | 2200mm | 2400mm | 2600mm |
| Maximum | 2100mm | 2300mm | 2500mm | 2700mm |
| Distance from tip of metal head to centre of gravity (L1): | | | | |
| Minimum | 780mm | 800mm | 850mm | 900mm |
| Maximum | 880mm | 920mm | 990mm | 1060mm |
| Distance from tail to centre of gravity (L2): | | | | |
| Minimum | 1120mm | 1280mm | 1410mm | 1540mm |
| Maximum | 1320mm | 1500mm | 1650mm | 1800mm |
| Length of metal head (L3): | | | | |
| Minimum | 220mm | 250mm | 250mm | 250mm |
| Maximum | 270mm | 330mm | 330mm | 330mm |
| Width of cord grip (L4): | | | | |
| Minimum | 135mm | 140mm | 150mm | 150mm |
| Maximum | 145mm | 150mm | 160mm | 160mm |
| Diameter of shaft at thickest point (in front of grip - D0): | | | | |
| Minimum | 20mm | 20mm | 23mm | 25mm |
| Maximum | 24mm | 25mm | 28mm | 30mm |

38.11 The javelin shall have no mobile parts or other apparatus, which during the throw could change its centre of gravity or throwing characteristics.

38.12 The tapering of the javelin to the tip of the metal head shall be such that the angle of the point shall be not more than 40°. The diameter, at a point 0.15m from the tip, shall not exceed 80% of the maximum diameter of the shaft. At the midpoint between the centre of gravity and the tip of the metal head, the diameter shall not exceed 90% of the maximum diameter of the shaft.

38.13 The tapering of the shaft to the tail at the rear shall be such that the diameter, at the midpoint

between the centre of gravity and the tail, shall not be less than 90% of the maximum diameter of the shaft. At a point 0.15m from the tail, the diameter shall be not less than 40% of the maximum diameter of the shaft. The diameter of the shaft at the end of the tail shall not be less than 3.5mm.

Team of Officials

For a Javelin Throw event, it is recommended to allocate the available officials as follows:

a. The Chief Judge will watch over the whole of the event.

b. Two Judges checking whether the throw has been made correctly and measuring the trial. One must be provided with two flags - white to indicate if the trial is valid and red if it is a failure. When the throw has been measured, it is advised that the Judge stands on the runway holding the red flag, while the implement is returned and the landing area is cleared. A cone may be placed on the runway instead. (In some competitions this position is assumed by the Chief Judge of the event.)

   Where EDM is not in use, the second Judge should pull through and hold the measuring tape in such a way that it passes through the 8m point marked on the runway.

c. one or two Judges immediately after the throw placing a marker indicating the point from which the trial is to be measured. If the implement lands outside the sector either this Judge or the one with the spike/prism (whichever is closer to the line) should indicate this by holding their arm outstretched. An appropriate indication is also required if these Judges determine that the implement has not landed "head first". It is recommended that some form of signal other than flags is used for this purpose. No indication is required for a valid trial.

d. Judge positioning the spike / prism at the point where the marker has been placed ensuring the tape is on the zero mark.

e. one or more Judges or assistants in charge of retrieving the implements and returning them to the implement stand or placing them in the return device. Where a tape is used for measurement, one of these Judges or assistants should ensure that the tape measure is taut in order to ensure a correct measurement.

f. Judge - a recorder scoring the results sheet and calling each athlete (and the one who is to follow).

g. Judge in charge of the scoreboard (trial-number-result).

h. Judge in charge of the clock indicating to the athletes that they have a certain time to take their trial.

i. Judge in charge of athletes.

j. Judge in charge of the implement stand.

*Note (i): This is the traditional setting-up of the officials. In major competitions, where a data system and electronic scoreboards are available, specialised personnel are certainly required. To be clear in these cases, the progress and scoring of a Field Event is followed by both the recorder and by the data system.*

*Note (ii): Officials and equipment must be placed in such a way as not to obstruct the athlete's way nor impede the view of the spectators.*

*Note (iii): A space must be reserved for a wind-sock to indicate the wind direction and strength.*

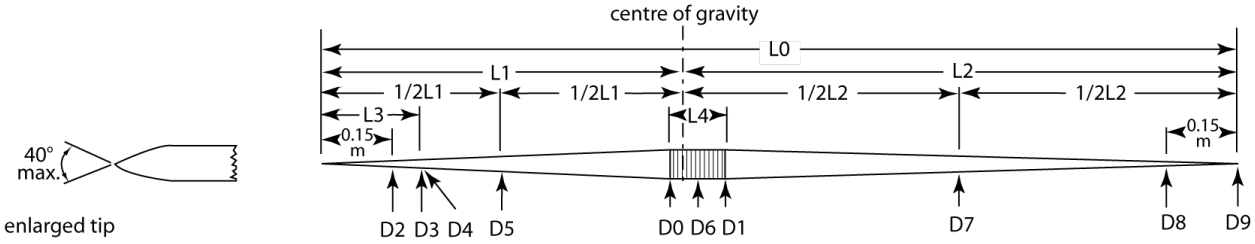


**Figure TR38 - International Javelin**

| Lengths | | Diameters | | Maximum | Minimum |
|---|---|---|---|---|---|
| L0 | Overall | D0 | In front of grip | – | – |
| L1 | Tip to C of G | D1 | At rear of grip | D0 | D0-0.25mm |
| 1/2L1 | Half L1 | D2 | 150mm from tip | 0.8 D0 | – |
| L2 | Tail to C of G | D3 | At rear of head | – | – |
| 1/2L2 | Half L2 | D4 | Immediately behind head | – | D3-2.5mm |
| L3 | Head | D5 | Half way tip to C of G | 0.9 D0 | – |
| L4 | Grip | D6 | Over grip | D0+8mm | – |
| | | D7 | Half way tail to C of G | – | 0.9 D0 |
| | | D8 | 150mm from tail | – | 0.4 D0 |
| C of G | Centre of Gravity | D9 | At tail | – | 3.5mm |

*Note: All measurements of diameters must be made with an uncertainty of not more than 0.1 mm.*

## PART IV - COMBINED EVENTS COMPETITIONS

### 39. Combined Events Competitions

*U18, U20 and Senior Men (Pentathlon and Decathlon)*

39.1 The Pentathlon consists of five events which shall be held on one day in the following order: Long Jump; Javelin Throw; 200m; Discus Throw; 1500m.

39.2 The Men's Decathlon consists of ten events which shall be held on two consecutive 24-hour periods in the following order:

First day: 100m; Long Jump; Shot Put; High Jump; 400m.

Second day: 110m Hurdles; Discus Throw; Pole Vault; Javelin Throw; 1500m.

*U20 and Senior Women (Heptathlon and Decathlon)*

39.3 The Heptathlon consists of seven events which shall be held on two consecutive 24-hour periods in the following order:

First day: 100m Hurdles; High Jump; Shot Put; 200m.

Second day: Long Jump; Javelin Throw; 800m.

39.4 The Women's Decathlon consists of ten events which shall be held on two consecutive 24-hour periods in the order of Rule 39.2 or in the following order:

First day: 100m; Discus Throw; Pole Vault; Javelin Throw; 400m.

Second day: 100m Hurdles; Long Jump; Shot Put; High Jump; 1500m.

*U18 Women (Heptathlon only)*

39.5 The U18 Women's Heptathlon consists of seven events, which shall be held on two consecutive 24-hour periods in the following order:

First day: 100m Hurdles; High Jump; Shot Put; 200m.

Second day: Long Jump; Javelin Throw; 800m.

*General*

39.6 At the discretion of the Combined Events Referee, there shall, whenever possible, be an interval of at least 30 minutes between the time one event ends and the next event begins, for any individual athlete. If possible, the time between the finish of the last event on the first day and the start of the first event on the second day should be at least 10 hours.

The minimum period of 30 minutes is to be calculated as being the actual time between the end of the last race or trial for any athlete in the previous event to the start of the first race or trial in the next event. It is therefore possible and not uncommon for athletes to go directly from the conclusion of one event to the warm-up for the next so that the 30 minutes is in effect taken up by the movement from one site to another and the warm-up. Changes in the number of days over which a Combined Events competition is conducted

are not allowed except for special cases (e.g. exceptional weather conditions). Such decisions are matters for the Technical Delegates and/or Referees in the particular circumstances of each case. However if, for any reason, the competition is held for a longer period than according to Rules 39 or 53 of the Technical Rules then a record in Combined Events (total number of points) cannot be ratified.

39.7 In each separate event, except the last, of a Combined Events competition, the heats and groups shall be arranged by the Technical Delegate(s) or Combined Events Referee, as applicable, so that the athletes with similar performances in each individual event during a predetermined period, shall be placed in the same heat or group. Preferably five or more, and never less than three, athletes shall be placed in each heat or group. When this cannot be achieved because of the timetable of events, the heats or groups for the next event should be arranged as and when athletes become available from the previous event.

In the last event of a Combined Events competition, the heats should be arranged so that the last one contains the leading athletes after the penultimate event.

The Technical Delegate(s) or the Combined Events Referee shall have the authority to rearrange any group if, in their opinion, it is desirable.

39.8 The Rules for each event constituting the competition will apply with the following exceptions:

39.8.1 In the Long Jump and each of the throwing events, each athlete shall be allowed three trials only.

39.8.2 In case a Fully Automatic Timing and Photo Finish System is not available, each athlete's time shall be taken by three Timekeepers independently.

39.8.3 In the Track Events, only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified by the Starter. (See also Rule 16.9 of the Technical Rules.)

39.8.4 In the Vertical Jumps, each increase of the bar shall be uniform throughout the competition: 3cm in the High Jump and 10cm in the Pole Vault.

39.8.5 Starting positions / lanes for last event of a Combined Events competition may be determined by the Technical Delegate(s) or the Combined Events Referee as they deem desirable. In the 200m and 400m events, after ranking the athletes according to Rule 20.3.1 of the Technical Rules, the lanes shall be drawn in accordance with Rules 20.4.4 and 20.4.5 or 20.4.7 and 20.4.8 of the Technical Rules, respectively. In all other events, they shall be drawn by lot.

39.9 Only one system of timing may be applied throughout each individual event. However, for Record purposes, times obtained from a Fully Automatic Timing and Photo Finish system shall be applied regardless of whether such times are available for other athletes in the event.

Two systems of timekeeping are recognised for this purpose – those set out in Rules 19.1.1 and 19.1.2 of the Technical Rules.

If for example there is a malfunction of Photo Finish being used for some but not all of the heats it will be impossible to compare directly the points scores in the two systems for the same time - one by Hand Time and the other automatic.

Since under Rule 39.9 of the Technical Rules, only one system of timing may be applied throughout any single event in a competition, in such a case all athletes would have their points determined based on their manual times using the specific manual times table.

To be clear, if in other events all athletes have Photo Finish times, the electronic times table can be used for those events.

39.10 Any athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in the subsequent events but shall be considered to have abandoned the competition. They shall not, therefore, figure in the final classification.

Any athlete deciding to withdraw from a Combined Events competition shall immediately inform the Combined Events Referee of their decision.

39.11 The scores, according to the current Combined Events Scoring Tables, shall be announced, separate for each event and as a cumulative total, to all athletes after the completion of each event.

The athletes shall be placed in order according to the total number of points obtained.

The same Scoring Tables are used for each event even if for the younger age groups the specifications for the hurdles or throwing implements differ from those used for senior competition.

The score for any performance in either a Track Event or a Field Event can be found in the appropriate table. In many events, not all possible times or distances are listed in the table. In such cases, the score for the nearest lesser performance shall be used.

Example: For the women's Javelin Throw there is no points score shown for a distance of 45.82m. The nearer shorter distance listed in the table is 45.78m for which there is a score of 779 points.

39.12 If two or more athletes achieve an equal number of points for any place in the competition, it shall be determined as a tie.

## PART V – 200M STANDARD OVAL TRACK STADIUM (SHORT TRACK STADIUM) COMPETITIONS

### 40. Applicability of 400m Standard Oval Track Stadium Rules to Short Track Stadium Competitions

With the exceptions stated in the following Rules of this Part V and, in the case of performances made in an enclosed and covered facility, the requirement for wind measurement set out in Rules 17 and 29 of the Technical Rules, the Rules of Parts I to IV for 400m Standard Oval Track Stadium competitions shall apply to Short Track Stadium Competitions.

### 41. The Short Track Stadium

41.1 The stadium may be completely enclosed and covered. If enclosed and covered, lighting, heating and ventilation shall be provided to give satisfactory conditions for competition.

41.2 The Field of Play should include an oval track; a straight track for sprints and hurdles; runways and landing areas for jumping events. In addition, a circle and landing sector for the Shot Put should be provided, whether permanently or temporarily. All the facilities should conform to the specifications in the World Athletics Track and Field Facilities Manual.

41.3 All the tracks, runways or take-off surface areas shall be covered with a synthetic material that should preferably be able to accept 6mm spikes in running shoes. (See also Regulation 9 of the Athletic Shoe Regulations.) The track manufacturer or the stadium operator may allow the use of spikes of up to 9mm.

Short Track Athletics competitions under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition should be held only on facilities that hold a World Athletics Short Track Athletics Facility Certificate. It is recommended that, when such facilities are available, competitions under paragraphs 1. (d), (e) and 2. (c), (d), (e) of the World Rankings Competition definition should also be held on these facilities.

41.4 The foundation on which the synthetic surface of the tracks, runways and take-off areas is laid shall be either solid, e.g. concrete or, if of suspended construction (such as wooden boards or plywood sheets mounted on joists), without any special sprung sections and, as far as technically possible, each runway shall have a uniform resilience throughout. This shall be checked, for the take-off area for the jumps, before each competition.

*Note: A "sprung section" is any deliberately engineered or constructed section designed to give extra assistance to an athlete.*

*Note (i): The World Athletics Track and Field Facilities Manual, which is available from the World Athletics Office, or may be downloaded from the World Athletics website, contains more detailed and defined specifications for planning and construction of Short Track stadia including diagrams for track measurement and marking.*

*Note (ii): The current standard forms required to be used for the certification application and measurement report as well as the Certification System Procedures are available from the World Athletics Office, or may be downloaded from the World Athletics website.*

Lack of suitable lighting is a common problem for covered stadium competitions. A covered stadium must have a lighting which allows a correct and fair delivery of the events and if there is television coverage the illumination level may need to be higher. The finish line area(s) may require additional lighting for the Fully Automatic Timing.

## 42. The Straight Track

(See the Rules for 400m Standard Oval Track Stadium competitions and the World Athletics Track and Field Facilities Manual.)

## 43. The Oval Track and Lanes

### *Oval Track*

43.1 The nominal length of a standard track shall be 200m ("200m Standard Oval Track"). It shall consist of two parallel straights and two bends, which may be banked, and whose radii should be equal.

The inside of the track shall be bordered either with a kerb of suitable material, approximately 50mm in height and width, or with a white line 50mm wide. The outside edge of this kerb or line forms the inside of lane 1. The inside edge of the kerb or line shall be horizontal throughout the length of the track. However, this kerb or line may be located on the banking slope such that the pivot line of the banking shall be horizontal throughout the length of the banking.

*Note: All measurements shall be taken as indicated in Rule 14.2 of the Technical Rules.*

Performances achieved on an oval track with a nominal length other than 200m may count towards the Short Track results if the nominal length doesn't exceed 201.20m (220 yards).

### *Lanes*

43.2 The track should have a minimum of four and a maximum of six lanes. The nominal width of the lanes shall be between 0.90m and 1.22m including the lane line on the right. All lanes shall be of the same nominal width with a tolerance of ± 0.01m to the selected width. The lanes shall be separated by white lines 50mm wide.

To organise top level competitions, it will be useful to have a 6-lane track. The ideal width of the lanes of an oval Track should be 1m.

### *Banking*

43.3 The angle of banking in all the lanes in the bend and, separately, in the straight, should be the same at any cross section of the track. The straight may be flat or have a maximum lateral inclination of 1:100 (1%) towards the inside lane.

In order to ease the change from the straight to the banked bend, the change may be made with a smooth gradual horizontal transition which may be extended into the straight. In addition, there should be a vertical transition.

### *Marking of the Inside Edge*

43.4 Where the inside edge of the track is bordered with a white line, it shall be marked additionally with cones, 0.10m to 0.15m high, on the bends and, optionally, on the straights. The cones shall be placed on the white line so that the edge of the base of the cone coincides with the edge of the white line closest to the track. The cones shall be placed at intervals not exceeding 1.5m on the bends and, if used, 10m on the straights. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).

*Note: For all Short Track competitions directly under World Athletics, the use of an inside kerb is strongly recommended.*

When positioning the cones it must be taken into account that the white line on the inside edge of lane 1 does not belong to the athlete drawn in that lane.

## 44. Start and Finish on the Oval Track

44.1 Technical information on the construction and marking of a standard banked Short Track oval is given in detail in the World Athletics Track and Field Facilities Manual. The basic principles to be adopted are given hereunder.

*Basic Requirements*

44.2 The start and finish of a race shall be denoted by white lines 50mm wide, at right angles to the lane lines for straight parts of the track and along a radius line for curved parts of the track.

44.3 The requirements for the finish line are that, if at all possible, there should be only one for all the different lengths of race, it shall be on a straight part of the track and as much of that straight as possible should be before the finish.

44.4 The essential requirement for all start lines, straight, staggered or curved, is that the distance for every athlete, when taking the shortest permitted route, shall be the same.

44.5 As far as possible, start lines (and takeover zone lines for Relay Races) should not be on the steepest part of the banking.

*Conduct of the Races*

44.6 Conduct of the Races, as follows:

44.6.1 Races of up to, and including, 300m shall be run entirely in lanes.

44.6.2 Races over 300m, and less than 800m shall start and continue in lanes up to the breakline marked at the end of the second bend.

44.6.3 For the start of races of 800m, each athlete may be assigned a separate lane, or up to two athletes may be assigned per lane, or a group start, as in Rule 17.5.2 of the Technical Rules preferably commencing in lanes 1 and 4, may be used. In races started in lanes, athletes may leave their lane only after the breakline marked at the end of the second bend. For group starts, athletes running in the outer group may join the inner group, only after the breakline marked at the end of the first bend, or if the race is run with two bends in groups, at the end of the second bend. A single curved start line may also be used.

*Note (i): In competitions under paragraphs 1. (e) and 2. (e) of the World Rankings Competition definition, the participating teams may agree not to use lanes for the 800m event.*

*Note (ii): On tracks with less than six lanes, a group start may be used to allow six athletes to compete.*

44.6.4 Races longer than 800m shall be run without lanes using an arced start line or group starts. If a group start is used, the breakline shall be at the end of either the first or second bend.

If an athlete does not follow this Rule, they shall be disqualified.

The breakline shall be an arced line marked after each bend, 50mm wide, across all lanes other than

lane 1. To assist athletes identify the breakline, small cones, prisms or other suitable markers, 50mm × 50mm and no more than 0.15m high, preferably of different colour from the breakline and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline.

In the case of group starts, the outer half of the track shall be marked by cones, 0.10m to 0.15m high, placed on the relevant lane line so that the edge of the base of the cone coincides with the edge of the white line closest to the outer half of the track, and placed at intervals not exceeding 1.5m. Other suitable physical markers of similar height may also be used if approved by the Technical Delegate(s).

A coloured lane line alone is not sufficient to mark the outer half of the track for group starts and does not replace the requirement to use physical markers.

***Start Line and Finish Line for a Track of 200m Nominal Length***

44.7 The start line in lane 1 should be on the principal straight. Its position shall be determined so that the most advanced staggered start line in the outside lane (400m races) should be in a position where the angle of banking should not be more than 12°.

The finish line for all races on the oval track shall be an extension of the start line in lane 1, right across the track and at right angles to the lane lines.

Colours to use for marking the track are indicated on the Track Marking Plan included in the World Athletics Track and Field Facilities Manual.

## 45. Seedings and Draw for Lanes in Track Events

45.1 The ranking and composition of heats shall be made in accordance with Rule 20.3 of the Technical Rules.

*Note (i): Tables to determine the number of rounds and heats in each round to be held and the qualification procedure which may be used in the absence of any provision in applicable regulations or other determination by the Organisers are published on the World Athletics website.*

*Note (ii): The applicable regulations may specify how vacant positions due to withdrawals in semi-finals and finals may be filled in by athletes ranked next following the previous round after those qualified.*

45.2 For all rounds in all events run wholly or partly in lanes around a bend, where there are successive rounds of a race, three draws for lanes will then be made:

45.2.1 one for the two highest ranked athletes or teams to determine placings in the outer two lanes;

45.2.2 another for the third and fourth ranked athletes or teams to determine placings in the next two lanes;

45.2.3 another for the other athletes or teams to determine placings in any remaining inner lanes.

45.3 For all other races, the lane order shall be drawn in accordance with Rules 20.4.1, 20.4.2, 20.4.3 and 20.5 of the Technical Rules.

Where tracks have a different configuration of lanes, then the tables to be used should be adapted either in the specific Technical Regulations for the competition or if not by the Technical Delegate(s) or the Organisers.

## 46. [Intentionally Left Blank]

## 47. Hurdle Races

47.1 The standard distances shall be: 50m or 60m on the straight track.

47.2 Layout of the hurdles for races:

| | U18 Men | U20 Men | Men | U18 Women | U20 Women / Women |
|---|---|---|---|---|---|
| Height of hurdle | 0.914m | 0.991m | 1.067m | 0.762m | 0.838m |
| Distance | 50m/60m | | | | |
| Number of hurdles | 4/5 | | | | |
| Start line to first hurdle | 13.72m | | | 13.00m | |
| Between hurdles | 9.14m | | | 8.50m | |
| Last hurdle to finish line | 8.86m/9.72m | | | 11.50m/13.00m | |

## 48. Relay Races

*Conduct of the Races*

48.1 In the 4 × 200m race, all the first leg and the first bend of the second leg up to the nearer edge of the breakline described in Rule 44.6 of the Technical Rules, shall be run in lanes. Each takeover zone shall be 20m long and the second, third and fourth athlete shall start within this zone.

48.2 The 4 × 400m and the 4 × 400m Mixed races shall be run according to Rule 44.6.2 of the Technical Rules.

48.3 The 4 × 800m race shall be run according to Rule 44.6.3 of the Technical Rules.

48.4 The waiting athletes in the third and fourth legs of the 4 × 200m race shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they enter the last bend. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, their team shall be disqualified.

48.5 The waiting athletes in the second, third and fourth legs of the 4 × 400m, the 4 × 400m Mixed and the 4 × 800m race shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they pass the finish line to enter the last lap of their leg. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, their team shall be disqualified.

*Note: Owing to the potentially narrower lanes, Short Track Relay Races may be much more liable to collisions and unintended obstruction than Relay Races on 400m Standard Oval Tracks. It is, therefore, recommended that, when necessary and possible, a spare lane should be left between each team.*

To avoid any interference with the team members currently running, the waiting athletes should be placed in their order under the direction of the designated official on the outside of the track and only be led to their final waiting position on the track once the athlete of the last team has passed the finish line.

## 49. High Jump

*Runway and Take-Off Area*

49.1 If portable mats are used, all references in the Rules to the level of the take-off area must be construed as referring to the level of the top surface of the mat.

49.2 An athlete may start their approach on the banking of the oval track provided that the last 15m of their run up is on a runway complying with Rules 27.3, 27.4 and 27.5 of the Technical Rules.

## 50. Pole Vault

*Runway*

An athlete may start their approach on the banking of the oval track provided that the last 40m of their run up is on a runway complying with Rules 28.6 and 28.7 of the Technical Rules.

## 51. Horizontal Jumps

*Runway*

An athlete may start their approach on the banking of the oval track provided that the last 40m of their run up is on a runway complying with Rules 29.1 and 29.2 of the Technical Rules.

## 52. Shot Put

*Landing Sector*

52.1 The landing sector shall consist of some suitable material on which the shot will make an imprint, but which will minimise any bounce.

52.2 Where necessary to ensure the safety of spectators, officials and athletes, the landing sector shall be enclosed at the far end and on the two sides by a stop barrier and/or protective netting, placed as close to the circle as required. The recommended minimum height of the netting should be 4m and sufficient to stop a shot, whether in flight or bouncing from the landing surface.

52.3 If there is limited space in the Field of Play, the area enclosed by the stop barrier may not be large enough to include a full 34.92° sector. The following conditions shall apply to any such restriction.

52.3.1 The stop barrier at the far end shall be at least 0.50m beyond the current World Record in Shot Put for men or women.

52.3.2 The sector lines on either side shall be symmetrical about the centre line of the 34.92° sector.

52.3.3 The sector lines run radially from the centre of the Shot Put circle at an angle of 34.92° until the sector has a width of at least 9m. From there on they run parallel to the centre line of the landing sector.

It is recommended that the stop barrier / protective netting on either side should be extended towards the circle so that it starts within 8m of it and that, for the length of these extensions, the height of the netting should be at least 6m.

*Construction of the Shot*

52.4 Depending on the type of landing area (see Rule 52.1 of the Technical Rules), the shot shall be either solid metal or metal cased or, alternatively, soft plastic or rubber casing with a suitable filling. Both types of shot may not be used in the same competition.

*Solid Metal or Metal Cased Shot*

52.5 These shall comply with Rule 33.4 and 33.5 of the Technical Rules.

*Plastic or Rubber Cased Shot*

52.6 The shot shall have a soft plastic or rubber case with a suitable filling such that no damage shall be caused when landing on a normal sports hall floor. It shall be spherical in shape and its surface finish shall be smooth.

Information for manufacturers: to be smooth, the surface average height must be less than or equal to 1.6µm, i.e. a roughness number N7 or less.

52.7 The shot shall conform to the following specifications:

Minimum weight and diameter limits for admission to competition and acceptance of a Record:

| Diameter: | 3.000kg | 4.000kg | 5.000kg | 6.000kg | 7.260kg |
|---|---|---|---|---|---|
| Minimum | 85mm | 95mm | 100mm | 105mm | 110mm |
| Maximum | 120mm | 130mm | 135mm | 140mm | 145mm |

## 53. Combined Events Competitions

*U18, U20 and Senior Men (Pentathlon)*

53.1 The Pentathlon consists of five events, which shall be held on one day in the following order:

60m Hurdles; Long Jump; Shot Put; High Jump; 1000m.

*U18, U20 and Senior Men (Heptathlon)*

53.2 The Heptathlon consists of seven events which shall be held over two consecutive 24-hour periods in the following order:

First day: 60m; Long Jump; Shot Put; High Jump.

Second day: 60m Hurdles; Pole Vault; 1000m.

*U18, U20 and Senior Women (Pentathlon)*

53.3 The Pentathlon consists of five events and shall be held on one day in the following order:

60m Hurdles; High Jump; Shot Put; Long Jump; 800m.

### *Heats and Groups*

53.4 Preferably four or more, and never less than three, athletes shall be placed in each heat or group.

## PART VI - RACE WALKING EVENTS

### 54. Race Walking

*Distances*

54.1 The standard distances on a Short Track shall be: 3000m, 5000m; on a 400m Standard Oval Track: 5000m, 10,000m, Half-Marathon, Marathon, 50,000m; and on road courses: 10km, Half-Marathon, Marathon, 50km.

*Definition of Race Walking*

54.2 Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

*Judging*

54.3 Judging, as follows:

54.3.1 The appointed Judges of Race Walking shall elect a Chief Judge, if one has not been appointed previously.

54.3.2 All the Judges shall act in an individual capacity and their judgements shall be based on observations made by the human eye.

54.3.3 Where applicable, Judges shall be appointed in accordance with Rule 9 of the Competition Rules.

54.3.4 For Road Races, there should normally be a minimum of six to a maximum of nine Judges including the Chief Judge.

54.3.5 For Track Races, there should normally be six Judges including the Chief Judge.

54.3.6 In competitions held under paragraphs 1. (a) and (b) of the World Rankings Competition definition not more than one Judge (excluding the Chief Judge) affiliated with any one Member can officiate.

*Note: The Member affiliation of each Judge is that properly stated on the current lists of World Athletics Gold, Silver or Bronze Level Race Walking Judges.*

*Chief Judge*

54.4 Chief Judge, as follows:

54.4.1 In all World Rankings Competitions, the Chief Judge has the power to disqualify an athlete in the last 100m, when their mode of progression obviously fails to comply with Rule 54.2 of the Technical Rules regardless of the number of previous Red Cards the Chief Judge has received on that athlete. An athlete who is disqualified by the Chief Judge under these circumstances shall be allowed to finish the race. They shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by showing the athlete a red paddle at the earliest opportunity after the athlete has finished the race.

54.4.2 The Chief Judge shall act as the supervising official for the competition, and act as a Judge only in the special situation noted in Rule 54.4.1. In competitions held under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, two or more Chief Judge's Assistants shall be appointed. The Chief Judge's Assistant(s) are to assist with the notification of disqualifications only and shall not act as Race Walking Judges.

54.4.3 For all competitions held under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition and where possible for other competitions, an official in charge of the Posting Board(s) and a Chief Judge's Recorder shall be appointed.

*Yellow Paddle*

54.5 When a Judge is not completely satisfied that an athlete is fully complying with Rule 54.2 of the Technical Rules, they should, where possible, show the athlete a yellow paddle with the symbol of the offence on each side.

An athlete cannot be shown a second yellow paddle by the same Judge for the same offence. Having shown a yellow paddle to an athlete, the Judge shall inform the Chief Judge of their action after the competition.

*Red Cards*

54.6 When a Judge observes an athlete failing to comply with Rule 54.2 of the Technical Rules by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge shall send a Red Card to the Chief Judge indicating the Judge's number, the athlete's bib identification, the offence and the time the Red Card was written.

Each Red Card, including the Red Card which results in the disqualification of the athlete, has effect at the time it is written by the Judge.

It is recommended that, where possible, a yellow paddle under Rule 54.5 of the Technical Rules is shown to the athlete before issuing a Red Card. The purpose of the yellow paddle is to allow the athlete to correct their walking technique to meet the definition of Race Walking as per Rule 54.2 of the Technical Rules, aiming for the greatest number of athletes to finish the competition correctly.

*Disqualification*

54.7 Disqualification, as follows:

54.7.1 Except as provided in Rule 54.7.3 of the Technical Rules, when three Red Cards from three different Judges have been sent to the Chief Judge on the same athlete, the athlete is disqualified and they shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by being shown a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.

54.7.2 In competitions under paragraphs 1. (a), (b), (c) and (d) of the World Rankings Competition definition, in no circumstances shall the Red Cards of two Judges affiliated with the same Member have the power to disqualify.

*Note: The Member affiliation of each Judge is that properly stated on the current lists of World Athletics Gold, Silver or Bronze Level Race Walking Judges.*

54.7.3 A Penalty Zone shall be used for any race where the applicable regulations for the competition so provide and may be used for other races as determined by the relevant

governing body or Organisers. In such cases, an athlete will be required to enter the Penalty Zone and remain there for the applicable period once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by them.

The applicable period in the Penalty Zone shall be as follows:

| Races up to and including | Time |
|---|---|
| 5000m/5km | 0.5 min |
| 10,000m/10km | 1 min |
| Half Marathon | 2 min |
| 30,000m/30km | 3 min |
| Marathon | 4 min |
| 50,000m/50km | 5 min |

An athlete who fails to enter the Penalty Zone when required to do so, or remain there for the applicable period, and who continues the race, shall be disqualified by the Referee.

54.7.4 If, under Rule 54.7.3 of the Technical Rules, an athlete receives a third Red Card and it is no longer practicable to direct them to enter the Penalty Zone before the end of the race, the Referee shall add the time they would have been required to spend in the Penalty Zone to their finishing time and adjust the finishing order as may be necessary.

54.7.5 If, at any time when Rule 54.7.3 of the Technical Rules applies, an athlete receives an additional Red Card from a Judge other than one of the three who had previously sent a Red Card, they shall be disqualified. They shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by being shown a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.

54.7.6 In Track Races, an athlete who is disqualified shall immediately leave the track and, in Road Races, shall, immediately after being disqualified, remove the distinguishing bibs and leave the course. Any disqualified athlete who fails to leave the course or track or comply with directions given under Rule 54.7.3 of the Technical Rules to enter and remain for the required period in the Penalty Zone may be liable to further disciplinary action in accordance with Rules 7.1 and 7.3 of the Technical Rules.

54.7.7 One or more Posting Boards shall be placed on the course and near the finish to keep athletes informed about the number of Red Cards that have been sent to the Chief Judge for each athlete. The symbol of each offence should also be indicated on the Posting Board.

54.7.8 For all competitions falling under paragraphs 1. (a) and (b) of the World Rankings Competition definition, hand held computer devices with transmission capability must be used by the Judges to communicate all Red Cards to the Recorder and the Posting Board(s). In all other competitions, in which such a system is not used, the Chief Judge, immediately after the end of the event, shall report to the Referee the identification of all athletes disqualified under Rules 54.4.1, 54.7.1 or 54.7.5 of the Technical Rules by indicating the bib identification, the time of the notification and the offences; the same shall be done for all the athletes who received Red Cards.

***Start***

54.8 The races shall be started by the firing of a gun, cannon or air horn or by initiating another distinctive and unambiguous start signal suitable for the relevant competition. The commands for races longer than 400m shall be used (Rule 16.2.2 of the Technical Rules). In races which include

a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. On the command "On your marks", the athletes shall assemble on the start line in the manner determined by the organisers. The Starter shall ensure that no athlete has their foot (or any part of their body) touching the start line or the ground in front of it, and shall then start the race.

If not a gun, canon or air horn, the start signal shall be approved in advance by World Athletics.

***Safety***

54.9 The Organisers of Race Walking Events shall ensure the safety of athletes and officials. In competitions held under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, the Organisers shall ensure that the roads used for the competition are closed to motorised traffic in all directions.

***Drinking / Sponging and Refreshment Stations in Road Race Walking Events***

54.10 Drinking / Sponging and Refreshment Stations in Road Race Walking Events, as follows:

54.10.1 Water and other suitable refreshments shall be available at the start and finish of all races.

54.10.2 For all events of 5km or longer up to and including 10km, water only drinking / sponging stations shall be provided at suitable intervals if weather conditions warrant such provision.

*Note: Mist stations may also be arranged, when considered appropriate under certain organisational and/or climatic conditions.*

54.10.3 For all events longer than 10km, refreshment stations shall be provided every lap. In addition, water only drinking / sponging stations shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provision.

54.10.4 Refreshments, which may be provided by either the Organisers or the athlete, shall be placed at the stations so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organisers from the moment that the refreshments are delivered by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.

54.10.5 The Organisers shall delineate, by barriers, tables or markings on the ground, the area from which refreshments can be collected or received.

The authorised persons may hand the refreshment to the athlete either from behind, or from a position no more than one metre to the side, but not in front, of the table. They may not enter the course nor obstruct any athlete.

No official or authorised person shall, under any circumstances, move beside an athlete while they are taking refreshment or water.

54.10.6 In competitions held under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, a maximum of two officials per Member may be stationed at any one time behind the table.

*Note: For an event in which a Member may be represented by more than three athletes, the Technical Regulations may allow additional officials at the refreshment tables.*

54.10.7 An athlete may, at any time, carry water or refreshment by hand or attached to their body provided it was carried from the start or collected or received at an official station.

54.10.8 An athlete who receives or collects refreshment or water from a place other than the official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the course.

*Note: An athlete may receive from or pass to another athlete refreshment, water or sponges provided it was carried from the start or collected or received at an official station. However, any continuous support from an athlete to one or more others in such a way may be regarded as unfair assistance and warnings and/or disqualifications as outlined above may be applied.*

Generally, where it is logical and in accordance with practice, there is uniformity of the provisions within Rules 54, 55 and 56 of the Technical Rules pertaining to outside events. It should be noted, however, that Rule 54.10.5 of the Technical Rules is intentionally different from Rule 55.8.5 of the Technical Rules in that in Race Walking Events, the team officials are not permitted in front of the tables.

### *Road Courses*

54.11 Road courses, as follows:

54.11.1 The circuit should be no shorter than 1km and shall be no longer than 2km. Where the conduct of the race justifies a circuit of less than 1km, this may be approved by the Technical Delegate(s). For events that start and finish in the stadium, the circuit should be located as close as possible to the stadium.

54.11.2 Road courses shall be measured in accordance with Rule 55.3 of the Technical Rules.

### *Race Conduct*

54.12 An athlete may leave the marked course with the permission and under the supervision of an official, provided that by going off course they do not shorten the distance to be covered.

54.13 If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, they shall be disqualified.

54.14 In the case of Race Walking Events not covered by this Rule, the applicable regulations should specify any particular rules that should be applied and the method by which the event should be conducted.

## PART VII - ROAD RACES

### 55. Road Races

*Distances*

55.1 The standard distances shall be: Road Mile (1609.344m), 5km, 10km, 15km, 10 Miles, 20km, Half-Marathon, 25km, 30km, Marathon (42.195km), 50km, 100km and Road Relay.

*Note: It is recommended that the Road Relay race be run over the Marathon distance, ideally over a 5km loop course, with stages of 5km, 10km, 5km, 10km, 5km, 7.195km. For a U20 Road Relay, the recommended distance is a Half-Marathon with stages of 5km, 5km, 5km, 6.098km.*

*Course*

55.2 The races shall be run on made-up roads. However, when traffic or similar circumstances make it unsuitable, the course, duly marked, may be on a bicycle path or footpath alongside the road, but not on soft ground such as grass verges or the like. The start and finish may be within an athletic Field of Play.

*Note (i): It is recommended that, for Road Races staged over standard distances, the start and finish points, measured along a theoretical straight line between them should not be further apart than 50% of the race distance. For approval of Records, see Rule 31.21.2 of the Competition Rules.*

*Note (ii): It is acceptable for the start, finish and other segments of the race to be conducted on grass or other non-paved surfaces. These segments shall be kept to a minimum.*

55.3 The course shall be measured along the shortest possible route that an athlete could follow within the section of the road permitted for use in the race.

In all competitions under paragraphs 1. (a) and (b) and, where possible, 1. (c) and 2. (a), (b) of the World Rankings Competition definition, the measurement line should be marked along the course in a distinctive colour that cannot be mistaken for other markings.

The length of the course shall not be less than the official distance for the event. At all World Rankings Competitions, the uncertainty in the measurement shall not exceed 0.1% (i.e., 42m for the Marathon) and the length of the course shall have been measured and certified in advance by an International Road Course Measurer.

*Note (i): For measurement, the "Calibrated Bicycle Method" shall be used.*

*Note (ii): To prevent a course from being found to be shorter than the official race distance on future re-measurement, it is recommended that a "short course prevention factor" be built in when laying out the course. For bicycle measurements this factor should be 0.1% which means that each km on the course will have a "measured length" of 1001m.*

*Note (iii): If it is intended that parts of the course on race day will be defined by the use of non-permanent equipment such as cones, barricades, etc. their positioning shall be decided not later than the time of the measurement and the documentation of such decisions shall be included in the measurement report.*

*Note (iv): It is recommended that for Road Races staged over standard distances, the overall decrease in elevation between the start and finish should not exceed 1:1000, i.e. 1m per km (0.1%).*

*For approval of Records, see Rule 31.21.3 of the Competition Rules.*

*Note (v): A course measurement certificate is valid for 5 years, after which the course shall be re-measured even when there are no obvious changes to it.*

55.4 The distance in kilometres on the route shall be displayed to all athletes.

55.5 For Road Relays, lines 50mm wide shall be drawn across the course to mark the start of each stage distance (scratch line). Similar lines shall be drawn 10m before and 10m after the scratch line to denote the takeover zone. For all takeovers, athletes are not permitted to begin running outside their takeover zones, and shall start within the zone. All takeover procedures, which, unless otherwise specified by the organisers, shall comprise a physical contact between the incoming and outgoing athletes, shall be completed within this zone. If an athlete does not follow this Rule, their team shall be disqualified.

***Start***

55.6 The races shall be started by the firing of a gun, cannon or air horn or by initiating another distinctive and unambiguous start signal suitable for the relevant competition. The commands for races longer than 400m shall be used (Rule 16.2.2 of the Technical Rules). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. On the command "On your marks", the athletes shall assemble on the start line in the manner determined by the organisers. The Starter shall ensure that no athlete has their foot (or any part of their body) touching the start line or the ground in front of it, and shall then start the race.

If not a gun, canon or air horn, the start signal shall be approved in advance by World Athletics.

As for middle and long distance Track Events, it is emphasised for events held outside the stadium that Starters and Referees should avoid being over-zealous in the application of the false start rules to such events. Recalling starts in road races and other outside events can be difficult, and in large fields impractical, in any case. However, where there is a clear and wilful breach, the Referee should not hesitate to consider appropriate action in respect of an individual either during or after the race. However, in major events, where the start mechanism malfunctions and it is clear or possible that the timing system may not have started a recall where practical might be the best option.

***Safety***

55.7 Organisers of Road Races shall ensure the safety of athletes and officials. In competitions held under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, the Organisers shall ensure that the roads used for the competition are closed to motorised traffic in all directions.

***Drinking / Sponging and Refreshment Stations in Road Races***

55.8 Drinking / Sponging and Refreshment Stations in Road Races, as follows:

55.8.1 Water and other suitable refreshments shall be available at the start and finish of all races.

55.8.2 For all events, water shall be available at suitable intervals of approximately 5km. For events longer than 10km, refreshments other than water may be made available at these points.

*Note (i): Where conditions warrant, taking into account the nature of the event, the weather conditions and the state of fitness of the majority of the competitors, water*

*and/or refreshments may be placed at more regular intervals along the route.*

*Note (ii): Mist stations may also be arranged, when considered appropriate under certain organisational and/or climatic conditions.*

55.8.3 Refreshments may include drinks, energy supplements, foodstuffs or any other item other than water. The Organisers will determine which refreshments it will provide based on prevailing conditions.

55.8.4 Refreshments will normally be provided by the Organisers but it may permit athletes to provide their own, in which case the athlete shall nominate at which stations they shall be made available to them. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organisers from the time that the refreshments are lodged by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.

55.8.5 The Organisers shall delineate, by barriers, tables or markings on the ground, the area from which refreshments can be collected or received. It should not be directly in the line of the measured route. Refreshments shall be placed so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes. Such persons shall remain inside the designated area and not enter the course nor obstruct any athlete. No official or authorised person shall, under any circumstances, move beside an athlete while they are taking refreshment or water.

55.8.6 In competitions held under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, a maximum of two officials per Member may be stationed at any one time inside the area designated for them.

*Note: For an event in which a Member may be represented by more than three athletes, the Technical Regulations may allow additional officials at the refreshment tables.*

55.8.7 An athlete may, at any time, carry water or refreshment by hand or attached to their body provided it was carried from the start or collected or received at an official station.

55.8.8 An athlete who receives or collects refreshment or water from a place other than the official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the course.

*Note: An athlete may receive from or pass to another athlete refreshment, water or sponges provided it was carried from the start or collected or received at an official station. However, any continuous support from an athlete to one or more others in such a way may be regarded as unfair assistance and warnings and/or disqualifications as outlined above may be applied.*

### *Race Conduct*

55.9 An athlete may leave the marked course with the permission and under the supervision of an official, provided that by going off course they do not shorten the distance to be covered.

55.10 If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, they shall be disqualified.

55.11 Umpires should be placed at regular intervals and at each key point. Other umpires should move along the course during the race.

It is acknowledged that following the practice of first giving a warning when applying relevant aspects of Rule 55 of the Technical Rules and where applicable Rules 6.2 and 6.3 of the Technical Rules will create difficulties in implementation but where the opportunity arises, the Referee should do so. It is suggested that one option might be that course or refreshment station umpires be designated as assistant Referees and that they be in communication with the Referee and each other to ensure the effective co-ordination of warnings and disqualifications. But there remains the possibility as per the Note to Rule 6.2 of the Technical Rules that in some circumstances, disqualification can, and should, occur without a warning being given.

When a Transponder Timing System is not in use, or where an additional back-up recording system is desired, it is recommended that a funnel system such as that described for Cross Country Races in the green text on Rule 56 of the Technical Rules be used.

## PART VIII - CROSS COUNTRY AND MOUNTAIN AND TRAIL RACES

There are extreme variations in conditions in which Cross Country Running and Mountain and Trail Running are practised throughout the world and it is difficult to legislate international standardisation of these events. It must be accepted that the difference between very successful and unsuccessful events often lies in the natural characteristics of the venue and the abilities of the course designer. The following Rules are intended as a guide and incentive to assist Members to develop Cross Country Running and Mountain and Trail Running.

### 56. Cross Country Races

*Distances*

56.1 Distances at World Athletics Cross Country Championships should be approximately:

| | | | |
|---|---|---|---|
| Senior Men: | 10km | Senior Women: | 10km |
| U20 Men: | 8km | U20 Women: | 6km |

The distances recommended for U18 competitions should be approximately:

| | | | |
|---|---|---|---|
| U18 Men: | 6km | U18 Women: | 4km |

It is recommended that similar distances be used for other International and National competitions.

*Course*

56.2 Cross Country course rules, as follows:

56.2.1 The course must be designed on an open or woodland area, covered as far as possible by grass, with natural obstacles, which can be used by the course designer to build a challenging and interesting race course.

56.2.2 The area must be wide enough to accommodate not only the course but also all the necessary facilities.

56.3 For Championships and international events and, wherever possible, for other competitions:

56.3.1 A loop course must be designed and it should measure between 1500m and 2000m. If necessary, a small loop can be added in order to adjust the distances to the required overall distances of the various events, in which case the small loop must be run in the early stages of the event. It is recommended that each long loop should have a total ascent of at least 10m.

56.3.2 Existing natural obstacles shall be used if possible. However, very high obstacles should be avoided, as should deep ditches, dangerous ascents / descents, thick undergrowth and, in general, any obstacle which would constitute a difficulty beyond the aim of the competition. It is preferable that artificial obstacles should not be used but if such use is unavoidable, they should be made to simulate natural obstacles met within open country. In races where there are large numbers of athletes, narrow gaps or other hindrances which would deny the athletes an unhampered run shall be avoided for the first 300m.

56.3.3 The crossing of roads or any kind of macadamised surfaces shall be avoided or at least

kept to a minimum. When it is impossible to avoid such conditions in one or two areas of the course, the areas must be covered by grass, earth or mats.

56.3.4 Apart from the start and finish areas, the course must not contain any other long straight. A "natural", undulating course with smooth curves and short straights, is the most suitable.

56.4 Course markings, as follows:

56.4.1 The course shall be clearly marked with tape on both sides. It is recommended that all along one side of the course a 1m wide corridor, heavily fenced from the outside of the course, shall be installed for the use of organisation officials and media. Crucial areas must be heavily fenced; in particular the start area (including the Warm-up Area and the Call Room) and finish area (including any Mixed Zone). Only accredited people will be allowed access to these areas.

56.4.2 The general public should only be allowed to cross the course at well organised cross-over points, marshalled by stewards.

56.4.3 It is recommended that, apart from the start and finish areas, the course be a width of 5 metres, including the obstacle areas.

56.5 For Cross Country Relays, lines 300mm wide 20m apart shall be drawn across the course to denote the takeover zone. For all takeovers, athletes are not permitted to begin running outside their takeover zone, and shall start within the zone. All takeover procedures, which, unless otherwise specified by the organisers, shall comprise a physical contact between the incoming and outgoing athletes, shall be completed within this zone. If an athlete does not follow this Rule, their team shall be disqualified.

*Note: 1m × 1m flags, mounted at least 2m high, should be placed at the beginning and end of the takeover zone. Green flags for the beginning of the zone and red flags for the end of the zone.*

***Start***

56.6 The races shall be started by the firing of a gun, cannon or air horn or by initiating another distinctive and unambiguous start signal suitable for the relevant competition. The commands for races longer than 400m shall be used (Rule 16.2.2 of the Technical Rules).

In races which include a large number of athletes, five-minute, three-minute and one-minute warnings should be given.

Wherever possible departure boxes should be provided for teams races with the members of each team to be lined up behind each other at the start of the race. In other races, the athletes shall be lined up in the manner determined by the organisers. On the command "On your marks", the starter shall ensure that no athlete has their foot (or any part of their body) touching the start line or the ground in front of it, and shall then start the race.

If not a gun, canon or air horn, the start signal shall be approved in advance by World Athletics.

***Safety***

56.7 Organisers of Cross Country Races shall ensure the safety of athletes and officials.

***Drinking / Sponging and Refreshment Stations in Cross Country Races***

56.8 Water and other suitable refreshments shall be available at the start and finish of all races. For all events, a drinking / sponging station shall be provided every lap, if weather conditions warrant such provision.

*Note: Where conditions warrant, taking into account the nature of the event, the weather conditions and the state of fitness of the majority of the competitors, water and sponges may be placed at more regular intervals along the route.*

### *Race Conduct*

56.9 If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, they shall be disqualified.

The finish area shall be wide enough to enable several runners to sprint side by side and long enough to separate them at the finish.

Unless a Transponder Timing System is being used together with a backup system (such as a video recording) to check finishing orders, finish lanes ("funnels") should be set up some 8 to 10 metres after the finish line with a maximum width of 0.70-0.80m. Once in the funnels, the athletes must not be able to overtake one another. The funnels should be 35-40m long into which the athletes will be directed as they cross the finish line.

At the end of each funnel, officials will note the athletes' numbers/names and if applicable recover their Transponder Timing chips.

The funnels should have moveable ropes at the end at which the athletes enter, so that when one lane is full, the next rope can be drawn across behind the last athlete, to enable the next finisher to enter the new finish lane, and so on.

Judges and Timekeepers will additionally be placed on either side of the finish line and it is recommended that, in order to follow up any protest or appeal relative to the finishing order, an official with video recording equipment (if possible with a timing clock in sight) shall be assigned and placed a few metres after the finish line in order to record the order in which the athletes cross the line.

## 57. Mountain and Trail Races

The discipline of Mountain and Trail Running takes place on various types of natural terrain (sand, dirt roads, forest paths, single track footpaths, snow trails etc.), and in various kinds of environment (mountains, forests, plains, deserts etc.).

Races take place mostly on off-road surfaces, however sections of paved surfaces (e.g. asphalt, concrete, macadam etc.) are acceptable as a way to reach or link the trails of the course but should be kept to a minimum and not exceed 25% of the total length.

### *Courses*

57.1 All courses must be marked in such a way that no navigation skills are required by the athlete, and that the route is easy to follow at all times by the fastest runners.

Mountain and Trail races have no limits to distance or elevation gain or loss and may be looped or point to point. Other than Mountain Classic events, races should normally represent the logical discovery of the region and not be multiple loops of the same course.

Race courses should be accurately measured using a GPS device, with the GPS track file made

available to all participants.

*Safety, Environment*

57.2 The Race Organiser shall ensure the safety of all athletes and officials. Specific conditions, such as high altitude, changing weather conditions and available infrastructure should be respected. The Organiser is responsible for taking care for the environment when planning the course, during and after the competition. Organisers must ensure that, in all but exceptional circumstances, any part of the course can be reached within 30 minutes of a distress call.

*Equipment*

57.3 Mountain and Trail Races do not imply the use of a particular technique, alpine or other, or the use of specific equipment, such as mountaineering equipment. The use of hiking poles is permitted at the discretion of the Race Organiser, and it must be clearly indicated in the pre-race information where they are allowed. The Organiser may recommend or impose mandatory equipment, such as minimum clothing, wind jackets, headlamps, water, food, etc., due to the conditions expected to be encountered during the race, which will allow the athlete to avoid a situation of distress or, in the case of an accident, to give the alert and wait in safety for the arrival of help.

*Race Organisation*

57.4 For athletes' safety reasons and considering the peculiarities of each race, the Race Organiser shall, prior to the race, publish specific regulations of the race including at minimum:

- Details of the organiser responsible (name, contact details to be used in case of an emergency)
- Programme of the event including start times, time limit and any cut off times (if applicable)
- Detailed information about the technical characteristics of the race, including total distance, total ascent and descent, a description of the main difficulties of the course and the locations of the aid stations, specifying whether they are supported or non-supported and the available refreshments
- A detailed map and profile of the course
- Course marking criteria
- Location of the control posts and medical stations (if applicable)
- Allowed, recommended or mandatory equipment (if applicable)
- Regulations regarding external assistance including personal support at aid stations and via running pacers
- Safety rules to be followed
- Penalties and disqualification rules

*Start*

57.5 Mountain and Trail Races typically have mass starts; runners can also start separated by gender

or age-related categories. The commands for races longer than 400m shall be used (Rule 16.2.2 of the Technical Rules). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. A 10 seconds countdown to the start can also be given.

Where the course is particularly narrow, time trial style starts may be used. Where this is the case, it must be clearly indicated in the pre-race information.

*Race conduct*

57.6 If the Referee is satisfied on the report of a judge, or Umpire, or otherwise, that an athlete:

- has left the marked course thereby shortening the distance to be covered; or
- receives any form of assistance such as pacing (unless the race explicitly allows this), or refreshments outside of the official aid stations;
- does not comply to any of the specific race regulations;

they shall be disqualified or get the penalty stated by the specific race regulations.

*Race Finish*

57.7 The Race Organiser should ensure prior to the event that runners are aware if ties are allowed.

If no specification is given by the Race Organiser, ties are allowed when clearly evident by the athletes' intention at the finish line.

*Race Interference*

57.8 Race Organisers must ensure that members of the general public and media (for example camera runners or bikers) do not interfere with the race or provide any form of assistance (including information about other runners) that is known only to them due to their position in the race. Camera runners should always be behind the runners they are following and be clearly identified (i.e. specific coloured tops) to distinguish them from those in the race and from spectators.

*Mountain and Trail Race evaluation*

57.9 The nature of Mountain and Trail races means there are no standard distances or course profiles. Events may also take the form of relays with participants either running the same course loop, or different segments of an overall course (Ekiden style).

ITRA classifies races according to their level of difficulty and the calculation method is based on the notion of "km-effort"; the total km-effort of a race is obtained by taking into account and adding both the distance and the elevation gain as follows:

Distance: each 1km = 1 km-effort,

Elevation gain: each 100m of vertical gain = 1 km-effort.

For example, the km-effort of a race of 65km and 3500m of elevation gain is: 65 + 3500/100 = 100 km effort.

Based on the number of km-effort, each race is then classified according to its level of difficulty.

Difficulty points range from 0 to 6 as follows:

| Km-effort | Difficulty points |
|---|---|
| 0 - 24 | 0 |
| 25 - 44 | 1 |
| 45 - 74 | 2 |
| 75 - 114 | 3 |
| 115 - 154 | 4 |
| 155 - 209 | 5 |
| 210+ | 6 |

*International Events*

57.10 In addition to the General Rules above, International and Regional Championships should follow the World Mountain and Trail Running Championships Technical Guidelines.

The following terminology is used to categorise International Events and is frequently used more widely.

- Uphill – a predominantly uphill race normally lasting no more than 60 minutes
- Classic – an up and down race up to 30km in length
- Short Trail – an up and down race of 30 to 60 km in length
- Long Trail – an up and down race of over 60 km in length

The race requirements for the World Mountain and Trail Running Championships are:

| Race | Distance | Elevation | Ideal men's winning time |
|---|---|---|---|
| Long Trail | 75-85 km | 3,500-6,000m | 7 hrs 45 to 8 hrs 15 |
| Short Trail | 35-45 km | 2,000-3,000m | 3 hrs 45 to 4 hrs 15 |
| Senior Classic (up and down) | 12-15 km | 600-900m | 55-60 minutes |
| U20 Classic (up and down) | 5-7 km | 300-450m | 25-30 minutes |
| Senior Uphill | 4-7 km | 700-1,000m (average incline should be over 10%) | 40-50 minutes |