

**INTERNATIONAL ASSOCIATION OF ATHLETICS FEDERATIONS**

# **COMPETITION RULES**

**2004 - 2005**

**Provisional Edition**

**Chapters 1, 2 & 5**

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# ***NOTE***

*This edition of the IAAF Competition Rules 2004-2005 is a temporary one since it does not currently contain Chapters 3 and 4. These two sections concerning the rules on Anti-doping and Disputes are being reviewed so that they may be adapted, where appropriate, to be in compliance with the WADA Code in accordance with the mandate given by the Congress in Paris.*

*The full edition of the IAAF Competition Rules will be printed after the approval of the reviewed sections by the IAAF Council at its next meeting on 22-23 November 2003.*

*These IAAF Competition Rules, unless otherwise stated, shall be in force from 1 January 2004.*

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# **DEFINITIONS**





## **DEFINITIONS**

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### ***Area Association***

An area association of the IAAF responsible for fostering Athletics in one of the six areas into which the Members are divided in the Constitution.

### ***Athletics***

Track and field, road running, race walking, cross-country running and mountain running.

### ***Citizen***

A person who has legal citizenship of a Country or, in the case of a Territory, legal citizenship of the Territory's parent Country and appropriate legal status in the Territory under applicable laws.

### ***Club***

A club or society of athletes affiliated to a Member of the IAAF in accordance with the rules of the Member.

### ***Constitution***

The IAAF Constitution.

### ***Council***

The IAAF Council.

### ***Country***

A self-governing geographical area of the world recognised as an independent state by international law and international governmental bodies.

### ***IAAF***

The International Association of Athletics Federations.

### ***Member***

A national governing body for Athletics affiliated to the IAAF.

### ***Membership***

Membership of the IAAF.

### ***National Federation***

The Member of the IAAF to which an athlete or other person under these Rules is affiliated.

### ***Regulations***

The Regulations of the IAAF as may be passed by the Council from time to time.

### ***Rules***

The rules of competition of the IAAF as set out in this IAAF Competition Rules handbook.

### ***Territory***

A geographical territory or region which is not a Country, but which has certain aspects of self-government, at least to the extent of being autonomous in the control of its sport and which is thus recognised as such by the IAAF.

*Note 1 : All references to the masculine gender shall also include references to the feminine and all references to the singular shall also include references to the plural.*

*Note 2 : Amendments (other than editorial amendments) to the corresponding rules in the IAAF Handbook (2002-2003 edition), approved by the 2003 Congress, are marked by double lines in the margin.*

# CHAPTER 1

## INTERNATIONAL MEETINGS



# **CHAPTER 1: INTERNATIONAL MEETINGS**

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## **RULE 1**

### **International Meetings at which the Rules shall apply**

1. At the following International Meetings, the Rules and Regulations shall apply:
  - (a) World Championships, Olympic Games and World Cups.
  - (b) Area, Regional or Group Championships open to all Members in the Area, Region or Group (i.e. Championships over which the IAAF has exclusive control, comprising only events in Athletics).
  - (c) Area, Regional or Group Games (i.e. Games at which competition in several sports is to take place and over which, therefore, the IAAF has no exclusive control).
  - (d) Area or Regional Cups and Age Group Events.
  - (e) Matches between two or more Members, or a combination of Members, Club Cups.
  - (f) International Invitation meetings specifically authorised by the IAAF (see Rule 3.4).
  - (g) International Invitation Meetings specifically authorised by an Area Association (see Rule 3.5).
  - (h) Other meetings specifically authorised by a Member so that foreign athletes may take part (see Rule 3.5).

## **RULE 2**

### **Authorisation to stage International Meetings**

1. All International Meetings, or any other meetings in which a foreign athlete takes part, must be authorised by the IAAF, an Area Association or a Member.

## **RULE 3**

### **World, Area, Regional or Group Championships**

#### **Meetings requiring an IAAF Permit**

1. The IAAF alone shall have the right to organise or sanction World, Area, Regional or Group Championships in Athletics.
2. The IAAF shall organise a World Championships in odd-numbered years.

### ***Meetings requiring an IAAF Permit***

3. Area, Regional or Group Championships or Games; Inter-Area Matches; Meetings of five or more Countries or Territories.
- (a) Authorisation of the IAAF is required, unless the Council decides otherwise, for all Area, Regional or Group Championships or Games, for Inter-Area Matches and for any other athletics meetings in which teams from five or more Countries or Territories participate.
  - (b) The application for a permit must be made to the IAAF, accompanied by a fee of US\$150 (or its equivalent in other currencies) by the Member in whose Country or Territory the Championships, Games, Match or other meeting is to take place. All application forms must be completed in detail and lodged at the IAAF Office not later than the 31st of December in the year prior to the date of the Championships, Games, Match or other meeting in question. Organising committees must ensure that Countries or Territories to whom invitations are sent are Members and any Country wishing to participate that is not a Member must apply to the IAAF for Membership, which application must have been granted prior to its entry being accepted. Such applications must be received at least three months before the date of the opening of the Championships, Games, Match or other meeting concerned.
  - (c) The IAAF shall not authorise any Area, Regional or Group Championships under Rule 1.1(b) without first having obtained an unconditional undertaking that the necessary permission for visiting athletes and officials to enter the Country or Territory where the Championships is to be held will be forthcoming sufficiently far ahead to enable them to travel and compete at the Championships in question. Should it subsequently transpire that this undertaking cannot be complied with, the Championships shall be transferred to another Country or Territory which can comply with the undertaking.

*Note: Further details of how to obtain authorisation for competitions under Rule 1.1(b), and of the conditions which must be met before authorisation is given, are available from the IAAF Office upon request.*

- (d) The IAAF does not have exclusive control over the Area, Regional or Group Games included in Rule 1.1(c). It shall not however authorise the holding of athletics competitions at such Games if the Council is not satisfied that the Member, in whose Country or Territory the Games are to be held, has taken all practicable measures to secure that the necessary permission for visiting athletes and officials to enter the Country or Territory will be forthcoming sufficiently far ahead to enable them to travel and compete at the Games in question.

***International Invitation Meetings authorised by the IAAF***

4. (a) Authorisation of the IAAF is required for all international invitation meetings under Rule 1.1(f).
- (b) The application for a permit for an international invitation meeting under Rule 1.1(f) must be made on the official form, accompanied by a fee of US\$150 or its equivalent in other currencies, by the Member in whose Country or Territory the meeting is to take place on behalf of the meeting organiser concerned.
- (c) All application forms must be completed in detail and lodged at the IAAF Office no later than the 1st of September in the year prior to the meeting in question.
- (d) Before authorising any international invitation meeting under Rule 1.1(f), the IAAF must obtain from the meeting organiser an undertaking in writing:
- that all Rules and Regulations will be observed;
  - that information on all aspects of the organisation of the meeting will be forwarded within 30 days to the IAAF, if so requested.

*Note: Further details of how to obtain authorisation for competitions under Rule 1.1 (f), and of the conditions which must be met before authorisation is given, are available from the IAAF Office upon request.*

***International Invitation Meetings authorised by an Area and other meetings authorised by a Member so that foreign athletes may take part***

5. (a) Authorisations by Area Associations or Members for meetings under Rules 1.1(g) and (h) respectively must be presented to the Council for approval.
- (b) Before authorising any meeting under Rules 1.1(g) or (h) above, the Area Association or Member must obtain from the meeting organiser an undertaking in writing:

- that all Rules and Regulations will be observed;
  - that information on all aspects of the organisation of the meeting will be forwarded within 30 days to the Area Association or Member authorising such a meeting, if so requested.
- (c) No Member may grant its authorisation under Rule 1.1(h) for a meeting which extends invitations to athletes appearing in the world's best 100 performance list of the previous year from more than 5 (five) Members (other than the host Member).

### ***Regulations governing the conduct of International Meetings***

6. The Council may produce Regulations governing the conduct of meetings held under the Rules and regulating the relationships of athletes, athletes' representatives, meeting organisers and Members. These Regulations may be varied or amended by the Council as it sees fit.
7. The IAAF shall designate a representative to attend every meeting where authorisation is required, at the expense of the organisers, to ensure that the Rules and Regulations are complied with. The travelling expenses of this representative shall be paid to him by the organiser not later than fourteen days prior to his departure to the venue. The choice of airline shall be left to the discretion of the representative and, in cases involving flights over one thousand five hundred miles, business class return air travel shall be provided. Accommodation expenses shall also be paid by the organisers not later than the final day of the Championships or athletics section of the Games or on the day of the meeting itself if the meeting is a one-day meeting. Such representative shall render his report to the IAAF within thirty days thereafter.

## RULE 4

### **Requirements to compete in International Meetings**

1. No athlete may take part in an International Meeting unless he:
- (a) is a member of a Club affiliated to a Member; or
  - (b) is himself affiliated to a Member; or
  - (c) has otherwise agreed to abide by the rules of a Member; and
  - (d) for competitions at which the IAAF is responsible for doping control (see Chapter 3 below), has signed an agreement in a form set by the IAAF by which he agrees to be bound by the Rules, Regulations and Procedural Guidelines (as amended



from time to time) and to submit all disputes he may have with the IAAF or a Member to arbitration only in accordance with these Rules, accepting not to refer any such disputes to any Court or authority which is not provided for in these Rules.

2. No athlete or Club may take part in an athletics meeting in a foreign Country or Territory without the written approval of the Member to which the athlete or Club is affiliated, and no Member shall allow any foreign athlete or Club to enter any competition without such permit certifying that the athlete or Club is eligible and permitted to compete in the Country or Territory concerned.
3. No athlete may have affiliation abroad without previous authorisation from his National Federation of origin. Even then, the National Federation of the Country or Territory in which the athlete is residing cannot enter any athlete's name for meetings in another Country or Territory without previous authorisation from the National Federation of origin. In all cases under this Rule, the National Federation of the Country or Territory in which the athlete is residing shall send a written request to the athlete's National Federation of origin, and the National Federation of origin shall send a written reply to that request within thirty (30) days. Both of these communications shall be by a means that generates an acknowledgment of receipt. E-mail that includes a receipt function is acceptable for this purpose. If the response of the athlete's National Federation of origin is not received within the 30-day period, the authorisation shall be deemed to have been given. In the event of a negative response to a request for authorisation under this Rule, which response must be supported by reasons, the National Federation of the Country or Territory in which the athlete is residing shall have the possibility to appeal against any such decision to the IAAF.

*Note: Rule 4.3 concerns athletes aged 18 or over as at the 31st of December of the year in question. The Rule does not apply to athletes who are not Citizens of a Country or Territory or to political refugees.*

4. Any athlete competing in any foreign Country or Territory other than in International Meetings as defined above shall, in respect of such competition, be subject to the athletic laws of that Country or Territory.
5. Athletes from a national federation or some other athletics organisation which is not a Member may compete in any competition, except for the International Meetings listed under

Rules 1.1(a) and (b), against athletes under the jurisdiction of a Member, provided:

- (a) that the national federation or athletics organisation concerned is not at the relevant time suspended by the IAAF or excluded from particular categories of competition by the IAAF;
- (b) that the prior permission of the Council is given upon the application of the Member in the Country or Territory where the competition is to take place, or of the Member wishing to send athletes to compete in a non-Member Country or Territory;
- (c) that, where the competition is to be held in a non-Member Country or Territory, the Member wishing to send athletes to compete there first obtains an undertaking from the organising body of such competition that in all other respects these Rules will be observed.

## RULE 5

### **Citizenship and Changes in citizenship**

1. In International Meetings under Rules 1.1(a), (b) and (d), Members shall be represented only by Citizens of the Country or Territory which the affiliated Member represents.
2. Having once represented a Member in an International Meeting which comes within the categories defined in Rules 1.1(a), (b) and (d), no athlete may thereafter represent any other Member in such a Meeting, except in the following circumstances:
  - (a) The incorporation of one Country or Territory in another.
  - (b) The creation of a new Country or Territory ratified by Treaty.
  - (c) Acquisition of a new citizenship. In this case, the athlete cannot compete for the Member of his new Country or Territory for a period of at least three years after the date when the athlete last represented another Member in a Meeting under Rules 1.1(a), (b) or (d). This period may be reduced to one year if the two Members concerned agree.
  - (d) Where an athlete holds, or is legally entitled to hold, citizenship of two or more Countries or Territories, provided that it is at least three years since the athlete last represented the first Member in any competition under Rules 1.1(a), (b) or (d). This period may be reduced to one year if the two Members concerned agree.
3. (a) When a Citizen of a Country or Territory of a Member which is suspended from the IAAF is seeking to become a Citizen of a

Country or Territory of a Member which is not suspended, he may compete in domestic competition organised by the Member which is not suspended on condition that:

- he renounces his former nationality in the process of applying for citizenship of the Country or Territory of the Member which is not suspended and he publicly states this fact by advising the relevant Members concerned;
  - - he completes at least one year's continuous residence in his new Country or Territory;
  - - the domestic competition in which he participates does not include athletes from other Members.
- (b) An athlete who has complied with the requirements of Rule 5.3(a) above may compete in International Meetings under Rules 1.1(f),(g) and (h) only after completing a period of two years' continuous residence in his new Country or Territory.
- (c) An athlete who has complied with the requirements of Rule 5.3(a) above may represent his new National Federation in International Meetings under Rules 1.1(a)-(e) only after completing a period of three years' continuous residence in his new Country or Territory and after he has acquired new citizenship.
- (d) The period(s) of continuous residence shall be computed on the basis of a year of 365 days, starting from the day after a person lands in the Country or Territory where he seeks to acquire new citizenship.
- (e) In any continuous 365 day period, an athlete may not spend more than a total of 90 days in the foreign Country or Territory of the Member under suspension.
- (f) An athlete seeking to qualify under this Rule must refrain from any athletics activities, which shall include, but not be restricted to, exhibition races, training, coaching, officiating, lecturing, giving interviews and publicity interviews, with any representatives of a Member which is under suspension.
4. Members and their officials, coaches and athletes are not to conduct any activities, as defined in Rule 5.3(f) above or otherwise, associated with any representative of a suspended Member, its officials, coaches, judges, athletes, etc. In case of any infringement of this Rule, the provisions for suspensions and sanctions laid down in the Constitution shall apply.

## RULE 6

### **Payments to Athletes**

1. Athletics is an open sport and, subject to the Rules and Regulations, athletes may be paid in cash or in kind in any way appropriate for appearing, participating or performing in any athletics meeting or engaging in any other commercial activity related to their participation in Athletics.

## RULE 7

### **Athletes' Representatives**

1. Members may allow athletes to use the services of an authorised Athletes' Representative to assist athletes, in co-operation with the Member, in the planning, arranging and negotiation of their athletics programme.
2. Members shall be responsible for the authorisation of Athletes' Representatives. Each Member shall have jurisdiction over Athletes' Representatives acting on behalf of their athletes and over Athletes' Representatives acting within their Country or Territory.
3. To assist Members in this task, the IAAF shall publish a Guidance Note for Members on the regulation of National Federation/Athletes' Representatives. This Guidance Note shall contain a list of matters which should be included in each Member's system of regulation of Athletes' Representatives, the IAAF's suggestions of best practice in this area, as well as suggested forms of contract between the Athletes and their Representatives.
4. It is a condition of Membership that each Member includes in its constitution, provisions to ensure that no athlete will be granted the Member's consent to use an Athletes' Representative, and no Athletes' Representative shall be authorised, unless a written contract exists between the athlete and his Representative which contains the minimum terms set out in the IAAF Regulations concerning National Federation/Athletes' Representatives.
5. Any athlete who uses an unauthorised Athletes' Representative may be subject to sanctions in accordance with the Rules and Regulations.

## RULE 8

### **Advertising and Displays during International Meetings**

1. Advertising and displays of a promotional nature shall be permitted in all International Meetings held under Rules 1.1(a) to (h),

- provided such advertising and displays comply with the terms of this Rule and with any Regulations that may be passed hereunder.
2. The Council may pass Regulations from time to time giving detailed guidance as to the form advertising may take and the manner in which promotional or other material may be displayed at International Meetings conducted under these Rules. These Regulations shall adhere to at least the following principles:
    - (a) Only advertising of a commercial or charitable nature shall be allowed at meetings conducted under these Rules. No advertising which has as its objective the advancement of any political cause or the interests of any pressure group, whether domestic or international, shall be allowed.
    - (b) No advertising may appear which, in the opinion of the IAAF, is tasteless, distracting, offensive, defamatory or unsuitable bearing in mind the nature of the event. No advertising may appear which obscures, either partially or otherwise, the television camera's view of a competition. All advertising must comply with any applicable safety regulations.
    - (c) The advertising of tobacco products is prohibited. The advertising of alcohol products is prohibited, unless expressly permitted by the Council.
  3. The Regulations under this Rule may be amended by the Council at any time.



# CHAPTER 2

## ELIGIBILITY





## **CHAPTER 2: ELIGIBILITY**

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### **RULE 20**

#### **Definition of Eligible Athlete**

1. An athlete is eligible to compete if he agrees to abide by the Rules and has not been declared ineligible.

### **RULE 21**

#### **Restriction of Competition to Eligible Athletes**

1. Competition under these Rules is restricted to athletes who are under the jurisdiction of a Member and who are eligible to compete under the Rules.
2. In any competition under the Rules, the eligibility of an athlete competing shall be guaranteed by the Member to which the athlete is affiliated.
3. The eligibility rules of Members shall be strictly in conformity with those of the IAAF and no Member may pass, promulgate or retain in its constitution or regulations any eligibility rule or regulation which is in direct conflict with a Rule or Regulation. Where there is a conflict between the eligibility rules of the IAAF and the eligibility rules of a Member, the eligibility rules of the IAAF shall apply.

### **RULE 22**

#### **Ineligibility for International and Domestic Competitions**

1. The following persons shall not take part in competitions, whether held under these Rules or the domestic rules of a Member.  
Any person:
  - (a) whose National Federation is currently suspended by the IAAF. This does not apply to domestic competitions organised by the currently suspended Member for the Citizens of that Country or Territory;
  - (b) who has taken part in any athletic meeting or event in which any of the competitors were, to his knowledge, suspended from participation or ineligible to compete under the Rules, or which takes place in the Country or Territory of a suspended Member. This does not apply to any athletics meeting which is restricted to the Masters' age groups (40 years and over for men and 35

- years and over for women);
- (c) who takes part in any athletics meeting which is not sanctioned, recognised or certified by the Member in the Country or Territory in which the event is held;
  - (d) who is suspended from participation in or ineligible to compete in competitions under the jurisdiction of his National Federation, in so far as such ineligibility is consistent with these Rules;
  - (e) who contravenes the Anti-Doping Rules (see Chapter 3 below);
  - (f) who has committed any act or made any statement either verbally or in writing, or has been responsible for any breaches of the Rules or other conduct which is considered to be insulting or improper or likely to bring the sport into disrepute;
  - (g) who contravenes Rule 8 (Advertising and Displays during International Meetings) or any Regulations made thereunder;
  - (h) who uses the services of an Athletes' Representative other than one approved by the relevant Member under Rule 7;
  - (i) who has been declared ineligible by virtue of a breach of any Regulations made under the Rules.
2. Unless the period of such ineligibility is stated in the relevant Rule or Regulation, those ineligible under this Rule shall be ineligible for a period set down in guidelines produced by the Council. In the absence of such guidelines, the Council may decide upon the appropriate period of ineligibility.
3. If an athlete competes whilst suspended or ineligible, the period of his ineligibility shall be deemed to recommence from the time he last competed as though no part of a period of suspension or ineligibility had been served.

# CHAPTER 3

## ANTI-DOPING

(Currently under review)



# CHAPTER 4

## DISPUTES

(Currently under review)



# CHAPTER 5

## TECHNICAL RULES





## **CHAPTER 5: TECHNICAL RULES**

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### **RULE 100**

#### **General**

All International Meetings, as defined in Rule 1, shall be held under the Rules of the IAAF and this shall be stated in all announcements, advertisements, programmes and printed material.

*Note: It is recommended that Members adopt the Rules of the IAAF for the conduct of their own athletic competitions.*

## **SECTION I - OFFICIALS**

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### **RULE 110**

#### **International Officials**

At competitions organised under Rule 1.1(a) and (b), the following officials should be appointed internationally:

- (a) Organisational Delegate(s)
- (b) Technical Delegate(s)
- (c) Medical Delegate
- (d) Doping Control Delegate
- (e) International Technical Officials/Area Technical Officials
- (f) International Race Walking Judges/Area Race Walking Judges
- (g) International Road Race Measurer
- (h) International Photo Finish Judge
- (i) Jury of Appeal

The number of officials appointed in each category shall be indicated in the current IAAF (or Area Association) Competition Regulations.

At competitions organised under Rule 1.1(a):

The selection of persons under (a), (b), (c), (d), and (i) is made by the IAAF Council.

The selection of persons under (e) is made by the IAAF Council from members of the IAAF Panel of International Technical Officials. The selection of persons under (f) is made by the IAAF Council from members of the IAAF Panel of International Race Walking Judges.

The selection of persons under (g) and (h) is made by the IAAF Technical Delegate(s).

The IAAF Council shall approve criteria of selection, qualification and duties of the above-mentioned officials. IAAF Members shall have the right to suggest suitably qualified persons for selection.

At competitions organised under Rule 1.1(b) these persons will be selected by the relevant Area Associations. In the case of the Area Technical Officials and Area Race Walking Judges, the selection is made by the relevant Area Association from their own list of Area Technical Officials and Area Race Walking Judges.

For competitions organised under Rule 1.1(a) and (f), IAAF may appoint an Advertising Commissioner. For competitions under Rule 1.1(b), (d) and (g), any such appointments will be made by the relevant Area Association, for competitions under Rule 1.1(c) by the relevant body, and for competition under 1.1(e) and (h), by the relevant IAAF Member.

*Note: The International Officials should wear distinctive attire.*

#### RULE 111

#### **Organisational Delegates**

The Organisational Delegates shall maintain close liaison with the Organising Committee at all times and report regularly to the IAAF Council, and they shall deal as necessary with matters concerning the duties and financial responsibilities of the Organising Member and the Organising Committee. They shall cooperate with the Technical Delegate(s).

#### RULE 112

#### **Technical Delegates**

The Technical Delegates, in conjunction with the Organising Committee, which shall afford them all necessary help, are responsible for ensuring that all technical arrangements are in complete conformity with IAAF Technical Rules.

The Technical Delegates shall submit to the appropriate body proposals for the timetable of events, the entry standards, and implements to be used and shall determine the qualifying standards for the field events, and the basis on which heats and qualifying rounds shall be drawn for track events.

They shall ensure that the Technical Regulations are issued to all competing Members in good time before the competition.

The Technical Delegates are responsible for all other technical preparations necessary for the holding of the athletic events.

They shall control the entries and have the right to reject them for technical reasons or in accordance with the Rule 146.1. (Rejection for reasons other than technical must result from a ruling of the IAAF or appropriate Area Council.)

They shall arrange heats and qualifying rounds and the groups for the combined competitions.

The Technical Delegates shall submit written reports as appropriate on the preparations for the competition.

They shall cooperate with the Organisational Delegate(s).

In competition under Rules 1.1 (a), (b), (c), the Technical Delegates shall chair the Technical Meeting and shall brief the Technical Officials.

#### RULE 113

##### **Medical Delegate**

The Medical Delegate shall have ultimate authority on all medical matters. He shall ensure that adequate facilities for medical examination, treatment and emergency care will be available at the site of the competition and that medical attention can be provided where athletes are accommodated. The Medical Delegate shall also have the authority to arrange for the determination of the gender of an athlete should he judge that to be desirable.

#### RULE 114

##### **Doping Control Delegate**

The Doping Control Delegate shall liaise with the Organising Committee to ensure that suitable facilities are provided for the conduct of doping control. He shall be responsible for all matters relating to doping control.

#### RULE 115

##### **International Technical Officials (ITO)**

The Technical Delegates shall appoint one Chief International Technical Official among the appointed ITOs, if one was not appointed previously. Whenever possible, the Chief ITO shall assign at least one ITO for every event on the programme. The ITO shall provide all necessary support to the Referee of the event.

They must be present at all times when an event, to which they have been assigned, is in progress and should ensure that the conduct of the competition is in full conformity with IAAF Technical Rules, Competition Regulations and relevant decisions made by the Technical Delegates.

If a problem arises or if they observe any matter, which in their opinion requires comment, they should, in the first instance, bring it to the attention of the Referee of the event and if necessary, offer advice as to what should be done. If the advice is not accepted and if there is a clear infringement of the IAAF Technical Rules, Competition Regulations or decisions made by the Technical Delegates, the ITO shall decide. If the matter is still not resolved it shall be referred to the IAAF Technical Delegate(s).

At the conclusion of field events they shall also sign the result-cards.

*Note (i): In competitions organised under Rule 1.1 (b) and (d), the above shall also apply to the appointed Area Technical Officials.*

*Note (ii): In the absence of the Referee, the ITO shall work with the relevant Chief Judge.*

#### RULE 116

#### **International Race Walking Judges**

A Panel of International Race Walking Judges shall be established by the IAAF Race Walking Committee using criteria approved by the IAAF Council.

Race Walking Judges appointed for all Rule 1.1(a) international meetings must be members of the Panel of International Race Walking Judges.

*Note: Race Walking Judges appointed for Competitions under Rule 1.1(b) to (d) meetings shall be members either of the Panel of International Race Walking Judges or one of the Panels of Area Race Walking Judges.*

#### RULE 117

#### **International Road Race Measurer**

At competitions organised under Rule 1.1 (a) to (h) an International Road Race Measurer shall be appointed to verify the courses where road events are held entirely or partially outside the stadium.

The appointed course measurer shall be member of the IAAF/AIMS Panel of International Road Course Measurers (Grade "A" or "B").

The course should be measured in good time before the competition.

The measurer will check and certify the course if he finds it conforms to IAAF Rules for Road Races (Rule 240.3 and respective Notes).

He shall cooperate with the Organising Committee in the course arrangements and witness the conduct of the race to ensure that the course run by athletes follows the same course that was measured and

approved. He shall furnish an appropriate certificate to the Technical Delegate(s).

#### RULE 118

#### **International Photo Finish Judge**

At all competitions under Rule 1.1(a) and (b), an International Photo Finish Judge, appointed respectively by IAAF or the relevant Area Association, shall supervise all Photo Finish functions.

#### RULE 119

#### **Jury of Appeal**

At all competitions organised under Rule 1.1(a), (b) and (c), a Jury of Appeal, which should normally consist of three, five or seven persons shall be appointed. One of its members shall be the Chairman and another the Secretary. If and when considered as appropriate, the Secretary may be a person not included in the Jury.

Furthermore, a Jury should likewise be appointed at other meetings where the organisers deem it desirable or necessary in the interest of the proper conduct of the competitions.

The primary functions of the Jury shall be to deal with all protests under Rule 146, and with any matters arising during the course of the meeting which are referred to it for decision. Its decision shall be final. It may, however, reconsider decisions if new conclusive evidence is presented provided the new decision is still applicable.

Decisions involving points, which are not covered by the Rules, shall be reported subsequently by the Chairman of the Jury to the General Secretary of the IAAF.

#### RULE 120

#### **Officials of the Meeting**

The Organising Committee of a meeting shall appoint all officials, subject to the Rules of the Member in whose country the meeting is held and, in the case of competitions under Rule 1.1(a), (b) or (c), subject to the Rules and procedures of the appropriate international organisation.

The following list comprises the officials considered necessary for major international meetings. The Organising Committee may, however, vary this according to local circumstances.

## MANAGEMENT OFFICIALS

- One Competition Director
- One Meeting Manager
- One Technical Manager
- One Call Room Manager

## COMPETITION OFFICIALS

- One (or more) Referee for Track Events
- One (or more) Referee for Field Events
- One (or more) Referee for Combined Events
- One (or more) Referee for events outside the Stadium
- One Chief Judge and an adequate number of Judges for Track Events
- One Chief Judge and an adequate number of Judges for each Field Event
- One Chief Judge and five Judges for each Track Race Walking Event
- One Chief Judge and eight Judges for each Road Race Walking Event
- Other Race Walking Competition officials, as necessary, including recorders, warning posting board operators, etc.
- One Chief Umpire and an adequate number of Umpires
- One Chief Timekeeper and an adequate number of Timekeepers
- One Start Coordinator and an adequate number of Starters and Recalls
- One (or more) Starter's Assistant
- One Chief and an adequate number of Lap Scorers
- One Competition Secretary and an adequate number of assistants
- One Chief and an adequate number of Marshals
- One (or more) Wind Gauge Operator
- One Chief Photo Finish Judge and an adequate number of Assistant Photo Finish Judges
- One (or more) Measurement Judge (Electronics)
- An adequate number of Call Room Judges

## ADDITIONAL OFFICIALS

- One (or more) Announcer
- One (or more) Statistician
- One Advertising Commissioner
- One Official Surveyor
- One (or more) Doctor
- Stewards for Athletes, Officials and Press

Referees and Chief Judges should wear a distinctive armband or badge. If deemed necessary, assistants may be appointed. Care should however be taken to keep the arena as free from officials as possible. Where women's events are held, a woman doctor shall be appointed when possible.

#### RULE 121

#### **Competition Director**

The Competition Director shall plan the technical organisation of a competition in cooperation with the Technical Delegate(s), where applicable, ensure that this plan is accomplished and resolve any technical problems together with the Technical Delegate(s). He shall direct the interaction between the participants in the competition and, through the communication system, shall be in contact with all the officials.

#### RULE 122

#### **Meeting Manager**

The Manager shall be responsible for the correct conduct of the Meeting. He shall check that all officials have reported for duty, appoint substitutes when necessary and shall have authority to remove from duty any official who is not abiding by the Rules. In cooperation with the appointed Marshal, he shall arrange that only authorised persons are allowed in the centre of the arena.

*Note: For meetings of longer than four hours or over more than one day, it is recommended that the Manager has an adequate number of Assistant Managers.*

#### RULE 123

#### **Technical Manager**

The Technical Manager shall be responsible for ensuring that the track, runways, circles, arcs, sectors, landing areas for field events and all equipment and implements are in accordance with IAAF Rules.

#### RULE 124

#### **Call Room Manager**

With the collaboration of the Call Room Judges, he shall supervise the transit between the warm-up area and the competition area to ensure that the athletes after being checked in the call room be present and ready infield for the scheduled start of their event.

## RULE 125

### Referees

1. A separate Referee shall be appointed for track events, for field events, for Combined Events and for running and Race Walking events outside the stadium.

The Referee for track events and for events outside the stadium shall have no jurisdiction over matters within the responsibilities of the Chief Judge of Race Walking events.

2. Referees shall ensure that the Rules are observed and shall decide upon any matters which arise during the meeting and for which provision has not been made in these Rules.

The respective Referee for track events and for events outside the stadium shall have jurisdiction to decide placings in a race only when the Judges of the disputed place(s) are unable to arrive at a decision.

The relevant Track Referee has the power to decide on any facts related to the starts if he does not agree with the decisions made by the start team except in the cases when it regards a false start detected by a false start detection apparatus.

The Referee shall not act as a Judge or Umpire.

3. The appropriate Referee shall check all final results, shall deal with any disputed points and where there is no Measurement Judge (electronics), shall supervise the measurements of record performances.
4. The appropriate Referee shall rule on any protest or objection regarding the conduct of the competition. He shall have authority to warn or exclude from competition, any athlete guilty of improper conduct.  
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 results card.
5. If, in the opinion of the appropriate Referee, circumstances arise at any meeting such that justice demands that any event should be contested again, he shall have authority to declare the event void and it shall be held again, either on the same day or on some future occasion, as he shall decide.
6. At the conclusion of each event, the results card shall be completed immediately, signed by the appropriate Referee and handed to the Competition Secretary.
7. The Combined Events Referee shall have jurisdiction over the



conduct of the Combined Events competition. He shall also have jurisdiction over the conduct of the respective individual events within the Combined Events competition.

## RULE 126

### Judges

#### **General**

1. The Chief Judge for track events and the Chief Judge for each field event shall co-ordinate the work of the judges in their respective event. When the relevant body has not already allocated the duties of the Judges, they shall allocate the duties.

#### **Track Events and Road Events**

2. The Judges, who must all operate from the same side of the track or course, shall decide the order in which the athletes finish and, in any case where they cannot arrive at a decision, shall refer the matter to the Referee, who shall decide.

*Note: The Judges should be placed at least 5m from, and in line with, the finish and should be provided with an elevated platform.*

#### **Field Events**

3. The Judges shall judge each trial and measure and record each valid trial of athletes in all field events. In the high jump and pole vault, precise measurements should be made when the bar is raised, particularly if records are being attempted. At least two Judges should keep a record of all trials, checking their recordings at the end of each round.

The appropriate Judge shall indicate the validity or non-validity of a trial by raising a white or red flag, as appropriate.

## RULE 127

### Umpires (Running and Race Walking Events)

1. Umpires are assistants to the Referee, without authority to make final decisions.
2. The Umpire shall be placed by the Referee in such a position that he may observe the competition closely and, in the case of a failure or violation of the Rules (other than Rule 230.1) by an athlete or other person, make an immediate written report of the incident to the Referee.
3. Any such breach of the Rules should be indicated by the raising of a yellow flag.

4. A sufficient number of Umpires shall also be appointed to supervise the take-over zones in relay races.

*Note: When an Umpire observes that a runner has run in a different lane from his own, or that a relay changeover has taken place outside the take-over zone, he should immediately mark on the track with suitable material the place where the infringement took place.*

#### RULE 128

##### **Timekeepers and Photo Finish Judges**

1. In the case of hand timing, a sufficient number of timekeepers for the number of athletes entered shall be appointed, one of whom shall be designated the Chief Timekeeper. He shall allocate duties to the Timekeepers. These Timekeepers shall act as back-up Timekeepers when fully Automatic Photo Finish equipment is in use.
2. Timekeepers shall act in accordance with Rule 165.
3. When fully Automatic Photo Finish equipment is used, a Chief Photo Finish Judge and at least two Assistant Photo Finish Judges shall be appointed.

#### RULE 129

##### **Starter and Recalls**

1. The Start Coordinator will be in charge of the following tasks:
  - (a) To allocate the duties of the start team judges, assigning the task of giving the start to the member of the team who, in his/her opinion, is the best for the event.
  - (b) To supervise the duties to be fulfilled by each member of the team.
  - (c) To inform the Starter, after receiving the relevant order from the Competition Director, that everything is in order to initiate the start procedure (eg. that the Timekeepers, the Judges and when applicable the Chief Photo Finish Judge and the Wind Gauge Operator are ready).
  - (d) To act as an interlocutor between the technical staff of the timing equipment company and the Judges.
  - (e) To keep all papers produced during the start procedure including all documents showing the reaction times and/or false start waveform images if available.
  - (f) To ensure that what is ruled in 130.5 is fulfilled.

2. The Starter shall have entire control of the athletes on their marks. When a false start control apparatus is used, the Starter and/or an assigned Recaller shall wear headphones in order to hear clearly any acoustic signal emitted in the case of a false start (see Rule 161.2).
3. The Starter shall position himself so that he has full visual control over all athletes during the start procedure. It is recommended, especially for staggered starts, that loudspeakers in the individual lanes are used for relaying the commands to the athletes.  
*Note: The Starter shall place himself so that the whole field of athletes falls into a narrow visual angle. For races using crouch starts it is necessary that he is so placed that he can ascertain that all athletes are currently steady in their set positions before the gun or approved starting apparatus is fired. Where loudspeakers are not used in races with a staggered start, the Starter shall so place himself that the distance between him and each of the athletes is approximately the same. Where, however, the Starter cannot place himself in such a position, the gun, or approved starting apparatus, shall be placed there and discharged by electric contact.*
4. One or more Recallers shall be provided to assist the Starter.  
*Note: For events of 200m, 400m, 400m Hurdles, 4x100m, 4x200m, 4x400m Relays, there shall be at least two Recallers.*
5. Each Recaller shall place himself so that he can see each athlete assigned to him.
6. The warning and disqualification referred to in Rule 162.7 & 8 may be applied only by the Starter.
7. The Start Coordinator shall assign a specific task and position to each Recaller, who is obliged to recall (see also Rule 161.2 & 162.8) the race if any infringement of the rules is observed. After a recalled or aborted start the Recaller shall report his observations to the Starter who decides whether and to whom a warning shall be issued.
8. To assist in races using crouch starts a false start control apparatus as described in Rule 161.2 should be used.

RULE 130  
**Starter's Assistants**

1. The Starter's Assistants shall check that the athletes are competing in the correct heat or race and that their number bibs are worn correctly. Stations in events at all distances shall be numbered from left to right, facing the direction of running.

2. They must place each athlete in his correct lane or station, assembling the athletes approximately 3m behind the start line (in the case of races started in echelon, similarly behind each start line). When this has been completed, they shall signal to the Starter that all is ready. When a new start is ordered, the Starter's Assistants shall assemble the athletes again.
3. The Starter's Assistants shall be responsible for the readiness of batons for the first athletes in a relay race.
4. When the Starter has ordered the athletes to their marks, the Starter's Assistants must ensure that Rule 162.4 is observed.
5. In case of a first false start, the athlete(s) responsible for the false start shall be warned with a yellow card placed on the respective lane marker(s). At the same time, all the other athletes taking part in the race shall be warned with a yellow 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. This last mentioned basic system (to raise a card in front of the athlete(s) responsible for the false start) will also be followed in case lane markers are not being used.  
In case of further false starts, the athlete(s) responsible for the false start shall be disqualified and a red card shall be placed on the respective lane marker(s), or raised in front of the respective athlete(s).  
In Combined Events, the athlete(s) responsible for a false start shall be warned with a yellow card placed on the respective lane marker or raised in front of the respective athlete(s). Any athlete who is responsible for two false starts shall be disqualified and a red card shall be placed on the respective lane marker(s) or raised in front of the respective athlete(s).

#### RULE 131

#### **Lap Scorers**

1. Lap Scorers shall keep a record of the laps completed by all athletes in races longer than 1500m. For races of 5000m and longer, and for Race Walking events, a number of Lap Scorers under the direction of the Referee shall be appointed and provided with lap scoring cards on which they shall record the times over each lap (as given to them by an Official Timekeeper) of the athletes for whom they are responsible. When such a system is used, no Lap Scorer should record more than four athletes (six for Race Walking events). Instead of manual lapscoreing, a computerised system, which may involve a transponder carried by each athlete, may be used.

2. One Lap Scorer shall be responsible for maintaining, at the finish line, a display of the laps remaining. The display shall be changed each lap when the leader enters the straight that ends at the finish line. In addition, manual indication shall be given, when appropriate, to athletes who have been, or are about to be, lapped. The final lap shall be signalled to each athlete, usually by ringing a bell.

#### RULE 132

##### **Competition Secretary**

The Competition Secretary shall collect the full results of each event, details of which shall be provided by the Referee, the Chief Timekeeper or Chief Photo Finish Judge and the Wind-Gauge Operator. He shall immediately relay these details to the Announcer, record the results and convey the results card to the Competition Director.

Where a computerised result system is used the computer recorder at each field event site shall ensure that the full results of each event are entered into the computer system. The track results shall be input under the direction of the Chief Photo Finish Judge. The Announcer and the Competition Director shall have access to the results via a computer.

#### RULE 133

##### **Marshal**

The Marshal shall have control of the arena and shall not allow any persons other than the officials and athletes assembled to compete or other authorised persons with valid accreditation to enter and remain therein.

#### RULE 134

##### **Announcer**

The Announcer shall inform the public of the names and numbers of the athletes taking part in each event, and all relevant information such as the composition of the heats, lanes or stations drawn, and intermediate times. The result (placings, times, heights and distances) of each event should be announced at the earliest possible moment after receipt of the information.

At meetings held under Rule 1.1(a), the English and French language Announcers shall be appointed by the IAAF. Under the general direction of the Technical Delegates, these appointees shall be responsible for all matters of announcing protocol.

RULE 135  
**Official Surveyor**

The Official Surveyor shall check the accuracy of the markings and installations and shall furnish appropriate certificates to the Technical Manager before the meeting.

He shall be given full access to stadium plans and drawings and the latest measurement report for the purpose of this verification.

RULE 136  
**Wind Gauge Operator**

The Wind Gauge Operator shall ensure that the gauge is placed in accordance with Rule 163.9 (Track Events) & 184.5 (Field Events). He shall ascertain the velocity of the wind in the running direction in appropriate events and shall then record and sign the results obtained and communicate them to the Competition Secretary.

RULE 137  
**Measurement Judge (Electronics)**

A Measurement Judge shall be appointed when electronic distance measurement is to be used.

Before the start of the meeting, he will meet the technical staff involved and familiarise himself with the equipment.

Before the event he will supervise the positioning of the measuring instruments, taking account of the technical requirements given by the technical staff.

To ensure that the equipment is operating correctly, he shall, before and after the event, supervise a set of measurements to confirm agreement with results achieved using a calibrated certified steel tape.

During the competition he shall remain in overall charge of the operation. He will report to the Field Events Referee to certify that the equipment is accurate.

RULE 138  
**Call Room Judges**

The Call Room Judges shall ensure that athletes are wearing the national or club uniform clothing officially approved by their National Governing Body, that the number bibs are worn correctly and correspond with start lists, that shoes, number and dimension of spikes, advertising on clothing and athletes' bags comply with IAAF Rules and Regulations and that non-authorized material cannot be taken into the arena.

RULE 139

**Advertising Commissioner**

The Advertising Commissioner will supervise and apply the current IAAF Advertising Rules and Regulations.

## SECTION II - GENERAL COMPETITION RULES

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### RULE 140

#### The Athletic Facility

Any firm, uniform surface, which conforms to the specifications in the IAAF Track and Field Facilities Manual, may be used for athletics. Track and Field competitions under Rule 1.1(a), (b), (c), (d) and competitions directly under IAAF control may be held only on synthetic surfaced facilities conforming to the IAAF Performance Specifications for Synthetic Surfaces and which hold a current valid IAAF Class 1 certificate of approval.

It is recommended that, when such facilities are available, competitions under Rule 1.1(e), (f), (g) and (h) should also be held on these facilities.

|| In any case a Class 2 Certificate attesting to the dimensional accuracy of the track and the field events facilities in the format required under the IAAF Certification System shall be required for all facilities intended for use for competitions under Rule 1.1 (a) to (h).

*Note (i): The IAAF Track and Field Facilities Manual, published in 2003 and available from the IAAF General Secretariat, 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): A standard form of facility measurement certificate is available from IAAF and on the IAAF Website.*

*Note (iii): This Rule does not apply to running and race walking events held on road or cross-country courses.*

### RULE 141

#### Age Groups

|| The following definitions apply to the age groups recognised by IAAF:

Youth Boys & Girls: Any athlete of 16 or 17 years on 31st December in the year of the competition.

Junior Men & Women: Any athlete of 18 or 19 years on 31st December in the year of the competition.

Master Men: A male athlete becomes a master on his 40th birthday.

Master Women: A female athlete becomes a master on her 35th birthday.



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

*Note (ii): Eligibility including minimum ages for participation in IAAF Competitions shall be subject to the specific Competition Regulations*

## RULE 142

### **Entries**

1. Competitions under IAAF Rules are restricted to athletes who satisfy the IAAF eligibility Rules.
2. No athlete shall be allowed to compete outside his own country unless his eligibility is guaranteed by his Member Federation from whom he has permission to compete. In all International Meetings, such guarantee of eligibility of an athlete shall be accepted unless an objection as to his status is made to the Technical Delegate(s) (See also Rule 146.1).

### ***Simultaneous Entries***

3. If an athlete is entered in both a track and field event, or in more than one field event taking place simultaneously, the appropriate Referee may, for one round at a time, or for each trial in high jump and pole vault, allow an athlete to take his trial in an order different from that decided upon by the draw prior to the start of the competition. However, if an athlete subsequently is not present for this trial, it shall be deemed that he is passing once the period allowed for the trial has elapsed.

### ***Failure to participate***

4. At all meetings under Rule 1.1(a), (b) and (c), except as provided below, an athlete shall be excluded from participation in all further events in the competition, including relays, in cases where:
  - (a) a final confirmation was given that the athlete would start in an event but then failed to participate, so that it was not practicable to delete that name officially from the list of starters for that event;
  - (b) he qualified in preliminaries or heats for further participation in an event but then failed to participate further.

The provision of a medical certificate, endorsed by a medical officer appointed or approved by the IAAF and/or the Organising Committee, 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 on a subsequent day of the competition.

*Note (i): A fixed time for the final confirmation of participation should be published in advance.*

*Note (ii): Failure to participate includes failure 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. The situation foreseen in this Note will not apply to combined events individual events.*

## RULE 143

### **Clothing, Shoes and Number Bibs**

#### ***Clothing***

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. An athlete must not wear clothing, which could impede the view of the Judges.

At all meetings under Rule 1.1(a) to (e) (Matches), athletes shall participate in the uniform clothing approved by their National Governing Body. At all meetings under Rules 1.1(e) (Club Cups) to (h), athletes shall participate in national uniform clothing or in club clothing officially approved by their National Governing Body. The Victory Ceremony and any lap of honour are considered part of the competition for this purpose.

#### ***Shoes***

2. Athletes may compete barefoot or with footwear on one or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip on the ground. Such shoes, however, must not be constructed so as to give an athlete any additional assistance, and no spring or device of any kind may be incorporated in the shoes. A shoe strap over the instep is permitted.

#### ***Number of Spikes***

3. The sole and heel of the shoes shall be so constructed as to provide for the use of up to 11 spikes. Any number of spikes up to 11 may be used but the number of spike positions shall not exceed 11.

### ***Dimensions of Spikes***

4. When a competition is conducted on a synthetic surface, that part of each spike which projects from the sole or the heel shall not exceed 9mm except in the high jump and javelin throw events where it shall not exceed 12mm. These spikes shall have a maximum diameter of 4mm. For the non-synthetic surfaces the maximum length of spike shall be 25mm and the maximum diameter 4mm.

### ***The Sole and the Heel***

5. The sole and/or heel may have grooves, ridges, indentations or protuberances, provided these features are constructed of the same or similar material to the basic sole itself.  
In the high jump and long jump, the sole shall have a maximum thickness of 13mm and the heel in high jump shall have a maximum thickness of 19mm. In all other events the sole and/or heel may be of any thickness.

### ***Inserts and Additions to the Shoe***

6. Athletes may not use any appliance, either inside or outside the shoe, which will have the effect of increasing the thickness of the sole above the permitted maximum, or which can give the wearer any advantage which he would not obtain from the type of shoe described in the previous paragraphs.

### ***Number bibs***

7. Every athlete shall be provided with two number bibs which, during the competition, shall be worn visibly on the breast and back, except in the pole vault and high jump events where one number bib may be worn on the breast or back only. The number bib shall correspond with the number allocated to the athlete in the programme. If track suits are worn during the competition, number bibs shall be worn on the track suit in a similar manner.
8. These number bibs must be worn as issued and may not be cut, folded or obscured in any way. In long distance events these number 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 appears on them.
9. Where Photo Finish equipment is in operation, the Organising Committee may require athletes to wear additional number identification of an adhesive type on the side of their shorts. No athlete shall be allowed to take part in any competition without displaying the appropriate number bib(s) and/or identification.

## RULE 144

### Assistance to Athletes

#### *Indication of Intermediate Times*

1. 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.

#### *Giving Assistance*

2. The following shall not be considered as assistance:
  - (a) 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 immediate site of each field event, should be reserved to the athletes' coaches.
  - (b) Physiotherapy and/or medical examination/treatment necessary to enable an athlete to participate or continue participation once on the competition area by personnel designated or approved by the Medical Delegate and/or Technical Delegate specifically for this purpose, is permitted provided that it does not delay the conduct of the competition or an athlete's trial in the designated order. Such attendance or assistance by any other person whether during competition or immediately before competition once athletes have left the Call Room is assistance.

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

- (c) pacing in races by persons not participating in the race, by athletes or walkers lapped or about to be lapped or by any kind of technical device.
- (d) use of video or cassette recorders, radios, CD, radio transmitters, mobile phone or similar devices in the arena.

Any athlete giving or receiving assistance from within the competition area during an event shall be cautioned by the Referee and warned that for any repetition, he will be disqualified from that event. Any performance accomplished up to that time shall therefore not be considered.

### ***Wind Information***

3. A wind sock should be positioned near the take-off area in all jumping events, discus and javelin events, to show the athlete the approximate direction and strength of the wind.

### ***Drinking/Sponging***

4. In track events of 5000m or longer, the Organising Committee may provide water and sponges to athletes if weather conditions warrant such provision.

## **RULE 145**

### **Disqualification**

If an athlete is disqualified in an event because of the infringement of the IAAF Technical Rules, reference shall be made in the official results to the IAAF Rule, which has been infringed. Nevertheless, this fact shall not prevent an athlete from taking part in all further events.

An athlete acting in an unsporting or improper manner renders himself liable to disqualification from participation in all further events in the competition. Reference shall be made in the official results giving reasons for such disqualification. If the offence is considered serious, the Competition Director shall report it to the appropriate governing body for consideration of further disciplinary action according to Rule 22.1(f).

## **RULE 146**

### **Protests and Appeals**

1. Protests concerning the status of an athlete to participate in a meeting must be made, prior to the commencement of such meeting, to the Technical Delegate(s). Once the Technical Delegate(s) make a decision, there shall be a right of appeal to the Jury of Appeal. If the matter cannot be settled satisfactorily prior to the meeting, the athlete shall be allowed to compete "under protest" and the matter be referred to the Council of the IAAF.
2. Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event.  
The Organising Committee of the meeting shall be responsible for ensuring that the time of the announcement of all results is recorded.
3. Any protest shall, in the first instance, be made orally to the Referee by the athlete himself or by someone acting on his behalf. To arrive at a fair decision, the Referee should consider any available evidence which he thinks necessary, including a film or picture

produced by an official video tape recorder, or any other available video evidence. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee makes a decision, there shall be a right of appeal to the Jury.

4. In a field event, if an athlete makes an immediate oral protest against having an attempt judged as a failure, the Referee of the event may, at his discretion, order that the attempt be measured and the result recorded, in order to preserve the rights of all concerned.

In a track event, a Track Referee may allow, at his discretion, an athlete to compete under protest, if he/she makes an immediate oral protest against having received a false start and in order to preserve the rights of all concerned.

However, a protest cannot be accepted if the false start is detected by a false start detection apparatus.

5. An appeal to the Jury of Appeal must be made within 30 minutes of the official announcement of the decision made by the Referee, in writing, signed by a responsible official on behalf of the athlete, and shall be accompanied by a deposit of US \$100, or its equivalent, which will be forfeited if the protest is not upheld.
6. The Jury of Appeal shall consult all relevant persons, including the Referee and Judges. 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 shall be upheld.

*Note: In the absence of a Jury of Appeal or Technical Delegate(s), the referee's decision shall be final.*

#### RULE 147

#### **Mixed Competition**

For all competitions held completely in the stadium, mixed events between male and female participants shall not be permitted.

#### RULE 148

#### **Measurements**

For track and field events in meetings under Rule 1.1(a) to (c) inclusive, all measurements shall be made with a calibrated certified steel tape or bar or with a scientific measuring apparatus. At other meetings fibreglass tapes may be used. The accuracy of any measuring equipment used shall be certified by an appropriate Weights and Measures authority.

*Note: Concerning acceptance of records, see Rule 260.26 (a).*

RULE 149

**Validity of Performances**

No performance accomplished by an athlete will be valid unless it is accomplished during an official competition organised in conformity with IAAF Rules.

RULE 150

**Video Recording**

In competitions held under Rule 1.1(a) and (b) and, whenever possible in other competitions, it is recommended that an official video recording of all events, on which accuracy of performances and violation of the Rules are recorded, be used as supporting documentation.

RULE 151

**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 countries before the start of the match.

## SECTION III - TRACK EVENTS

Rules 163.2, 163.6 (except under 230.9 and 240.9), 164.3 and 165 also apply to Sections VII, VIII, and IX.

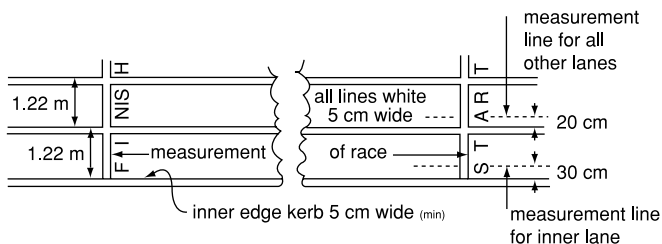
### RULE 160

#### Track Measurements

1. The length of a standard running track shall be 400m. It shall consist of two parallel straights and two bends whose radii shall be equal. Unless it is a grass track, the inside of the track shall be bordered by a kerb of suitable material, approximately 5cm in height and minimum 5cm in width.

If a section of the kerb has to be temporarily removed for field events, its place shall be marked with a white line 5cm in width and by cones or flags, minimum height 20cm, 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. This shall also apply to the section of the steeplechase track where athletes divert from the main track to negotiate the water jump. For a grass track without a kerb, the inner edge shall be marked with lines 5cm in width. It shall also be flagged at intervals of 4m. Flags shall be so placed on the line as to prevent any athlete running on the line, and they shall be placed at an angle of 60° with the ground away from the track. Flags approximately 25cmx20cm in size mounted on a staff of 45cm long are the most suitable for this purpose.

2. The measurement shall be taken 30cm outward from the kerb or, where no kerb exists, 20cm from the line marking the inside of the track.



#### INFIELD VIEW



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.
4. In all races up to and including 400m, each athlete shall have a separate lane, with a width of  $1.22\text{m} \pm 0.01\text{m}$  to be marked by lines 5cm in width. All lanes shall be the same width. The inner lane shall be measured as stated in paragraph 2 above, but the remaining lanes shall be measured 20cm from the outer edges of the lines.  
*Note: The line on the right hand only of each lane shall be included in the measurement of the width of each lane (see Rule 163.3 and 163.4).*
5. In international meetings under Rule 1.1(a), (b), (c) the track should allow for eight lanes.
6. The maximum allowance for lateral inclination of tracks should not exceed 1:100 and the overall inclination in the running direction shall not exceed 1:1000 downwards.  
*Note: It is recommended that, for new tracks, the lateral inclination should be towards the inside lane.*
7. Full technical information on track construction, layout and marking are contained in the IAAF Track and Field Facilities Manual. This Rule gives basic principles, which must be followed.

#### RULE 161 **Starting Blocks**

1. Starting blocks shall be used for all races up to and including 400m (including the first leg of the 4x200m and 4x400m) 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. Starting blocks shall comply with the following general specifications:
  - (a) They shall be entirely rigid in construction and shall give no unfair advantage to the athlete.
  - (b) 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.
  - (c) When an athlete uses his own starting blocks they shall comply with paragraphs (a) and (b) above. They may be of any design or construction, provided that they do not interfere with other

athletes.

- (d) When starting blocks are provided by the Organising Committee, they shall, in addition, comply with the following specifications:

The starting blocks shall consist of two foot plates, against which the athlete's feet are pressed in the starting position. The foot plates shall be mounted on a rigid frame, which shall in no way obstruct the athlete's feet as they leave the blocks. 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 be prepared to 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.

The mounting of the foot plates on a rigid 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.

2. In competitions held under Rule 1.1(a), (b) and (c), the starting blocks shall be linked to an IAAF approved false start apparatus. The Starter and/or an assigned Recaller shall wear headphones in order to clearly hear the acoustic signal emitted when the apparatus detects a false start (i.e. when reaction time is less than 100/1000<sup>ths</sup> of a second). As soon as the Starter and/or an assigned Recaller hears the acoustic signal, and if the gun is fired, or the approved starting apparatus is activated, there shall be a recall and the Starter shall immediately examine the reaction times on the false start apparatus in order to confirm which athlete(s) is/are responsible for the false start. This system is strongly recommended for all other competitions.
3. In competitions held under Rule 1.1(a), (b), (c), (d) and (e), athletes shall use starting blocks provided by the Organising Committee of the meeting and in other meetings, on all-weather tracks the Organising Committee may insist that only starting blocks provided by them may be used.

## RULE 162

### The Start

1. The start of a race shall be denoted by a white line 5cm 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.
2. All races shall be started by the report of the Starter's gun or approved starting apparatus fired upwards after he has ascertained that athletes are steady and in the correct starting position.
3. At all international meetings, the commands of the Starter in his own language, in English or in French shall, in races up to and including 400m (including 4x200m and 4x400m), be "On your marks", "Set", and when all athletes are "Set", the gun shall be fired, or approved starting apparatus activated. An athlete shall not touch either the start line or the ground in front of it with his hands or his feet when on his marks.  
In races longer than 400m, the commands shall be "On your marks" and when all athletes are steady, the gun shall be fired, or approved starting apparatus activated. An athlete shall not touch the ground with his hand or hands during the start.
4. 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, he shall order all athletes to withdraw from their marks and the Starter's Assistants shall place them on the assembly line again.  
In all races up to and including 400m (including the first leg of the 4x200m and 4x400m), 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 his allocated lane and behind the start line. Both hands and at least one knee shall be in contact with the ground and both feet in contact with the starting blocks. At the "Set" command, an athlete should immediately rise to his final starting position retaining the contact of the hands with the ground and of the feet with the foot plates of the blocks.
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 set position.

#### ***False start***

6. An athlete, after assuming a full and final set position, is only allowed to commence his starting motion after the report of the gun, or approved starting apparatus. If, in the judgement of the Starter or

Recallers, he fails to do so, it shall be deemed a false start.

It shall also be deemed a false start if, in the judgement of the Starter:

(a) the athlete fails to comply with the commands "on your marks" or "set" as appropriate after a reasonable time.

(b) an athlete after the command "on your marks" disturbs the other athletes in the race through sound or otherwise.

*Note: When an approved false start detection equipment is in operation (see Rule 161.2 for operational details of equipment), the evidence of this equipment shall normally be accepted as conclusive by the Starter.*

7. Any athlete making a false start shall be warned. Except in Combined Events, only one false start per race shall be allowed without the disqualification of the athlete(s) making the false start. Any athlete(s) making further false starts in the race shall be disqualified from the race.

In Combined Events, if an athlete is responsible for two false starts, he shall be disqualified.

8. 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.

*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 only such athlete or athletes who, in his opinion, were responsible for the false start. This may result in more than one athlete being warned. If the false start is not due to any athlete, no warnings shall be given.*

#### **1000m, 2000m, 3000m, 5000m and 10,000m**

9. When there are more than 12 athletes in a race, they may be divided into two groups with one group of approximately 65% 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 should run as far as the end of the first bend on the outer half of the track.

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 described in Rule 163.5 indicates where the athletes in the outer group in 2000m and 10,000m may join the athletes using regular start. The track shall be marked at the entrance to the finish straight for group starts in 1000m, 3000m and 5000m to indicate where athletes starting in the outer group may

join the athletes using the regular start. This mark may be a 5cmx5cm mark on the line between lanes 4 and 5 (lanes 3 & 4 in a six-lane track) on which a cone or flag is placed until the two groups converge.

## RULE 163

### The Race

1. The direction of running shall be left-hand inside. The lanes shall be numbered with the left-hand inside lane numbered 1.

#### ***Obstruction***

2. Any competing runner or walker who jostles or obstructs another athlete, so as to impede his progress, shall be liable to disqualification from that event. The Referee shall have the authority to order the race to be re-held excluding any disqualified athlete or, in the case of a heat, to permit any athlete(s) seriously affected by jostling or obstruction (other than any disqualified athlete), to compete in a subsequent round of the event. Normally such an athlete should have completed the event with bona fide effort.

Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if he considers it just and reasonable to do so.

#### ***Running in Lanes***

3. In all races run in lanes, each athlete shall keep within his allocated lane from start to finish. This shall also apply to any portion of a race run in lanes. Except as stated below in 4, if the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that an athlete has run outside his lane, he shall be disqualified.
4. If an athlete is pushed or forced by another person to run outside his lane, and if no material advantage is gained, the athlete shall not be disqualified.

If an athlete either:

- (a) runs outside his lane in the straight, and no material advantage is gained or
  - (b) runs outside the outer line of his lane on the bend, with no material advantage thereby being gained, and no other runner is obstructed then he shall likewise not be disqualified.
5. In competitions held under Rule 1.1(a), (b) and (c), the 800m event shall be run in lanes as far as the breakline marked after the first bend where athletes may leave their respective lanes.

The breakline shall be an arced line, 5cm wide, across the track, marked at each end by a flag at least 1.50m high, positioned outside the track.

*Note (i): To assist athletes identify the breakline, small cones or prisms, 5cmx5cm and no more than 15cm high, of the same colour as the breakline, may be placed on the intersection of the lane line and the breakline .*

*Note (ii): In international matches, countries may reach agreement not to use lanes.*

### **Leaving the Track**

6. An athlete, after voluntarily leaving the track shall not be allowed to continue in the race.

### **Check-Marks**

7. Except 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 running track for their assistance.

### **Wind Measurement**

8. The periods for which the wind velocity shall be measured from the flash of the Starter's gun or approved starting apparatus are as follows:

	Seconds
100m	10
100m Hurdles	13
110m Hurdles	13

In the 200m event, the wind velocity shall be measured for a period of 10 seconds commencing when the first runner enters the straight.

9. The wind gauge for track events shall be placed beside the straight, adjacent to lane 1, 50m from the finish line. It shall be positioned 1.22m high and not more than 2m away from the track.
10. The wind gauge shall be read in metres per second, rounded to the next higher tenth of a metre per second, 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.  
Gauges must be certified by an appropriate authority.

11. Ultrasonic wind gauges shall be used at all International Meetings under 1.1 (a) to (f).

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.

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

#### RULE 164

##### **The Finish**

1. The finish of a race shall be denoted by a white line 5cm wide.
2. To assist alignment of the Photo Finish equipment and to facilitate the reading of the Photo Finish film, the intersection of the lane lines and the finish line shall be painted black in a suitable design.
3. 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.
4. 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, he 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.

#### RULE 165

##### **Timing and Photo Finish**

1. Two alternative methods of timekeeping shall be recognised as official:
  - Hand timing;

- Fully Automatic timing obtained from a Photo Finish system.

### ***Hand timing***

2. The Timekeepers shall be in line with the finish and outside the track. Wherever 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.
3. Timekeepers shall use either stopwatches or manually operated electronic timers with digital readouts. All such timing devices are termed "watches" for the purpose of IAAF Rules.
4. Times for all finishers shall be recorded. In addition, whenever possible, lap times in races of 800m and over and times at every 1000m in races of 3000m and over, shall be recorded either, by designated members of the timekeeping team using watches capable of taking more than one time, or by additional Timekeepers.
5. The time shall be taken from the flash/smoke of the gun or approved starting apparatus 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 perpendicular plane of the nearer edge of the finish line.
6. Three official timekeepers (one of whom shall be the Chief Timekeeper) and one or two additional timekeepers shall time the winner of every event. 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.
7. Each Timekeeper shall act independently and without showing his watch to, or discussing his time with, any other person, shall enter his 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.
8. For all hand-timed races on the track, times shall be read to the next longer 1/10th of a second. The times for races partly or entirely outside the stadium shall be converted to the next, longer full second, i.e. for the Marathon 2:09:44.3 shall be returned as 2:09:45.



If the hand of the watch stops between two lines indicating the time, the longer time shall be accepted. If a 1/100<sup>th</sup> second watch, or an electronic manually operated digital timer, is used, all times not ending in zero in the second decimal shall be rounded to the next longer 1/10th second, i.e. 10.11 shall be read as 10.2.

9. If 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. Should only two times be available, and if they differ, the longer time shall be official.
10. The Chief Timekeeper, acting in accordance with the Rules mentioned above, shall decide the official time for each athlete and provide the result to the Competition Secretary for publication.

### ***Fully Automatic Photo Finish***

11. Fully Automatic Photo Finish equipment approved by IAAF should be used at all competitions.

### ***General Conditions***

12. The Photo Finish System must be able to produce a printed picture, which shows the time of every athlete.
13. The timing mechanism shall be started automatically by the Starter's gun or approved starting apparatus and the equipment must similarly record the finish times of the athletes automatically.
14. A timing system which operates automatically at either the start or the finish, but not at both, shall be considered to produce neither hand nor fully automatic times and shall not therefore be used to obtain official times. In this case, the times read on the film will not, under any circumstances, be considered as official, but the film 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 gun, or approved starting apparatus, the time-scale on the film shall indicate this fact automatically.*

15. Fully Automatic Photo Finish equipment shall be approved by the IAAF, based upon a test of accuracy made within 4 years prior to the competition. It shall be started automatically from the Starter's gun, or approved starting apparatus, so that the overall delay between the report from the muzzle and the start of the timing system is constant and less than one millisecond.
16. In all fully automatic and video-based systems, the picture production and the time system shall be synchronised.

### ***The system***

17. A video-based system may be used, provided:
  - (a) It conforms to the General Conditions above;
  - (b) It uses a video camera aligned with the finish line, which produces at least 50 frames per second;
  - (c) It incorporates a timing device that generates a reading to 1/50<sup>th</sup> of a second;
  - (d) The time for each athlete is read from the time of the frame where any part of the torso of the athletes reaches the perpendicular plane of the leading edge of the finish line. Where no frame shows any part of the torso in this position, the time shall be taken from the frame where the athlete's torso is placed just beyond the finish line.

*Note: Where athletes are involved in a close finish and none of the frames show any part of the torso of the athletes reaching the perpendicular plane of the leading edge of the finish line, the frame showing the athletes concerned, immediately before and immediately after their arrival at the finish line, must be considered. If there is a change in finishing position between the two frames then the Chief Photo Finish Judge shall declare a dead-heat between the athletes concerned.*

18. A non video-based system may be used, provided:
  - (a) It conforms to the General Conditions above;
  - (b) It records the finish through a camera with a vertical slit, positioned in the extension of the finish line, producing a continuous image. The image must also be synchronised with a uniformly marked time-scale graduated in 1/100th of a second;
  - (c) The times and places are read from the image with a special device guaranteeing perpendicularity between the time scale and the reading line.

### ***Operation***

19. The Chief Photo Finish Judge shall be responsible for the functioning of the timing device.
20. Before the start of the meeting, he will meet the technical staff involved and familiarise himself with the equipment. He will supervise the positioning and testing of the equipment.
21. If possible, 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 the report of the Starter's gun, or approved starting apparatus, 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 (or International Photo Finish Judge where appointed) before the start of the meeting. The times and places from 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 photos to resolve uncertainties in the finishing order (i.e. athletes wholly or partially obscured on the official camera).*

22. The Chief Photo Finish Judge, in cooperation with the Referee for track events and the Starter, shall initiate a control, before the beginning of each session, to ensure that the equipment is started automatically by the Starter's gun, or approved starting apparatus, and is correctly aligned. He shall supervise the zero control operation.
23. In conjunction with the two Assistants, the Chief Photo Finish Judge shall determine the places of the athletes and their respective times. He shall enter these placings and times on the official form and, after signing it, convey it to the Competition Secretary.
24. Times from photo finish camera 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 picture, shall be official. Such back-up Timekeepers must be appointed where any possibility exists of failure of the timing device.
25. Times shall be read from the photo finish picture as follow:
  - (a) For all races up to and including 10,000m, the time shall be read and recorded from the photo finish picture in 1/100th second. Unless the time is an exact 1/100th of a second, it should be read to the next longer 1/100th of a second.
  - (b) For all races on the track longer than 10,000m, the time shall be read in 1/100th second. All read times not ending in zero shall be converted and recorded to the next longer 1/10th second, e.g. For 20,000m, a time of 59:26.32 shall be recorded as 59:26.4.
  - (c) For all races held partly or entirely outside the stadium, the time shall be read in 1/100th second. All times not ending in two zeroes shall be converted to the next longer whole second, e.g. for the Marathon, a time of 2:09:44.32 shall be recorded as 2:09:45.

**Seedings, Draws and Qualification in Track Events**

***Rounds and Heats***

1. Preliminary rounds (heats) 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 preliminary rounds are held, all athletes must compete in, and qualify through, all such rounds.
2. The heats, quarter-finals and semi-finals shall be arranged by the appointed Technical Delegates. If no Technical Delegates have been appointed they shall be arranged by the Organising Committee. In meetings under Rule 1.1(a), (b) and (c), the following tables shall, in the absence of extraordinary circumstances, be used to determine the number of rounds, and the number of heats in each round, to be held and the qualification procedure for each round of track events:

***100m, 200m, 400m, 100mH, 110mH, 400mH***

Declared Entries	Qualifying R1			Qualifying R2			Qualifying R3	
	Heats	P	T	Heats	P	T	Heats	P
9-16	2	3	2					
17-24	3	2	2					
25-32	4	3	4	2	4			
33-40	5	4	4	3	4	4	2	4
41-48	6	4	8	4	4		2	4
49-56	7	4	4	4	4		2	4
57-64	8	3	8	4	4		2	4
65-72	9	3	5	4	4		2	4
73-80	10	3	2	4	4		2	4
81-88	11	3	7	5	3	1	2	4
89-96	12	3	4	5	3	1	2	4
97-104	13	3	9	6	2	4	2	4
105-112	14	3	6	6	2	4	2	4

***800m, 4x100m, 4x400m***

Declared Entries	Qualifying R1			Qualifying R2			Qualifying R3	
	Heats	P	T	Heats	P	T	Heats	P
9-16	2	3	2					
17-24	3	2	2					
25-32	4	3	4	2	3	2		
33-40	5	2	6	2	3	2		

41-48	6	2	4	2	3	2		
49-56	7	2	2	2	3	2		
57-64	8	2	8	3	2	2		
65-72	9	3	5	4	3	4	2	4
73-80	10	3	2	4	3	4	2	4
81-88	11	3	7	5	3	1	2	4
89-96	12	3	4	5	3	1	2	4
97-104	13	3	9	6	2	4	2	4
105-112	14	3	6	6	2	4	2	4

### **1500m**

Declared Entries	Qualifying R1			Qualifying R2		
	Heats	P	T	Heats	P	T
16-24	2	4	4			
25-36	3	6	6	2	5	2
37-48	4	5	4	2	5	2
49-60	5	4	4	2	5	2
61-72	6	3	6	2	5	2

### **3000m SC, 3000m**

Declared Entries	Qualifying R1			Qualifying R2		
	Heats	P	T	Heats	P	T
16-30	2	4	4			
31-45	3	6	6	2	5	2
46-60	4	5	4	2	5	2
61-75	5	4	4	2	5	2

### **5000m**

Declared Entries	Qualifying R1			Qualifying R2		
	Heats	P	T	Heats	P	T
20-38	2	5	5			
39-57	3	8	6	2	6	3
58-76	4	6	6	2	6	3
77-95	5	5	5	2	6	3

### **10,000m**

Declared Entries	Qualifying R1		
	Heats	P	T
28-54	2	8	4
55-81	3	5	5
82-108	4	4	4

Whenever possible, representatives of each nation shall be placed in different heats.

*Note: When heats are being arranged, it is recommended that as much information as possible about the performances of all athletes should be considered and the heats drawn so that, normally, the best performers reach the final.*

3. After the first round, the athletes shall be placed in the heats of subsequent rounds in accordance with the following procedures:
- (a) for events of 100m to 400m inclusive, and relays up to and including 4x400m, 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.

The athletes shall then be placed in heats in the order of seeding in a zigzag distribution, i.e. 3 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

The order of running heats A, B, C shall be drawn.

- (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).
- For the first round, the athletes shall be placed in heats, and the order of heats drawn, using the above system, but with the seeding determined from the relevant list of valid performances achieved during the predetermined period.
4. For events 100m to 800m inclusive, and relays up to and including 4x400m, where there are several successive rounds of a race, lanes will be drawn as follows:
- (a) In the first round the lane order shall be drawn by lot.
- (b) For the following rounds, athletes shall be ranked after each

round in accordance with the procedure shown in Rule 166.3(a) or in the case of 800m, 166.3(b).

Two draws will then be made:

- (c) one for the four highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6.
- (d) the other for the four lowest ranked athletes or teams to determine placings in lanes 1, 2, 7 and 8.

*Note (i): When there are less than 8 lanes, the above system with the necessary modifications should be followed.*

*Note (ii): In competitions under Rule 1.1(d) to (h) the 800m event may be run with one or two athletes in each lane, or with group start, starting behind an arced line.*

*Note (iii): In meetings under Rule 1.1 (a), (b) and (c) this should normally only be applied in the first round, unless due to ties or advancement by the Referee, there are more athletes in a heat of a subsequent round than were anticipated.*

- 5. An athlete shall not be allowed to compete in a heat other than the one in which his name appears, except in circumstances which, in the opinion of the Referee, justify an alteration.

- 6. In all preliminary rounds, at least the first and second places in each heat shall qualify for the next round and it is recommended that, where possible, at least three in each heat should qualify.

Except where Rule 167 applies, any other athletes to qualify for the next round shall be decided either according to their placings or according to their times. In the latter case, only one system of timing may be applied.

The order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.

- 7. 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

### **Single Rounds**

- 8. In competitions under Rule 1.1(a), (b) and (c), for events longer than 800m, relays longer than 4x400m and any event where only a single round (final) is required, lanes/starting positions shall be drawn by lot.

## RULE 167

### Ties

Ties shall be resolved as follows:

In determining whether there has been a tie in any round for a qualifying position for the next round based on time, the Chief Photo Finish Judge shall consider the actual time recorded by the athletes to 1/1000th of a second. If it is thus determined that there has been a tie, the tying athletes shall be placed in the next round or, if that is not practicable, lots shall be drawn to determine who shall be placed in the next round.

In the case of a tie for first place in any final, the Referee is empowered to decide whether it is practicable to arrange for the athletes so tying to compete again. If he decides it is not, the result will stand. Ties in other placings shall remain.

## RULE 168

### Hurdle Races

1. Distances. The following are the standard distances:

Men, Junior Men and Youth Boys: 110m, 400m

Women, Junior Women and Youth Girls: 100m, 400m

There shall be ten flights of hurdles in each lane, set out in accordance with the following table:

#### ***Men, Junior Men and Youth Boys***

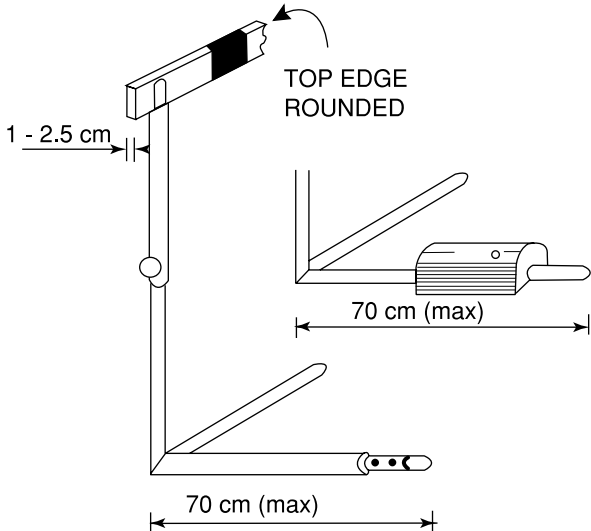
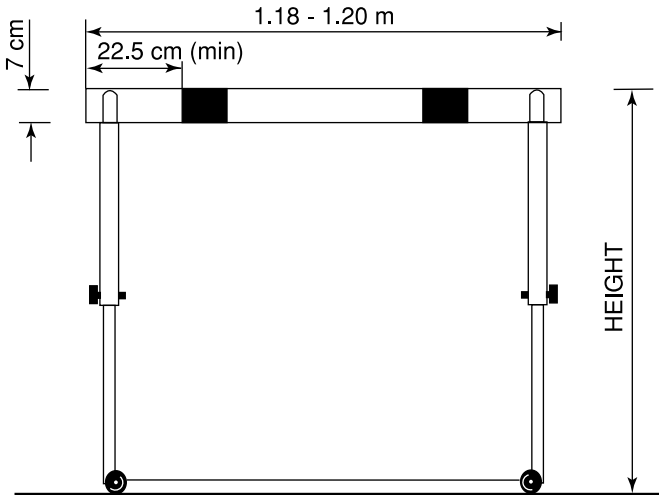
Distance of race	Distance from start line to first Hurdle	Distance between Hurdles	Distance from last Hurdle to finish line
110m	13.72m	9.14m	14.02m
400m	45.00m	35.00m	40.00m

#### ***Women, Junior Women and Youth Girls***

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
400m	45.00m	35.00m	40.00m



### 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 edge of the bar nearest the approaching hurdler coincides with the track marking nearest the athlete.

2. Construction. The hurdles shall be made of metal or some other suitable material with the top bar of wood or other 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 to the centre of the top edge of the top bar is required to overturn 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 overturn it.
3. Dimensions. The standard heights of the hurdles shall be:

	Men/Junior	Youth Boys	Women/Junior	Youth Girls
100H/110H	1.067m	0.914m	0.840m	0.762m
400H	0.914m	0.840m	0.762m	0.762m

The width of the hurdles shall be from 1.18m to 1.20m.

The maximum length of the base shall be 70cm.

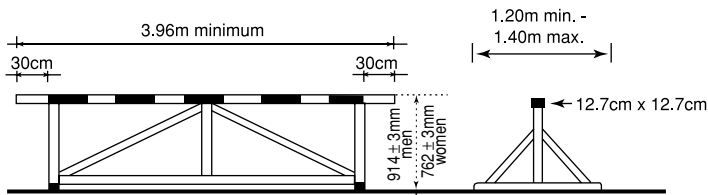
The total weight of the hurdles shall be not less than 10kg.

In each case there shall be a tolerance allowance of 3mm, above and below the standard heights, to allow for variation in the manufacture.

4. The height of the top bar shall be 7cm. The thickness of this bar should be between 1cm and 2.5cm, and the top edges should be rounded. The bar should be firmly fixed at the extremities.
5. The top bar should be painted with white and black stripes, or with other distinctive contrasting colours, such that the lighter stripes, which should be at least 22.5cm wide are on the outside.
6. All races shall be run in lanes and each athlete shall keep to his own lane throughout.
7. An athlete who trails his foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance, or jumps any hurdle not in his own lane, or in the opinion of the Referee deliberately knocks down any hurdle by hand or foot, shall be disqualified.
8. Except as provided in paragraph 7, the knocking down of hurdles shall not result in disqualification nor prevent a record being made.
9. For a World Record all hurdles must comply with the specifications of this Rule.

RULE 169  
**Steeplechase Races**

1. The standard distances shall be 2000m and 3000m.
2. There shall be 28 hurdle jumps and 7 water jumps included in the 3000m event, and 18 hurdle jumps and 5 water jumps in the 2000m event.
3. For the steeplechase events, there shall be five jumps in each complete lap with the water jump as the fourth. The jumps shall be evenly distributed, so that the distance between the jumps shall be approximately one fifth of the nominal length of the lap.
4. In the 3000m event, the distance from the start to the beginning of the first lap shall not include any jumps, the hurdles being removed until the athletes have entered the first lap. In the 2000m event, the first jump is at the third barrier of a normal lap. The previous hurdles shall be removed until the athletes have passed them for the first time.
5. The hurdles shall be 91.4cm high for men's events and 76.2cm for women's events ( $\pm 0.3$ cm both) and shall be at least  $3.96\text{m} \pm 0.02\text{m}$  wide. The section of the top bar of the hurdles, and the hurdle at the water jump, shall be  $12.7\text{cm}$  square.



**Example of a Hurdle**

The hurdle at the water jump shall be  $3.66\text{m} \pm 0.02\text{m}$  wide, and shall be firmly fixed to the ground, so that no horizontal movement is possible.

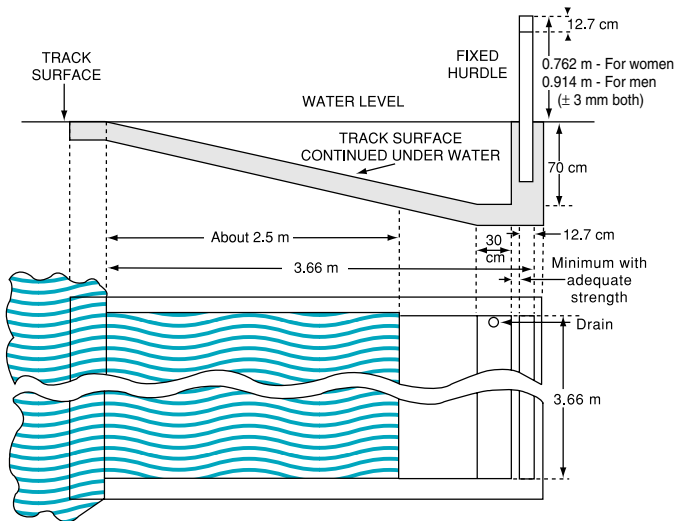
The top bars should be painted with white and black stripes, or with other distinctive contrasting colours, such that the lighter stripes, which should be at least 22.5cm wide, are on the outside.

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 diagram).

The hurdle shall be placed on the track so that 30cm 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.*

6. The water jump, including the hurdle, shall be 3.66m ( $\pm 0.02$ m) in length and the water pit shall be 3.66m ( $\pm 0.02$ m) 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. At the start of a race, the surface of the water shall be level with the surface of the track within a margin of 2cm. The depth of the water closest to the hurdle shall be 70cm for approximately 30cm. From there, the bottom shall have a uniform slope upwards to the level of the track at the farther end of the water pit.



### **Water Jump**

7. Each athlete shall go over or through the water and anyone who steps to the one side or other of the jump or trails his foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance shall be disqualified. Provided this Rule is observed, an athlete may go over each hurdle in any manner.

RULE 170  
**Relay Races**

1. Lines 5cm wide shall be drawn across the track to mark the distances of the stages and to denote the scratch line.
2. Each take-over 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.
3. The scratch lines of the first take-over zones for the 4x400m (or the second zones for the 4x200m) are the same as the start lines for the 800m.
4. The take-over zones for the second and last take-overs (4x400m) will be the 10m lines either side of the start/finish line.
5. The arc across the track at the entry to the back straight showing the positions at which the second stage athletes (4x400m) and third stage athletes (4x200m) are permitted to leave their respective lanes, shall be the same as the arc for the 800m event, described in Rule 163.5.
6. 4x100m and, where possible, 4x200m relay races, shall be run entirely in lanes.

In 4x200m (if this event is not run entirely in lanes) and 4x400m relay races, the first lap, as well as that part of the second lap up to the line after the first bend (breakline), will be run entirely in lanes.

*Note: In the 4x200m and 4x400m relays, where not more than 4 teams are competing, it is recommended that only the first bend of the first lap should be run in lanes.*

7. In races of 4x100m and 4x200m, members of a team other than the first runner may commence running not more than 10m outside the take-over zone (see paragraph 2 above). A distinctive mark shall be made in each lane to denote this extended limit.
8. In the 4x400m relay, at the first take-over, which is carried out with the athletes remaining in their lanes, the 2nd runner is not permitted to begin running outside his take-over zone, and shall start within this zone. Similarly, the 3rd and 4th athletes shall begin running from within their take-over zones.

The second athletes in each team may break from their lanes immediately they have passed the line after the first bend (breakline) which shall be marked with an arced line 5cm wide across the track and by a flag at least 1.50m high positioned on each side of the track.

*Note: To assist athletes identify the breakline small cones or prisms, 5cmx5cm and no more than 15cm high, of the same colour as the breakline, may be placed on the intersection of the lane lines and the breakline.*

9. The athletes in the third and fourth legs of the 4x400m relay 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 complete 200m of their legs. 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 take-over zone. Should any athlete not follow this Rule he shall cause the disqualification of his team.
10. In other relay races, when lanes are not used, waiting athletes can take an inner position on the track as incoming team members arrive, provided they do not jostle or obstruct another athlete so as to impede his progress.
11. Check-Marks. 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 his own lane, by using self-adhesive tape, maximum 5cmx40cm, of a distinctive colour which cannot be confused with other permanent markings. For a cinder or grass track, he may make a check-mark within his own lane by scratching the track. In either case no other check-mark may be used.
12. The 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 not be more than 30cm and not less than 28cm. The circumference shall be 12cm to 13cm and it shall not weigh less than 50gm. It should be coloured so as to be easily visible during the race.
13. The baton shall be carried by hand throughout the race. If dropped, it shall be recovered by the athlete who dropped it. He may leave his lane to retrieve the baton provided that, by doing so, he does not lessen the distance to be covered. Provided this procedure is adopted and no other athlete is impeded, dropping the baton shall not result in disqualification.
14. In all relay races, the baton shall be passed within the take-over zone. The passing of the baton commences when it is first touched by the receiving runner and is completed the moment it is in the hand of only the receiving runner. Athletes are not permitted to wear gloves or to place substances on their hands in order to obtain a better grip of the baton. Within the take-over zone, it is only the

- position of the baton which is decisive, and not the position of the body of the athletes. Passing of the baton outside the take-over zone shall result in disqualification.
15. Athletes, before receiving and/or after handing over the baton, should keep in their lanes or zones, in this last case until the course is clear to avoid obstruction to other athletes. Rule 163.3 and 4 shall not apply to these athletes. Should any athlete wilfully impede a member of another team by running out of position or lane at the finish of his stage, his team shall be disqualified.
  16. Assistance by pushing or by any other method shall result in disqualification.
  17. Once a relay team has started in a competition, only two additional athletes may be used as substitutes in the composition of the team for subsequent rounds. Substitutions in a relay team may only be made from the list of athletes already entered for the meeting whether for that or any other event. Once an athlete, who has started in a previous round, has been replaced by a substitute, he may not return to the team.
  18. The composition of a team and the order of running for a relay shall be officially declared no later than one hour before the published first call time for the first heat of each round of the competition. Further alterations may be made on medical grounds only (verified by a medical officer appointed by the Organising Committee) until the final call time for the particular heat in which the team is competing.

## **SECTION IV - FIELD EVENTS**

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### **RULE 180**

#### **General Conditions**

##### ***Warm-up at the competition Area***

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.
2. Once a competition has begun, athletes are not permitted to use, for practice purposes, as appropriate,
  - a) the runway or take-off area;
  - b) implements;
  - c) the circles or the ground within the sector with or without implements.

##### ***Markers***

3. 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 Organising Committee) to assist him in his run-up and take-off. If such markers are not supplied, he may use adhesive tape but not chalk or similar substance nor anything, which leaves indelible marks.

##### ***Competing Order***

4. The athletes shall compete in an order drawn by lot. If there is a qualifying round, there shall be a fresh drawing of lot for the final (see also paragraph 5 below).

##### ***Trials***

5. 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. In the event of a tie for the last qualifying place, it shall be resolved as described in paragraph 20 below.  
Where there are eight athletes or fewer, each athlete shall be allowed six trials.



In both cases, the competing order for the last three rounds will be in the reverse order to the ranking recorded after the first three trials.

*Note: For vertical jumps, see Rule 181.2*

6. Except for the High Jump and Pole Vault, no athlete is allowed to have more than one trial recorded in any one round of the competition.
7. In all International Meetings, except the World Championships (Outdoor, Junior, Indoor and Youth) and Olympic Games, the number of trials in the horizontal field events may be reduced. This shall be decided by the National or International body having the control over the competition.

### ***Qualifying Competition***

8. A qualifying 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 qualifying round is held, all athletes shall compete in, and qualify through, that round. Performances accomplished in a qualifying round shall not be considered as part of the competition proper.
9. The athletes shall be divided into two or more groups. Unless there are facilities for the groups to compete at the same time and under the same conditions, each group should start the competition immediately the previous group has finished.
10. It is recommended that, in meetings of more than three days, a rest day be provided between qualifying competitions and the finals in the vertical jumping events.
11. 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 Organising Committee. For meetings conducted under Rule 1.1(a), (b) and (c), there should be at least 12 athletes in the final.
12. In a qualifying competition, 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, he shall not continue in the qualifying competition.
13. In the qualifying competition for the High Jump and the Pole Vault, the athletes, not eliminated after three consecutive failures, shall continue to compete according to Rule 181.2 until the end of the last trial, at the height set as the qualifying standard.

14. 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 qualifying competition. Ties for the last qualifying place in the overall standings of the competition shall be decided as described in paragraph 20 below or Rule 181.8 as appropriate.
15. When a qualifying competition 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 also recommended that the two groups be of approximately equal strength.

### ***Obstruction***

16. If, for any reason, an athlete is hampered in a trial, the Referee shall have the authority to award him a substitute trial.

### ***Delay***

17. An athlete in a field event who unreasonably delays making a trial, renders himself liable to have that trial disallowed and recorded as a failure. It is a matter for the Referee to decide, having regard to all the circumstances, what is an unreasonable delay.

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

For the Pole Vault, the time shall begin when the uprights have been adjusted according to the previous wishes of the athlete. No additional time will be allowed for further adjustment.

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

The following times should not normally be exceeded:

### ***Individual Event***

Number of athletes left in the competition

	High Jump	Pole Vault	Other
More than 3	1min	1min	1min
2 or 3	1.5min	2min	1min
1	3min	5min	-
Consecutive trials	2min	3min	2min

## **Combined Events**

Number of athletes left in the competition

	High Jump	Pole Vault	Other
More than 3	1min	1min	1min
2 or 3	1.5min	2min	1min
1	2min*	3min*	-
Consecutive trials	2min	3min	2min

\* When there is only one athlete left, the mentioned times will be followed in the first trial only if the previous trial was made by the same athlete.

*Note: A clock which shows the remaining time allowed should be visible to an athlete. In addition, an official shall raise and keep raised, a yellow flag, or otherwise indicate, for the final 15 seconds remaining of the time allowed .*

### **Absence during Competition**

18. In Field Events, an athlete may, with the permission of, and accompanied by, a Judge, leave the immediate area of the event during the progress of the competition.

### **Change of Competition Area**

19. The appropriate Referee shall have the authority to change the place of the competition if, in his opinion, the conditions justify it. Such a change should be made only after a round has been completed.

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

### **Ties**

20. In field events, except for High Jump and Pole Vault, the second best performance of the athletes tying shall resolve the tie. Then, if necessary, the third best, and so on.

If the tie remains and concerns first place, the athletes having achieved the same results will compete again in the same order in a new attempt until the tie is resolved.

*Note: For Vertical Jumps, see Rule 181.8.*

### **Result**

21. Each athlete shall be credited with the best of all his attempts, including those achieved in resolving a tie for the first place.

## A. VERTICAL JUMPS

### RULE 181

#### General Conditions

1. Before the competition begins, 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, until there is only one athlete remaining having won the competition, or there is a tie for first place.

#### ***Trials***

2. An athlete may commence jumping/vaulting at any height previously announced by the Chief Judge and may jump/vault at his 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 forego his 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 forgoes a trial at a certain height, he may not make any subsequent attempt at that height, except in the case of a tie for first place.

3. Even after all the other athletes have failed, an athlete is entitled to continue jumping until he has forfeited his right to compete further.
4. Unless there is only one athlete remaining and he has won the competition:
  - (a) the bar should never be raised by less than 2cm in the High Jump and 5cm in the Pole Vault after each round; and
  - (b) the increment of the raising of the bar should never increase.

This Rule shall not apply once the athletes still competing agree to raise it to a World Record 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 does not apply for a Combined Events Competition.*

In a Combined Events Competition held under Rule 1.1(a), (b) and (c), each increase shall be uniformly 3cm in the High Jump and 10cm in the Pole Vault throughout the competition.

### Measurements

- All measurements shall be made, in whole centimetres, perpendicularly from the ground to the lowest part of the upper side of the bar.
- Any measurement of a new height shall be made before athletes attempt such height. In all cases of records, the Judges shall check the measurement when the bar is placed at the record height and they shall re-check the measurement before each subsequent record attempt if the bar has been touched since last measured.

### Crossbar

- The crossbar shall be made of fibre-glass, or other suitable material but not metal, circular in cross-section except for the end pieces. The overall length of the crossbar shall be 4.00m ( $\pm 2$ cm) in the High Jump and 4.50m ( $\pm 2$ cm) 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 ( $\pm 1$ mm).

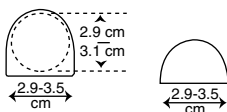
The crossbar shall consist of three parts - the circular bar and two end pieces, each 30-35mm wide and 15-20cm long for the purpose of resting on the supports of the uprights.

These end pieces shall be circular or semicircular 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. They shall be hard and smooth

They may not be covered with rubber or 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 2cm in the High Jump and 3cm 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 7cm in the High Jump and 11cm in Pole Vault.



Alternative Ends for Bar

## Ties

8. Ties shall be resolved as follows:

- (a) The athlete with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
- (b) If the tie still remains, 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.
- (c) If the tie still remains:
  - (i) If it concerns the first place, the athletes tying shall have one more jump at the lowest height at which any of those involved in the tie have lost their right to continue jumping, and if no decision is reached, the bar shall be raised if the tying athletes were successful, or lowered if not, 2cm for the High Jump and 5cm for the Pole Vault. They shall then attempt one jump at each height until the tie is resolved. Athletes so tying must jump on each occasion when resolving the tie (See example).
  - (ii) If it concerns any other place, the athletes shall be awarded the same place in the competition.

*Note: This Rule (c) will not apply to Combined Events.*

### 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		1.94m	1.92m	1.94m	
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

O = Cleared

X = Failed

- = Did not Jump

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

The Rule regarding ties now comes into operation; 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" still tie and as this concerns the first

place, they shall have one more jump at 1.94m where "A" and "C" lost their right to continue jumping.

As all the athletes tying failed, the bar is lowered to 1.92m for another jump-off. As only "C" failed to clear 1.92m, the two other tying athletes, "A" and "B" shall have a 3<sup>rd</sup> jump-off at 1.94m which only "B" cleared and is therefore declared the winner.

### ***Extraneous forces***

9. When it is clear that the bar has been displaced by a force not associated with an athlete (e.g., a gust of wind)
  - (a) if such displacement occurs after an athlete has cleared the bar without touching it, then the attempt shall be considered successful, or
  - (b) if such displacement occurs under any other circumstance, a new attempt shall be awarded.

## **RULE 182**

### **High Jump**

### ***The Competition***

1. An athlete shall take off from one foot.
2. The athlete fails if:
  - (a) After the jump, the bar does not remain on the supports because of the action of the athlete whilst jumping; or
  - (b) He touches the ground including the landing area beyond the plane of the nearer edge of the uprights, either between or outside the uprights with any part of his body, without first clearing the bar. However, if when he jumps, an athlete touches the landing area with his foot and in the opinion of the Judge, no advantage is gained, the jump for that reason should not be considered a failure.

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

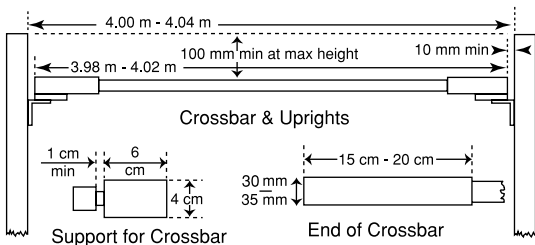
### ***The Runway and Take-off Area***

3. The minimum length of the runway shall be 15m except in competitions held under Rule 1.1(a), (b) and (c), where the minimum shall be 20m.  
Where conditions permit, the minimum length should be 25m.
4. The maximum overall inclination of the runway and take-off area

- shall not exceed 1:250 in the direction of the centre of the crossbar.
5. The take-off area shall be level.

### ***Apparatus***

6. Uprights. 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 10cm.  
The distance between the uprights shall be not less than 4.00m nor more than 4.04m.
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 has been completed.
8. Crossbar supports. The supports shall be flat and rectangular, 4cm wide and 6cm long. They shall be firmly fixed to the uprights 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 supports may not be covered with rubber or with any other material which has the effect of increasing the friction between them and the surface of the crossbar, nor may they have any kind of springs.



### **High Jump Uprights and Crossbar**

9. There shall be a space of at least 1 cm between the ends of the crossbar and the uprights.



### ***The Landing Area***

10. The landing area should measure not less than 5m x 3m. For 1.1 competitions it is recommended that the landing area shall be not smaller than 6m x 4m x 0.7m.

*Note: The uprights and landing area should also be designed so that there is a clearance of at least 10cm between them when in use, to avoid displacement of the crossbar through a movement of the landing area causing contact with the uprights.*

### **RULE 183**

### **Pole Vault**

### ***The Competition***

1. Athletes may only have the crossbar moved 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 official responsible of the position of the crossbar he requires for his first attempt and this position shall be recorded.

If subsequently an athlete wants to make any changes, he should immediately inform the official responsible before the crossbar have been set in accordance with his initial wishes. Failure to do this shall lead to the start of his time limit.

*Note: A white line 1cm wide shall be drawn at right angles to the axis of the runway, at the level of the back end of the box. This line shall be prolonged as far as the outside edge of the uprights.*

2. An athlete fails if:
- (a) after the vault, the bar does not remain on the pegs because of the action of an athlete whilst vaulting; or
  - (b) he touches the ground, including the landing area beyond the vertical plane through the back end of the box with any part of his body or with the pole, without first clearing the bar; or
  - (c) after leaving the ground he places his lower hand above the upper one or moves the upper hand higher on the pole.
  - (d) during the vault an athlete steadies or replaces the bar with his hand(s).

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

3. Athletes are permitted, during the competition, to place a substance on their hands or on the pole, in order to obtain a better grip.

The use of tape on the hands or fingers shall not be allowed except in the case of the need to cover an open wound.

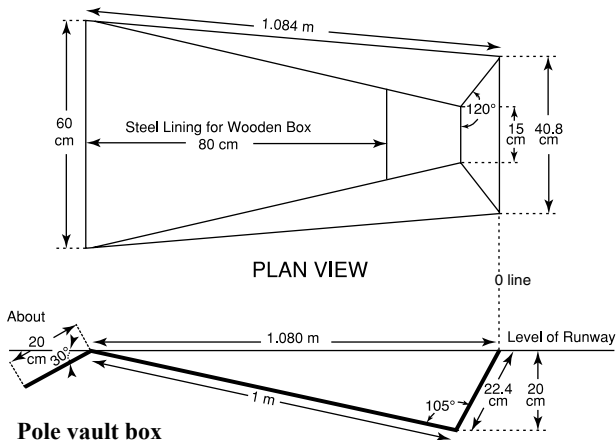
4. After the release of the pole, no one including the athlete shall be allowed to touch the pole unless it is falling away from the bar or uprights. If it is touched, however, and the Referee is of the opinion that, but for the intervention, the bar would have been knocked off, the vault shall be recorded as a failure.
5. If, in making an attempt, an athlete's pole is broken, it shall not be counted as a failure and the vaulter shall be awarded a new trial.

### ***The Runway***

6. The minimum length of the runway shall be 40m and where conditions permit, 45m. It shall be  $1.22\text{m} \pm 0.01\text{m}$  wide. The runway shall be marked by white lines 5cm in width.
7. The maximum allowance for lateral inclination of the runway shall be 1:100 and the overall inclination in the running direction 1:1000.

### ***Apparatus***

8. Box. The take-off for the Pole Vault shall be from a box. It shall be constructed of suitable rigid material, and shall be sunk level with the runway and shall be 1m in length, measured along the inside of the bottom of the box, 60cm in width at the front end and tapering to 15cm 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  $105^\circ$  formed between the base and the stop board.



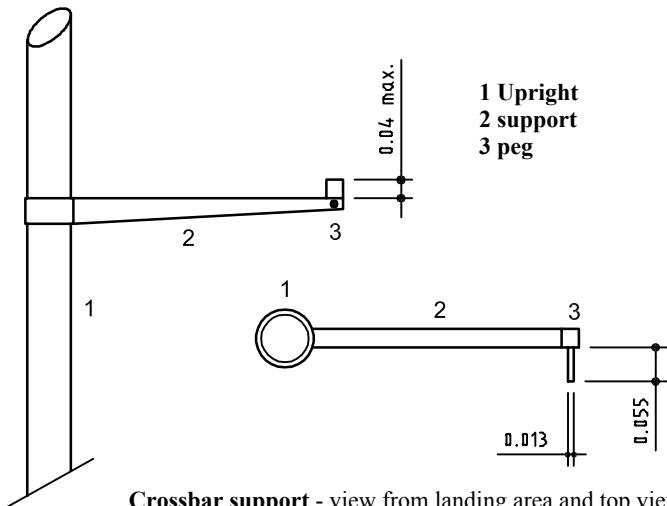
The base of the box shall slope from runway level at the front end to a vertical distance below ground level of 20cm at the point where it meets the stop board. The box should be constructed in such a manner that the sides slope outwards and end next to the stop board at an angle of approximately  $120^\circ$  to the base.

If the box is constructed of wood, the bottom shall be lined with 2.5mm sheet metal for a distance of 80cm from the front of the box.

9. Uprights. 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 must be covered with padding of appropriate material in order to provide protection to the athletes and the poles.
10. Crossbar support. The crossbar shall rest on pegs so that if it is touched by an athlete or his 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 should extend 35-40mm above the pegs.

The distance between the pegs shall be not less than 4.30m nor more than 4.37m.



The pegs may not be covered with rubber or with any other material which has the effect of increasing the friction between them and the surface of the bar, nor may they have any kind of springs.

*Note: To lessen the chance of injury to an athlete by his falling on the feet of the uprights, the pegs supporting the crossbar may be placed upon extension arms permanently attached to the uprights, thus allowing the uprights to be placed wider apart, without increasing the length of the crossbar (See Diagram).*

### **Vaulting Poles**

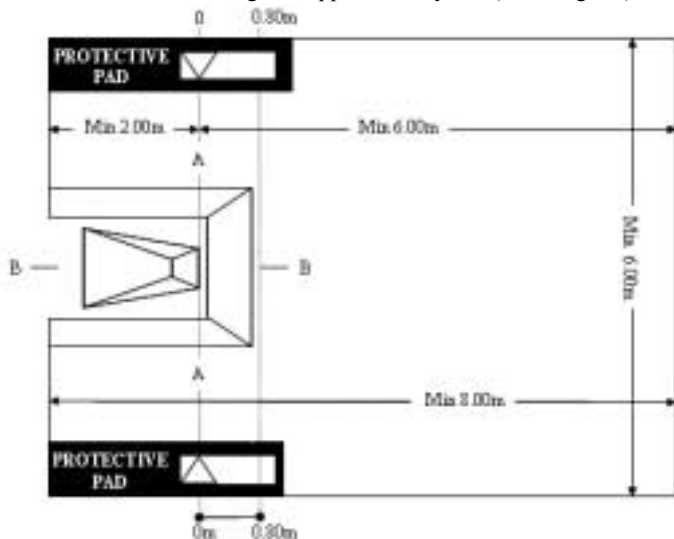
11. Athletes may use their own poles. No athlete shall be allowed to use any other athlete's pole except with the consent of the owner.

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

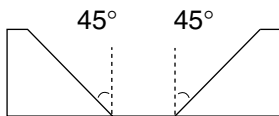
The pole may have protective layers of tape at the grip and at the bottom end.

### **The Landing Area**

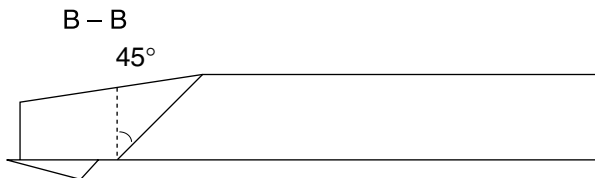
12. The landing area should measure not less than 5m (excluding the front pieces) x 5m. The sides of the landing area nearest to the box shall be placed 10cm to 15cm from the box and shall slope away from the box at an angle of approximately 45° (See Diagram).



For competitions under Rule 1.1(a), (b) and (f), the landing area shall be not smaller than 6m long (excluding the front pieces) x 6m wide x 0.8m high. The front pieces must be 2m long.



**Plan of a  
Suitable Landing  
Area**



## **B. HORIZONTAL JUMPS**

### RULE 184

#### **General Conditions**

##### ***Measurements***

1. 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.

##### ***Runway***

2. The minimum length of the runway shall be 40m, measured from the relevant take-off line to the end of the runway. It shall have a width of  $1.22\text{m} \pm 0.01\text{m}$ . The runway shall be marked by white lines 5cm in width.
3. The maximum allowance for lateral inclination of the runway shall be 1:100 and the overall inclination in the running direction 1:1000.

##### ***Wind Measurement***

4. The wind speed 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 he commences his run.
5. The wind gauge shall be placed 20m from the take-off board. It shall be positioned 1.22m high and not more than 2m away from the runway.
6. The wind gauge shall be read as described in Rule 163.10.

### RULE 185

#### **Long Jump**

##### ***The Competition***

1. An athlete fails if he:
  - (a) while taking off, touches the ground beyond the take-off line with any part of his body, whether running up without jumping or in the act of jumping; or
  - (b) takes off from outside either end of the board, whether beyond or before the extension of the take-off line; or

- (c) he touches the ground between the take-off line and the landing area; or
- (d) he employs any form of somersaulting whilst running up or in the act of jumping; or
- (e) in the course of landing he touches the ground outside the landing area closer to the take-off line than the nearest break made in the sand; or
- (f) when leaving the landing area, his first contact with the ground outside the landing area is closer to the take-off line than the nearest break made in the sand on landing, including any break made on overbalancing on landing which is completely inside the landing area but closer to the take-off line than the initial break made on landing.

*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 under 1(b) above, if a part of an athlete's shoe/foot is touching the ground outside either end of the take-off board, before the take-off line.*

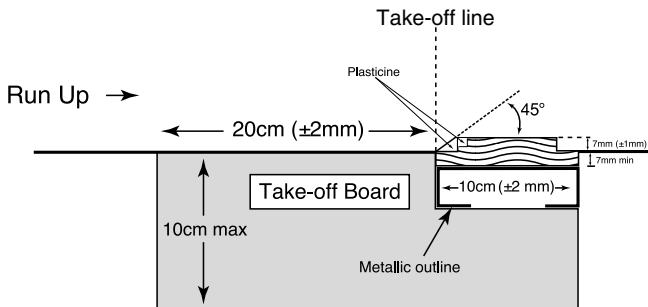
*Note (iii): It is not a failure, if an athlete walks back through the landing area after having left the landing area in a correct way.*

- 2. Except as shown in 1(b) above, if an athlete takes off before reaching the board it shall not, for that reason, be counted as a failure.
- 3. All jumps shall be measured from the nearest break in the landing area made by any part of the body to the take-off line, or take-off line extended (see paragraph 1(f) above). The measurement shall be taken perpendicular to the take-off line or its extension.

### ***The Take-off Board***

- 4. 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 called the take-off line. Immediately beyond the take-off line there shall be placed a plasticine indicator board for the assistance of the Judges. If it is not possible to install the above apparatus, the following method should be adopted: immediately beyond the take-off line and across the length of it over a width of 10cm the ground shall be sprinkled with soft earth or sand, at an angle of 45° to the horizontal.
- 5. The distance between the take-off line and the far end of the landing area shall be at least 10m.

6. The take-off line shall be placed between 1m and 3m from the nearer end of the landing area.
7. Construction. The take-off board shall be rectangular, made of wood or other suitable rigid material and shall measure 1.22m  $\pm$  0.01m long, 20cm ( $\pm$ 2mm) wide and 10cm deep. It shall be white.
8. Plasticine Indicator Board. This shall consist of a rigid board, 10cm ( $\pm$ 2mm) wide and 1.22m  $\pm$  0.01m long made of wood or any other suitable material. 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 ( $\pm$ 1mm). The edges shall either slant at an angle of 45° with the runway covered with a plasticine layer along its length 1mm thick or shall be cut away such that the recess, when filled with plasticine shall slant at an angle of 45° (see Diagram).



### **Take-off Board and Plasticine Indicator Board**

The upper part of the indicator board shall also be covered for the first 3mm approximately and along its entire length, by a plasticine layer.



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 beneath the plasticine shall be of a material in which the spikes of an athlete's shoe will grip and not skid.

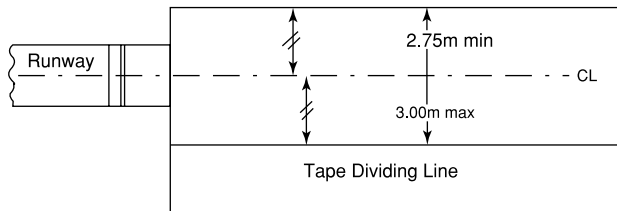
The layer of plasticine can be smoothed off by means of a roller or suitably shaped scraper for the purposes of removing the footprint of an athlete.

*Note: It will be found very helpful to have spare plasticine boards available, so that, while a footprint is being eliminated, the competition is not delayed.*

### **The Landing Area**

9. 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 axis of the runway is not in line with the centre line of the landing area, a tape, or if necessary, two tapes, should be placed along the landing area so that the above is achieved. (See diagram).*



### **Centralised LJ/TJ Landing Area**

10. The landing area should be filled with soft damp sand, the top surface of which shall be level with the take-off board.

### **RULE 186**

### **Triple Jump**

The Rules for the Long Jump apply to the Triple Jump with the following additions:

### **The Competition**

1. The Triple Jump shall consist of a hop, a step and a jump in that order.

2. The hop shall be made so that an athlete lands first on the same foot as that from which he has taken off; in the step he shall land on the other foot from which, subsequently, the jump is performed.

It shall not be considered a failure if an athlete, while jumping, touches the ground with the "sleeping" leg.

*Note: Rule 185.1 (c) does not apply to the normal landings from the hop and step phases.*

### ***The Take-off Board***

3. The distance between the take-off line and the far end of the landing area shall be at least 21m.
4. For International Meeting, it is recommended that the take-off line shall be not 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.
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  $\pm$  0.01m wide providing firm and uniform footing.

## C. THROWING EVENTS

### RULE 187

#### General Conditions

##### *Official Implements*

1. In all International Meetings, the implements used shall comply with IAAF specifications. Only implements which hold a current valid IAAF certificate of approval may be used. The following table shows the implement to be used by each age group:

Implement	Women	Men	Men	Men
	Youth/Junior/Senior	Youth	Junior	Senior
Shot	4.000kg	5.000kg	6.000kg	7.260kg
Discus	1.000kg	1.500kg	1.750kg	2.000kg
Hammer	4.000kg	5.000kg	6.000kg	7.260kg
Javelin	600g	700g	800g	800g

2. All such implements shall be provided by the Organising Committee for all competitions held under Rule 1.1(a). In these competitions, athletes are not allowed to use any other implements.
3. No modification shall be made to any implements during the competition. At competitions other than those under Rule 1.1(a), athletes may use their own implements, provided these are checked and marked as approved by the Organising Committee before the competition and made available to all athletes.

##### *Personal Safeguards*

4. (a) No device of any kind - i.e. the taping of two or more fingers together - which in any way assists an athlete when making an attempt, shall be allowed. The use of tape on the hand shall not be allowed except in the case of the need to cover an open cut or wound. However taping of individual fingers is permissible in Hammer Throw. The taping should be shown to the Chief Judge before the event starts.
- (b) The use of the gloves is not allowed, except for Hammer Throw. In this case, the gloves shall be smooth on the back and on the front and the tips of the fingers, other than the thumb, shall be exposed.

- (c) In order to obtain a better grip, athletes are permitted to use a suitable substance on their hands only. In addition, hammer throwers may use such substances on their gloves, and shot putters may use such substances on their neck.
- (d) In order to protect the spine from injury, an athlete may wear a belt of leather or other suitable material.
- (e) In the Shot an athlete may wear a bandage at the wrist in order to protect it from injury.
- (f) In the Javelin Throw, an athlete may wear an elbow protection.

### ***Throwing Circle***

5. The rim of the circles shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside.

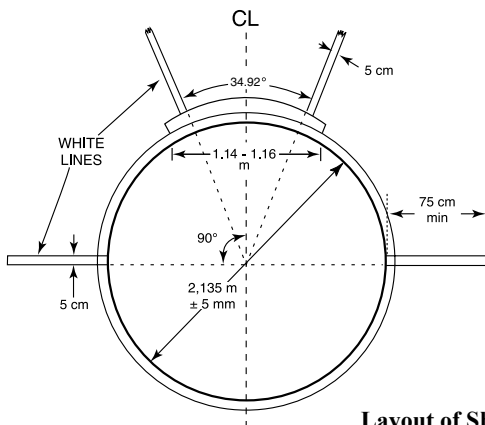
The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material. The surface of this interior shall be level and 1.4 - 2.6cm lower than the upper edge of the rim of the circle.

In the Shot, a portable circle meeting with these specifications is permissible.

6. The inside diameter of the circle shall be 2.135m ( $\pm 5$ mm) in Shot Put and Hammer Throw and 2.50m ( $\pm 5$ mm) in Discus Throw.

The rim of the circle shall be at least 6mm thick and shall be white.

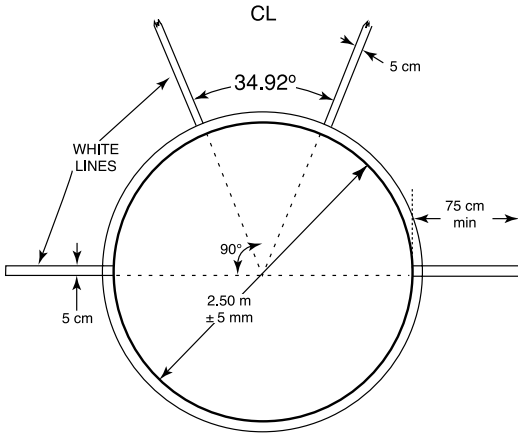
The hammer may be thrown from the discus circle provided the



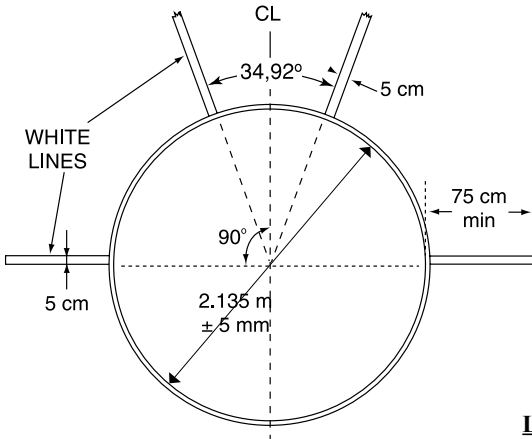
**Layout of Shot Circle**

diameter of this circle is reduced from 2.50m to 2.135m by placing a circular ring inside.

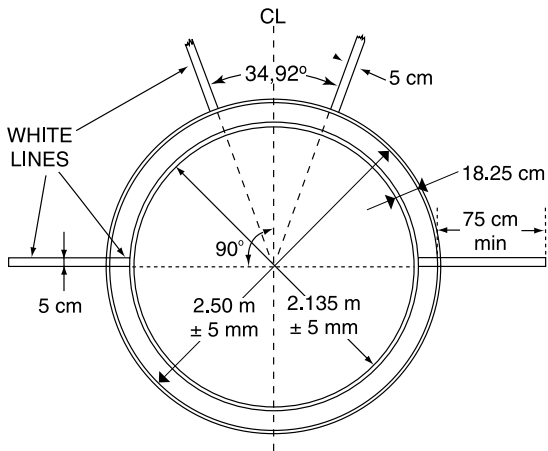
7. A white line 5cm wide shall be drawn from the top of the metal rim extending for at least 75cm on either side of the circle. The white



**Layout of Disc Circle**



**Layout of Hammer Circle**



### **Layout of Concentric Circles for Discus and Hammer**

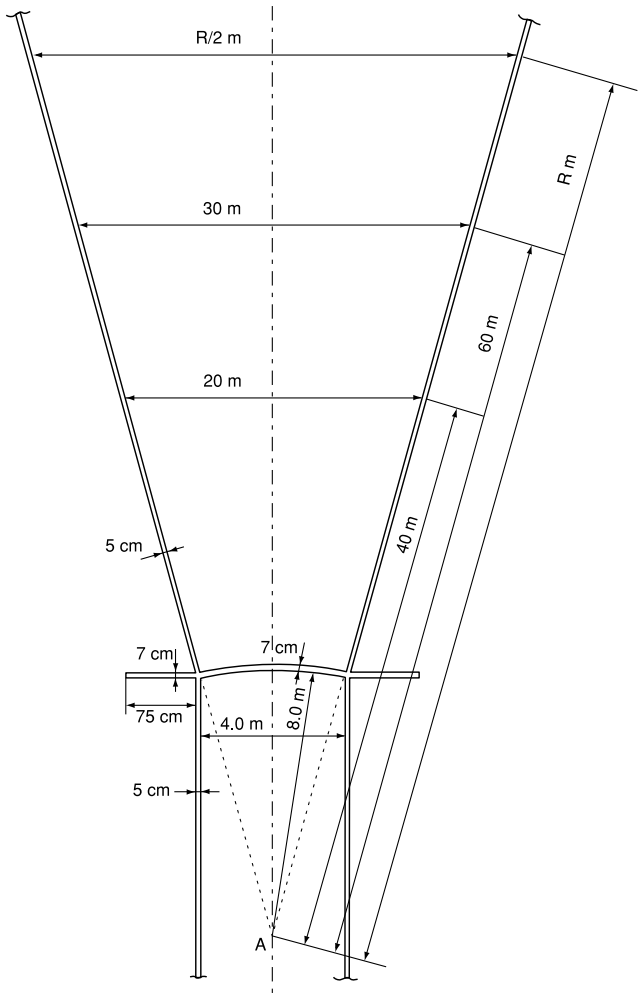
line may be painted or made of wood or other suitable material. The rear edge of the white line shall form a prolongation of a theoretical line through the centre of the circle at right angles to the centre line of the landing sector.

8. An athlete may not spray nor spread any substance in the circle or on his shoes.

### ***Javelin Runway***

9. In the javelin event the minimum length of the runway shall be 30m and the maximum 36.5m. Where conditions permit, the minimum length shall be 33.5m. It shall be marked by two parallel white lines 5cm 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 a strip painted or made of wood or metal 7cm wide. 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, 75cm long and 7cm wide. The maximum allowance for lateral inclination of the runway shall be 1:100 and the overall inclination in the running direction 1:1000.

*Note: It is a failure if an athlete begins his run more than 36.5 metres from the inner edge of the arc.*



**Javelin Runway and Landing Sector**  
**(Not to Scale)**

### ***Landing sector***

10. The landing sector shall consist of cinders or grass or other suitable material on which the implement makes an imprint.
11. The maximum allowance for the overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000.
12. (a) Except for the javelin throwing, the landing sector shall be marked with white lines 5cm 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 (20x0.60) apart. Thus for every 1m from the centre of the circle, the distance across shall be increased by 60 cm*
- (b) In the javelin throwing, the landing sector shall be marked with white lines 5cm 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 diagram). The sector is thus about 29°.

### ***Trials***

13. In the Shot, Discus and Hammer, implements shall be thrown from a circle, and in the Javelin from a runway. In the case of attempts made from a circle, an athlete shall commence his attempt from a stationary position inside the circle. An athlete is allowed to touch the inside of the iron band. In the Shot he is also allowed to touch the inside of the stop board described in Rule 188.2.
14. It shall be a failure if an athlete in the course of an attempt:
  - (a) improperly releases the shot or the javelin,
  - (b) after he has stepped into the circle and begun to make a throw, touches with any part of his body the top of the iron ring or the ground outside the circle,
  - (c) in the Shot, touches with any part of his body the top of the stop board,
  - (d) in the Javelin, touches with any part of his body the lines which mark the boundaries of the throwing area or the ground outside.
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 it.

When leaving the circle or runway he shall step out as required in paragraph 17 before returning to the circle or runway to begin a fresh trial.

*Note: All the moves permitted by this paragraph shall be included in the maximum time for a trial given in Rule 180.17.*

16. For a valid trial, the shot, the discus, the hammer head or the tip of the javelin shall fall completely within the inner edges of the white lines marking the landing sector.
17. An athlete shall not leave the circle or runway until the implement has touched the ground.  
For throws made from a circle, when leaving the circle, the first contact with the top of the iron band or the ground outside the circle shall be completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.  
In the case of the javelin, when an athlete leaves the runway the first contact with the parallel lines or the ground outside the runway shall be completely behind the white line of the arc at right angles to the parallel lines.
18. After each throwing, implements shall be carried back to the area next to the circle or runway and never thrown back.

### ***Measurements***

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.
20. The measurement of each throw shall be made immediately after the attempt:
  - (a) from the nearest mark made by the fall of the shot, discus and hammer head, to the inside of the circumference of the circle along a line to the centre of the circle;
  - (b) in the javelin event, from where the tip of the javelin first struck the ground to the inside edge of the arc, along a line to the centre of the circle of which the arc is part.

### ***Markers***

21. A distinctive flag or marker may be provided to mark the best throw of each athlete, in which case it shall be placed along, and outside, the sector lines.  
A distinctive flag or marker may also be provided to mark the existing World Record and, when appropriate, the existing Continental or National Record.

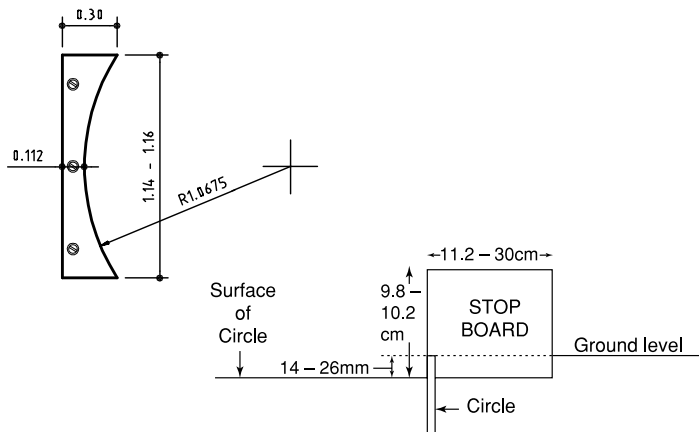
RULE 188  
**Putting the Shot**

***The Competition***

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.

***The Stop Board***

2. Construction. The board shall be white and made of wood or other suitable material in the shape of an arc so that the inner edge coincides with the inner edge of the rim of the circle. It shall be placed mid-way between the sector lines, and be so made that it can be firmly fixed to the ground.
3. Measurements. The board shall measure 11.2cm to 30cm wide, with a chord of 1.15m  $\pm$ 0.01m for an arc equal to that of the circle and 10cm  $\pm$ 0.2cm high in relation to the level of the inside of the circle.



***The Shot***

4. Construction. 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 material. It shall be spherical in shape and its surface shall have no roughness and the finish shall be smooth. To be smooth, the surface

average height must be less than 1.6 $\mu$ m, i.e. a roughness number N7 or less.

5. It shall conform to the following specifications:

Shot				
Minimum weight for admission to competition and acceptance of a record:	4.000kg	5.000kg	6.000kg	7.260kg
<u>Information for manufacturers:</u>				
Range for supply of implement for competition	4.005kg 4.025kg	5.005kg 5.025kg	6.005kg 6.025kg	7.265kg 7.285kg
Minimum Diameter	95mm	100mm	105mm	110mm
Maximum Diameter	110mm	120mm	125mm	130mm

#### RULE 189

### Throwing the Discus

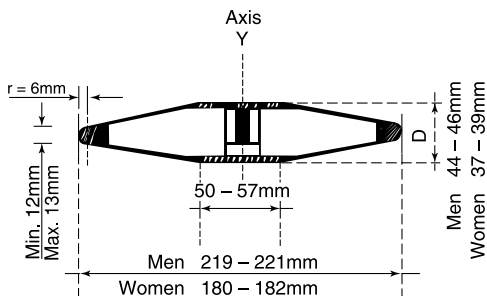
#### *The Discus*

1. Construction. 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. 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.

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 the beginning of the curve of the rim to a circle of a radius of 25mm to 28.5mm from the centre of the discus.

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 maximum thickness 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. 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 188.4) and uniform throughout.



2. It shall conform to the following specifications:

Discus				
Minimum weight for admission to competition and acceptance of a record :	1.000kg	1.500kg	1.750kg	2.000kg
Information for manufacturers: Range for supply of implement for competition				
	1.005kg	1.505kg	1.755kg	2.005kg
	1.025kg	1.525kg	1.775kg	2.025kg
Outside diameter of metal rim				
Min.	180mm	200mm	210mm	219mm
Max.	182mm	202mm	212mm	221mm
Diameter of metal plate or flat centre area				
Min.	50mm	50mm	50mm	50mm
Max.	57mm	57mm	57mm	57mm
Thickness of metal plate or flat centre area				
Min.	37mm	38mm	41mm	44mm
Max.	39mm	40mm	43mm	46mm
Thickness of rim (6mm from edge)				
Min.	12mm	12mm	12mm	12mm
Max.	13mm	13mm	13mm	13mm

## RULE 190

### Discus Cage

- 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 with spectators all the way round the outside of the arena and with other events taking place in the arena. Where this does not apply, and especially in training areas, a much

simpler construction may be satisfactory. Advice is available, on request, from national organisations or from the IAAF Office.

*Note: The hammer cage specified in Rule 192 may also be used for discus throwing, either by installing 2.135/2.50m concentric circles, or by using the extension of the gates of that cage with a separate discus circle installed in front of the hammer circle.*

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.

3. The cage should be U-shaped in plan as shown in the diagram. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. The height of the netting panels or draped netting at their lowest point should be at least 4m.

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 3.00 metres away from the centre of the circle.

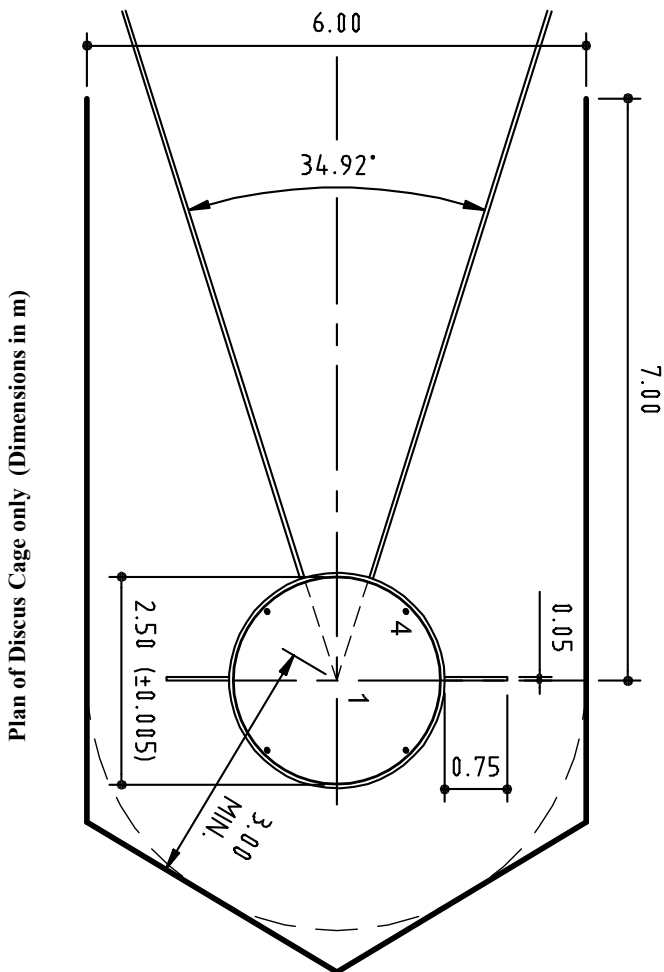
Note (ii): Innovative designs that provide the same degree of protection and do not increase the danger zone compared with conventional designs may be IAAF Certified.

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 maximum mesh size shall be 50 mm for steel wire and 44 mm for cord netting. The minimum size of cord or wire depends on the construction of the cage, but the minimum cord or wire breaking strength should be 40kg.

In order to ensure the continued safety of the cage, the steel netting should be inspected at least every 12 months.

Visual inspection is not sufficient for fibre cord. Instead, several sample lengths of the standard cord should be worked into the netting by the manufacturer. One of these can be removed every 12 months and tested to ensure the continued strength of the netting.

5. The maximum danger sector for discus throws from this cage is approximately  $69^\circ$ , when used by both right and left handed throwers in the same competition. The position and alignment of the cage in the arena is, therefore, critical for its safe use.



RULE 191  
**Throwing the Hammer**

***The Competition***

1. An athlete, in his 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.
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 iron band, when an athlete makes the preliminary swings or turns, but if, after having so touched the ground, or the top of the iron band, he stops throwing so as to begin the throw again, this shall count as a failure.
3. If the hammer breaks during a throw or while in the air, it shall not count as a failure, provided the attempt was made in accordance with this Rule. If an athlete thereby loses his balance and contravenes any part of this Rule, it shall not be counted as a failure and the athlete shall be awarded a new trial.

***The Hammer***

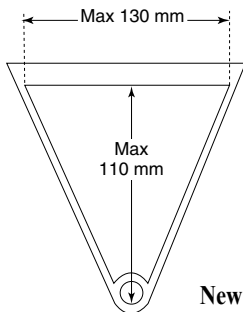
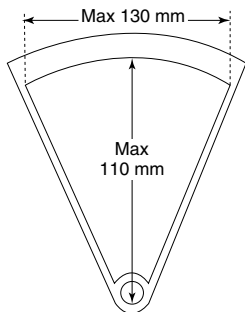
4. Construction. The hammer shall consist of three main parts: a metal head, a wire and a handle.
5. Head. The head shall be of solid iron or other metal not softer than brass or a shell of such metal, filled with lead or other solid material.

If a filling is used, this shall be inserted in such manner that it is immovable and that the centre of gravity shall not be more than 6mm from the centre of the sphere.

6. Wire. 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.
7. Handle. The handle shall be solid and rigid made in one piece without hinging joints of any kind. It shall be an isosceles triangle or sector of a circle shaped. The handle shall not stretch appreciably while being thrown. 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 may have a curved or straight grip with a maximum width inside of 130mm and a maximum length inside of 110mm. The minimum handle breaking strength shall be 20kN (2000kgf).

[From 1-1-2005]



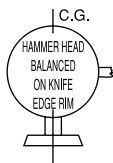
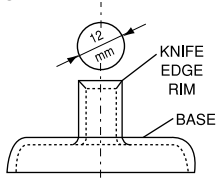
**New Handle**

8. Connections for wire. The wire shall be connected to the head by means of a swivel, which may be either plain or ball bearing. The handle shall be connected to the wire by means of a loop. A swivel may not be used.
9. The hammer shall conform to the following specifications:

Hammer				
Minimum weight for admission to competition and for acceptance of a record	4.000kg	5.000kg	6.000kg	7.260kg
<u>Information for manufacturers:</u> Range for supply of implement for competition	4.005kg	5.005kg	6.005kg	7.265kg
	4.025kg	5.025kg	6.025kg	7.285kg
Length of Hammer measured from inside of handle				
Min.	1160mm	1165mm	1175mm	1175mm
Max.	1195mm	1200mm	1215mm	1215mm
Diameter of head				
Min.	95mm	100mm	105mm	110mm
Max.	110mm	120mm	125mm	130mm

### **Centre of gravity of head**

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 diagram).



**Suggested apparatus for testing centre of gravity of Hammer head**



RULE 192  
**Hammer Cage**

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 with spectators all around the outside of the arena, and the other events taking place in the arena. Where this does not apply, and especially in training areas, a much simpler construction may be satisfactory. Advice is available on request from national organisations or from the IAAF Office.
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.

3. The cage should be U-shaped in plan as shown on the diagram. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. 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 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: The arrangement of the rear panels/netting is not important provided the netting is a minimum of 3.50 metres away from the centre of the circle.*

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.

*Notes (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.*



*Notes (ii): The end position of both panels is shown in the plan even though in competition 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.*

*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 dismantling. 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.*

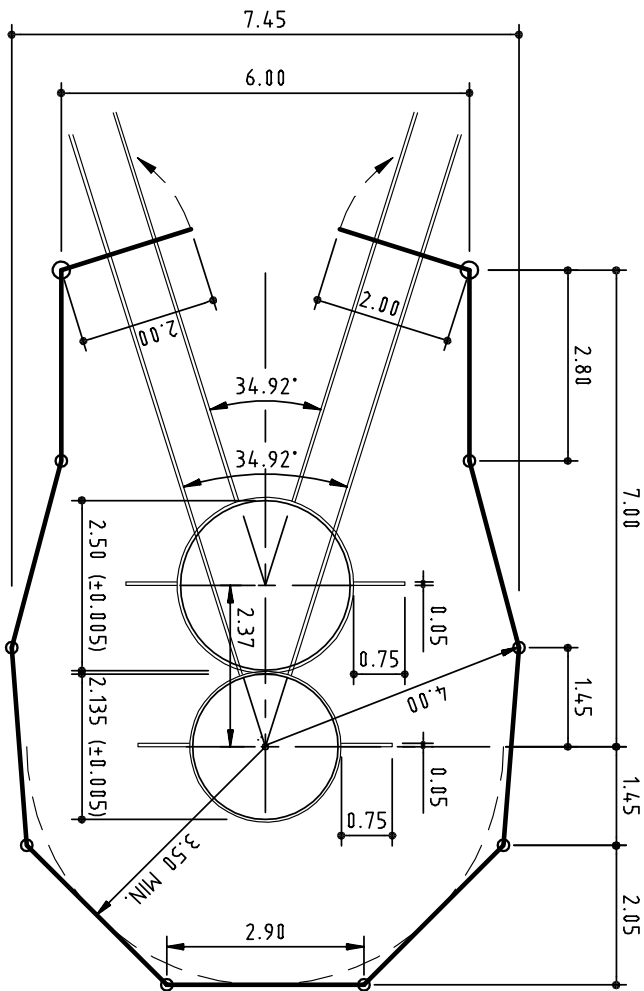
*Note (v): Innovative designs that provide the same degree of protection and do not increase the danger zone compared with conventional designs may be IAAF Certified.*

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 maximum mesh size shall be 50mm for steel wire and 44mm for cord netting. The minimum size of cord or wire depends on the construction of the cage, but the minimum cord or wire breaking strength should be 300kg. In order to ensure the continued safety of the cage, the steel netting should be inspected at least every 12 months.

Visual inspection is not sufficient for fibre cord. Instead, several sample lengths of the standard cord should be worked into the netting by the manufacturer. One of these can be removed every 12 months and tested to ensure the continued strength of the netting.

6. Where it is desired to use the same cage for discus throw, the installation can be adapted in two alternative ways. Most simply, a 2.135/2.500m concentric circle may be fitted, but this involves using the same surface in the circle for hammer and discus throw. The hammer cage shall be used for discus throw by fixing the movable netting panels clear of the cage opening.

For separate circles for hammer and discus in the same cage, the two circles shall be placed one behind the other with the centres 2.37m apart on the centre line of the landing sector and with the discus circle at the front. In that case, the movable netting panels shall be used for discus throw.



**Cage for Hammer and Disc with separate circles**

(Dimensions in m)



*Note: The arrangement of the rear panels/draped netting is not important provided the netting is a minimum of 3.50 metres away from the centre of concentric circles or a minimum of 3.00 metres away from the centre of the discus circle in case of separate circles (see also Rule 192.4 (e)).*

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. The position and alignment of the cage in the arena is, therefore, critical for its safe use.

## RULE 193

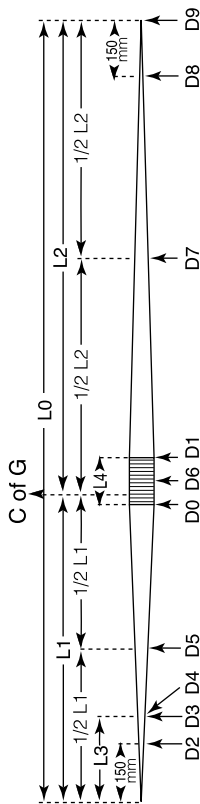
### **Throwing the Javelin**

#### ***The Competition***

1. (a) The javelin shall be held at the grip. 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.  
(b) A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the javelin.  
(c) At no time during the throw, until the javelin has been discharged into the air, may an athlete turn completely around, so that his back is towards the throwing arc.
2. If the javelin breaks during a throw or while in the air, it shall not count as a failure, provided the attempt was made in accordance with this Rule. If an athlete thereby loses his balance and contravenes any part of this Rule, it shall not be counted as a failure and the athlete shall be awarded a new trial.

#### ***The Javelin***

3. Construction. The javelin shall consist of three main parts: a head, a shaft and a cord grip. 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 shaft shall have fixed to it a metal head terminating in a sharp point.  
The surface of the shaft shall have no dimples or pimples, grooves or ridges, holes or roughness, and the finish shall be smooth and uniform throughout.  
The head shall be constructed completely of metal. It may contain a reinforced tip of other metal alloy welded on to the front end of the head provided that the completed head is smooth (see Rule 188.4) and uniform along the whole of its surface.



### International Javelin

Lengths (all dimensions mm)		Men		Women		Diameters (all dimensions mm)			
		Max	Min	Max	Min	Men		Women	
Serial	Detail					Max	Min	Max	Min
LO	Overall	2700	2600	2300	2200	30	25	25	20
L1	Tip to C of G	1060	900	920	800	-	DO-0.25	-	DO-0.25
1/2L1	Half L1	530	450	460	400	0.8 DO	-	0.8 DO	-
L2	Tail to C of G	1800	1540	1500	1280	-	-	-	-
1/2L2	Half L2	900	770	750	640	-	D3-2.5	-	D3-2.5
L3	Head	330	250	330	250	0.9- DO	-	0.9 DO	-
L4	Grip	160	150	150	140	DO+ 8	-	DO+ 8	-
						-	0.9 DO	-	0.9 DO
						-	0.4 DO	-	0.4 DO
						-	3.5	-	3.5

4. The grip, which shall cover the centre of gravity, shall not exceed the 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.
5. 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 and this departure from the longitudinal profile requirement may not extend more than 300mm behind the head.

*Note (i): Whilst the cross section should be circular, a maximum difference between the largest and the smallest diameter of 2% is permitted. The mean value of these two diameters shall correspond to the specifications of a circular javelin.*

*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.*



6. The javelin shall conform to the following specifications:

Javelin					
Minimum weight for admission to competition and for acceptance of a record (inclusive of the cord grip)		600g	700g	800g	
<u>Information for manufacturers:</u> Range for supply of implement for competition					
		605g	705g	805g	
		625g	725g	825g	
Overall length	Min.	2.20m	2.30m	2.60m	
	Max.	2.30m	2.40m	2.70m	
Length of metal head	Min.	250mm	250mm	250mm	
	Max.	330mm	330mm	330mm	
Distance from tip of metal head to centre of gravity					
		Min.	0.80m	0.86m	0.90m
		Max.	0.92m	1.00m	1.06m
Diameter of shaft at thickest point					
		Min.	20mm	23mm	25mm
		Max.	25mm	28mm	30mm
Width of cord grip	Min.	140mm	150mm	150mm	
	Max.	150mm	160mm	160mm	

7. The javelin shall have no mobile parts or other apparatus, which during the throw could change its centre of gravity or throwing characteristics.
8. 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 150mm 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.
9. 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 150mm 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.

## **SECTION V - COMBINED EVENTS COMPETITIONS**

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### RULE 200

#### **Combined Events Competitions**

##### ***MEN JUNIOR AND SENIOR (Pentathlon and Decathlon)***

1. The Pentathlon consists of five events which shall be held on one day in the following order: Long Jump; Javelin; 200m; Discus; and 1500m.
2. The Men's Decathlon consists of ten events which shall be held on two consecutive days in the following order:

First day                      100m; Long Jump; Shot Put; High Jump  
and 400m.

Second day                    110m Hurdles; Discus; Pole Vault; Javelin  
and 1500m.

##### ***WOMEN JUNIOR AND SENIOR (Heptathlon and Decathlon)***

3. The Heptathlon consists of seven events, which shall be held on two consecutive days in the following order:

First day                      100m Hurdles; High Jump; Shot Put  
and 200m.

Second day                    Long Jump; Javelin and 800m.

4. The Women's Decathlon consists of ten events which shall be held on two consecutive days in the following order:

First day                      100m; Discus; Pole Vault; Javelin and 400m.

Second day                    100m Hurdles; Long Jump; Shot Put;  
High Jump and 1500m.

### ***BOYS YOUTH (Octathlon)***

5. The Octathlon consists of eight events, which shall be held on two consecutive days in the following order:

First Day                    100m; Long Jump; Shot Put and 400m

Second Day                110m Hurdles; High Jump; Javelin and  
1000m

### ***GIRLS YOUTH (Heptathlon)***

6. The Heptathlon consists of seven events, which shall be held on two consecutive days in the following order:

First Day                    100m Hurdles; High Jump; Shot Put and  
200m

Second Day                Long Jump; Javelin and 800m

### ***GENERAL***

7. 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.
8. The order of competing may be drawn before each separate event. In the 100m, 200m, 400m, 100m Hurdles and 110m Hurdles events, the athletes compete in groups as decided by the Technical Delegate, so that preferably five or more athletes but never less than three are in each Group. In the last event of Combined Event Competition, the heats should be arranged so that one group contains the leading athletes after the penultimate event. With this exception, the heats for the next event may be drawn as, and when, athletes become available from the previous event. The Combined Events Referee shall have the authority to rearrange any group if, in his opinion, it is desirable.
9. The IAAF Rules for each event constituting the competition will apply with the following exceptions:

- (a) in the Long Jump and each of the throwing events, each athlete shall be allowed three trials only.
  - (b) in case automatic timing equipment is not available, each athlete's time shall be taken by three timekeepers independently.
  - (c) in the track events, an athlete shall be disqualified in any event in which he has made two false starts.
10. Only one system of timing may be applied throughout each event. However, for record purposes, times obtained from a fully automatic Photo Finish system shall be applied regardless of whether such times are available for other athletes in the event.
11. 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. He 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 his decision.
12. The scores, according to the current IAAF Scoring Tables, shall be announced, separate for each event and as a cumulative total, to all athletes after the completion of each event.  
The winner shall be the athlete who has obtained the highest total number of points.
13. In the event of a tie, the winner shall be the athlete who, in the greater number of events, has received more points than the other athlete(s) tying. If this does not resolve the tie, the winner shall be the athlete who has the highest number of points in any one event and if that does not resolve the tie, the winner shall be the one with the highest number of points in a second event, etc. This shall also apply to ties for any other place in the competition.

## **SECTION VI - INDOOR COMPETITIONS**

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### **RULE 210**

#### **Applicability of Outdoor Rules to Indoor Competitions**

With the exceptions stated in the following Rules of this Section VI, the Rules of Sections I to V for outdoor competitions are also applicable to Indoor Competitions.

### **RULE 211**

#### **The Indoor Stadium**

1. The stadium shall be completely enclosed and covered. Lighting, heating and ventilation shall be provided to give satisfactory conditions for competition.
2. The arena 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 shot put should be provided, whether permanently or temporarily.
3. All the tracks, runways or take-off surface areas shall be covered with a synthetic material or have a wooden surface. The former should preferably be able to accept 6mm spikes in running shoes. Alternative thicknesses may be provided by the stadium management who will notify athletes of the permissible length of spikes. (See Rule 143.4).
4. 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. (See Rules 218.2 & 3, 219.3, 220.2).

### **RULE 212**

#### **The Straight Track**

1. The maximum lateral inclination of the track shall not exceed 1:100 and the inclination in the running direction shall not exceed 1:250 at any point and 1:1000 overall.

#### ***Lanes***

2. The track should have a minimum of 6 and a maximum of 8 lanes separated and bounded on both sides by white lines 5cm wide. The lanes shall all be 1.22m  $\pm$  0.01m wide including the lane line on the right. ||

### ***The Start and Finish***

3. There should be a clearance of at least 3m behind the start line free of any obstruction. There shall be a clearance of at least 10m beyond the finish line free of any obstruction with adequate provision beyond for an athlete to come to a halt without injury.

*Note: It is strongly recommended that the minimum clearance beyond the finish line should be 15m.*

## RULE 213

### **The Oval Track and Lanes**

1. The nominal length should preferably be 200m. It shall consist of two parallel horizontal straights and two bends, which may be banked, whose radii should be equal.

The inside of the track shall be bordered either with a kerb of suitable material, approximately 5cm in height and width, or with a white line 5cm wide. The outside edge of this kerb or line forms the inside of lane 1. The inside edge of the line or kerb shall be horizontal throughout the length of the track with a maximum slope of 1:1000.

### ***Lanes***

2. The track should have a minimum of 4 and a maximum of 6 lanes. The lanes should all have the same width with a minimum of 0.90m and a maximum of 1.10m including the lane line on the right. The lanes shall be separated by white lines 5cm wide.
3. The direction of running shall be left hand inside. The lanes shall be numbered with the left hand inside lane numbered 1.

### ***Banking***

4. The angle of banking in all the lanes should be the same at any cross section of the track.  
In order to ease the change from the flat straight to the banked bend, the change may be made with a smooth gradual transition which may be extended up to 5m into the straight.

### ***Marking of the Bend***

5. Where the inside edge of the track is bordered with a white line, it shall be marked additionally with cones or flags. The cones shall be at least 20cm high. The flags shall be approximately 25cmx20cm in size, at least 45cm high and set at an angle of 120° to the track surface. The cones or flags shall be 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. The cones or flags shall be placed at distances not exceeding 1.5m on the bends and 10m on the straights.

*Note: For all indoor competitions directly under the IAAF, the use of an inside kerb is strongly recommended.*

## RULE 214

### **Start and Finish on the Oval Track**

1. Technical information on the construction and marking of a 200m banked indoor track are given in detail in the IAAF Track and Field Facilities Manual. The basic principles to be adopted are given hereunder.

#### ***Basic Requirements***

2. The start and finish of a race shall be denoted by white lines 5cm 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.
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, that it shall be on a straight part of the track and that as much of that straight as possible should be before the finish.
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.
5. As far as possible, start lines (and take-over lines for relay races) should not be on the sharpest part of a bend nor the steepest part of the banking.

#### ***Conduct of the Races***

6. For races of 400m or less, each athlete shall have a separate lane at the start. Races of up to, and including, 200m shall be run entirely in lanes. Races over 200m, and less than 800m shall start and continue in lanes until the end of the second bend. In races of 800m, each athlete may be assigned a separate lane or a group start preferably using lane 1 and 3 may be used.

Races longer than 800m shall be run without lanes using an arced start line or group starts.

*Note (i): In competitions other than those held under Rule 1.1(a), (b) and (c), the Members concerned may reach agreement not to use lanes for the 800m event.*

*Note (ii): On tracks with less than six lanes a group start as in Rule 162.9 may be used to allow six athletes to compete.*

***The Start Line and the Finish Line for a Track of 200m nominal length***

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 (400/800m races, see paragraph 9) should be in a position where the height of the banking at the outside lane should not be more than 80cm (4 - lanes track) or one half of the maximum height of the banking at the peak of the bend (whichever is greater).

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.

***Staggered Start Line for a 200m Race***

8. The position of the start line in lane 1 and the position of the finish line having been established, the position of the start lines in the remaining lanes should be determined by measurement in each lane back from the finish line. Measurement in each lane shall be carried out in exactly the same way as for lane 1 when measuring the length of the track (See Rule 160.2).

Having established the position of the start line where it intersects the measurement line 20cm outward from the inside of the lane, the line shall be extended right across the lane, at right angles to the lane lines if on a straight section of the track. If on a curved section of the track, along a radius line through the centre of the bend and if on one of the transition sections (See Rule 213.4) along a radius line through the theoretical centre of curvature at that point. The start line can then be marked 5cm wide, on the side of the measured position nearer the finish.

***Staggered Start Lines for Races over 200m, up to and including 800m***

9. As the athletes are permitted to leave their respective lanes on entering the straight after running one or two bends in lanes, the starting positions shall take two factors into consideration. Firstly, the normal echelon allowance similar to that for a 200m race (See paragraph 8 above).



Secondly, an adjustment to the starting point in each lane to compensate for the athletes in outside lanes having farther to go than those in the inside lanes to reach the inside position at the end of the straight after the breakline.

These adjustments can be determined when marking out the breakline, where the athletes are allowed to leave their lanes. Unfortunately, since start lines are 5cm wide, it is impossible to mark two different start lines unless the difference in position is in excess of approximately 7cm to allow a clear gap of 2cm between the start lines. Where this problem arises, the solution is to use the rearmost start line. The problem does not arise in lane 1 since, by definition, there is no adjustment for the breakline. It arises in the inner lanes (i.e. 2 and 3) but not in the outer lanes (i.e. 5 and 6) where the adjustment due to the breakline is greater than 7cm.

In those outer lanes where the separation is sufficient, a second start line can be measured in front of the first one by the required "adjustment" determined from the breakline layout. The second start line can then be marked out in the same way as that for the 200m race.

It is the position of this start line in the outside lane which determines the position of all the start lines and the finish line on the track. In order to avoid exposing the athlete starting in the outside lane to the very severe disadvantage of starting on a steeply banked track, all the start lines and hence the finish line are moved sufficiently far back from the first bend so as to restrict the steepness of the banking to an acceptable level. It is, therefore, necessary first to fix the position of the 400m and 800m start lines in the outside lane and then work back through all the other start lines, finally arriving at the finish line.

*Note : To assist athletes identify the breakline small cones or prisms, 5cmx5cm and no more than 15cm high, of the same colour as the breakline, may be placed on the intersection of each lane lines and the breakline.*

### ***Qualification from Preliminary Heats***

10. In indoor competitions, the following tables shall, in the absence of extraordinary circumstances, be used to determine the number of rounds and the number of heats in each round to be held and the qualification procedure for each round of track events:

**60m, 60mh**

Declared Entries	Qualifying R1			Qualifying R2		
	Heats P	T		Heats P	T	
9-16	2	3	2			
17-24	3	2	2			
25-32	4	3	4	2	4	
33-40	5	4	4	3	2	2
41-48	6	3	6	3	2	2
49-56	7	3	3	3	2	2
57-64	8	2	8	3	2	2
65-72	9	2	6	3	2	2
73-80	10	2	4	3	2	2

**200m, 400m, 800m, 4x200m, 4x400m**

Declared Entries	Qualifying R1			Qualifying R2		Qualifying R3	
	Heats P	T		Heats P	T	Heats P	
7-12	2	2	2				
13-18	3	3	3	2	3		
19-24	4	2	4	2	3		
25-30	5	2	2	2	3		
31-36	6	2	6	3	2		
37-42	7	2	4	3	2		
43-48	8	2	2	3	2		
49-54	9	2	6	4	3	2	3
55-60	10	2	4	4	3	2	3

**1500m**

Declared Entries	Qualifying R1			Qualifying R2		
	Heats P	T		Heats P	T	
12-18	2	3	3			
19-27	3	2	3			
28-36	4	2	1			
37-45	5	3	3	2	3	3
46-54	6	2	6	2	3	3
55-63	7	2	4	2	3	3

**3000 m**

Declared Entries	Qualifying R1		
	Heats P	T	
16-24	2	4	4
25-36	3	3	3
37-48	4	2	4

*Note: The above qualifying procedures are only valid for 6 lanes around and 8 lanes straight tracks.*

**Draw for Lanes**

11. For all events other than 800m, run wholly or partly in lanes around a bend, where there are successive rounds of a race, a draw for lanes will be made for:
  - (a) the outer two lanes between the two highest ranked athletes or teams;
  - (b) the next two lanes between the third and fourth ranked athletes or teams;
  - (c) any remaining inner lanes between the other athletes or teams. The ranking referred to shall be determined as follows:
  - (d) for first round heats from the relevant list of valid performances achieved during the predetermined period.
  - (e) for subsequent round or final in accordance with the procedures identified in Rule 166.3(a).
12. For all other races the lane order shall be drawn in accordance with Rule 166.4 & 8.

RULE 215

**Clothing, Shoes and Number Bibs**

1. With the following exception, Rule 143 shall apply to clothing, shoes and number bibs indoors.
2. When a competition is conducted on a synthetic surface, that part of each spike which projects from the sole or the heel shall not exceed 6mm (or as required by the Organising Committee). These spikes shall have a maximum diameter of 4mm.

RULE 216

**Hurdle Races**

1. Hurdle races shall be conducted over distances of 50m or 60m on the straight track.
2. Details of the construction, dimensions and surface of the hurdles are given in Rule 168 for hurdle races out of doors.
3. Layout of the hurdles for races:

	MEN	WOMEN
Length of race	50m/60m	50m/60m
Height of hurdle	1.067m	0.840m
Number of hurdles	4/5	4/5

Distances:

Start line to 1st hurdle	13.72m	13.00m
Between hurdles	9.14m	8.50m
Last hurdle to finish line	8.86m/9.72m	11.50m/13.00m

- Races shall be conducted in accordance with Rule 168 for hurdle races out of doors.

RULE 217

**Relay Races**

- With the following exceptions, Rule 170 shall apply to Relay Races indoors:

***Conduct of the Races***

- In the 4x200m relay race all the first stage and the first bend of the second stage shall be run in lanes. At the end of this bend, there shall be a 5cm wide line (breakline) distinctively marked across all the lanes at this point to indicate where each athlete can break from his lane. Rule 170.7 shall not apply.
- In the 4x400m relay race, the first two bends shall be run in lanes. Thus the same breakline, scratch lines etc. will be used as for the individual 400m race.
- In the 4x800m relay race, the first bend shall be run in lanes. Thus the same breakline, scratch lines etc. will be used as for the individual 800m race.
- In races where athletes are permitted to leave their respective lanes on entering the straight after running two or three bends in lanes, the layout for the echelon start is described in Rule 214.9.

*Note: Owing to the narrow lanes, indoor relay races are much more liable to collisions and unintended obstruction than outdoor relay races. It is therefore, recommended that, when possible, a spare lane should be left between each team. Thus lanes 1,3 and 5 would be used and lanes 2,4 and 6 left unoccupied.*

RULE 218

**High Jump**

- With the following exceptions, Rules 180, 181 & 182 shall apply to the High Jump indoors:

### ***The Runway and Take-Off Area***

2. The take-off area shall be level with a maximum overall slope (up or down) of 1:250. If take-off 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.

The foundation on which the surface of the take-off area is laid shall either be solid or, if of suspended construction (such as wooden boards mounted on joists), without any special sprung sections.

3. The runway, outside the take-off area, shall be level and unsprung in exactly the same way as the take-off area. However, the athlete may start his approach on the banking of the oval track provided that the last 5m of his run up is on the level runway.

### **RULE 219**

#### **Pole Vault**

1. With the following exceptions, Rules 180, 181 & 183 shall apply to the Pole Vault indoors:

### ***The Runway***

2. The foundation on which the surface of the runway is laid shall either be solid or, if of suspended construction (such as wooden boards mounted on joists) without any special sprung sections.
3. The athlete may start his approach on the banking of the oval track provided that the last 40m is on the level runway.

### **RULE 220**

#### **Horizontal Jumps**

1. With the following exceptions, Rules 180, 184, 185 & 186 shall apply to the Horizontal Jumps indoors:

### ***The Runway***

2. The foundation on which the surface of the runway is laid shall be either solid or, if of suspended construction (such as wooden boards mounted on joists) without any special sprung sections.
3. The athlete may start his approach on the banking of the oval track provided that the last 40m is on the level runway.

### ***The Take-off Board for Long Jump***

4. The take-off board should be not less than 3m from the nearer end of the landing area.

### ***The Landing Area***

5. The landing area shall have a width of 2.75m and a minimum length of 7m. It shall have a minimum depth of 30cm.

## RULE 221

### **Putting the Shot**

1. With the following exceptions, Rules 180, 187 & 188 shall apply to the Shot Put indoors:

#### ***Shot Landing Sector***

2. The landing sector shall consist of some suitable material on which the shot will make an imprint, but which will minimise any bounce.
3. The landing sector shall be surrounded at the far end and on the two sides, as close to the circle as may be necessary for safety of the other athletes and officials, by a stop barrier which should stop a shot whether in flight or bouncing from the landing surface.
4. In view of the limited space inside an indoor arena, 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.
  - (a) The stop barrier at the far end shall be at least 50cm beyond the current world shot put record for men or women.
  - (b) The sector lines on either side shall be symmetrical about the centre line of the 34.92° sector.
  - (c) The sector lines at the sides where they do not form part of the 34.92° sector may either run radially from the centre of the shot put circle in the same way as the 34.92° sector lines, or may be parallel to each other and the centre line of the 34.92° sector. Where the sector lines are parallel, the minimum separation of the two sector lines shall be 9m.

#### ***Construction of the Shot***

5. Depending on the type of landing area (see paragraph 2) the shot shall be either solid metal or metal cased or alternatively soft plastic or rubber cased with a suitable filling. Both types of shot may not be used in the same competition.

#### ***Solid Metal or Metal Cased Shot***

6. These shall comply with Rule 188.4 & 5, for the shot put outdoors.

### ***Plastic or Rubber Cased Shot***

7. 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 shall have no roughness and the finish shall be smooth.

The shot shall conform to the following specifications:

SHOT		
Minimum weight for admission to competition and for acceptance of a record	4.000kg	7.260kg
<u>Information for manufacturers:</u> Range for supply of implement for competition	4.005kg	7.265kg
	4.025kg	7.285kg
Diameter Minimum	95mm	110mm
Diameter Maximum	130mm	145mm

## RULE 222

### **Combined Events Competitions**

1. With the following exceptions, Rule 200 shall apply to Combined Events competitions indoors:

#### ***Men (Pentathlon)***

2. 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

#### ***Men (Heptathlon)***

3. The Heptathlon consists of seven events which shall be held over two consecutive days in the following order:  
First day: 60m, Long Jump, Shot Put, High Jump  
Second day: 60m Hurdles, Pole Vault, 1000m

#### ***Women (Pentathlon)***

4. 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.

#### ***Order of Competition***

5. The order of competing may be drawn before each separate event. In the 60m and 60m Hurdle events, the athletes shall compete in groups as decided by the Technical Delegate, so that preferably four or more athletes, but never less than three, are in each group.

## SECTION VII - RACE WALKING EVENTS

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### RULE 230 Race Walking

#### *Definition of Race Walking*

1. 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 shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

#### *Judging*

2. (a) The appointed judges of Race Walking shall elect a Chief Judge, if one has not been appointed previously. In competitions held under Rule 1.1(a), (b), (c), (d), the Chief Judge has the power to disqualify an athlete, from the circuit to the stadium and inside the stadium when the race finishes in the stadium or in the last 100m when the race takes place solely on the track or on the road course, when his/her mode of progression obviously fails to comply with the paragraph 1 above regardless of his/her having received previous warnings.
- (b) The Chief Judge shall act as the supervising official for the competition, and only act as a judge in the special situation noted in paragraph (a) above in competitions under IAAF Rule 1.1(a), (b), (c) and (d). In competitions held under IAAF Rule 1.1(a), (b) and (c), a maximum of two Chief Judge's Assistants may be appointed by the Local Organising Committee after consultation with the Chief Judge and the Technical Delegates. The Chief Judge's Assistant(s) are to assist with the notification of disqualifications only and shall not act as Race Walking Judges.
- (c) All the Judges shall act in an individual capacity and their judgements shall be based on observations made by the human eye.
- (d) In competitions held under IAAF Rule 1.1(a), all Judges shall be International Race Walking Judges. In competitions held under IAAF Rule 1.1 (b) and (c), all Judges shall be either Area or International Race Walking Judges.
- (e) For road races, there should normally be a minimum of six to a



- maximum of nine judges including the Chief Judge.
- (f) For track races there should normally be six judges including the Chief Judge.
  - (g) In competitions held under IAAF Rule 1.1 (a) not more than one judge from any country can officiate.
- For all competitions held under IAAF Rule 1.1 (a), (b) and (c) an official in charge of the Warning Posting Board and a Chief Judge's Recorder shall be appointed by the Organising Committee after consultation with the Chief Race Walking Judge and the Technical Delegates.

### ***Caution***

3. Athletes shall be cautioned when, by their mode of progression, they are in danger of failing to comply with paragraph 1 above. They are not entitled to a second caution from the same Judge for the same offence. Having cautioned an athlete, the Judge shall inform the Chief Judge of his action after the competition.

### ***Warning and Disqualification***

4. (a) Each Judge's proposal for disqualification is called a warning. Athletes shall be given warnings when, by their mode of progression, they fail to comply with paragraph 1 above by exhibiting visible loss of contact or a bent knee during any part of the competition.
- (b) When an athlete receives a warning from three different Judges, the athlete is disqualified and he shall be notified of this disqualification by the Chief Judge or the Chief Judge's Assistant.
- (c) In all competitions, either directly controlled by the IAAF or taking place under IAAF permit, in no circumstances shall two Judges of the same nationality have the power to disqualify.
- (d) If it is impractical to notify an athlete of the disqualification during the race, the disqualification shall be given as soon as practicable after the athlete has finished. The failure to give prompt notification shall not result in the reinstatement of a disqualified athlete.
- (e) A yellow sign with the symbol of the offence on each side, shall be shown to the athlete, when a caution is given. A red sign symbolises the disqualification of the athlete. The red sign is used by the Chief Judge to inform athletes of their disqualification. Athletes may also be informed of their disqualification by the Chief Judge's Assistant.

- (f) In track races, an athlete who is disqualified shall immediately leave the track and, in road races, he shall, immediately after being disqualified, remove the distinguishing numbers which he is wearing and leave the course. Any disqualified athlete who fails to leave the course or track may be liable to further disciplinary action in accordance with IAAF Rules 22.1(f) and 145.
- (g) A Warning Posting Board shall be placed on the course and near the finish to keep athletes informed about the number of warnings that have been given to each athlete.
- (h) For all IAAF Rule 1.1 (a) competitions, hand held computer devices with transmission capability must be used by the judges in communicating all warnings to the Recorder and the Warning Posting Board (s).

### ***The Start***

- 5. The races shall be started by the firing of a gun. The commands and procedure for races longer than 400m shall be used (Rule 162.3). In races which include a large number of athletes, a five-minute warning before the start of the race should be given, with additional warnings if required.

### ***Safety and Medical***

- 6. (a) The Organising Committee of Race Walking events shall ensure the safety of athletes and officials. In competitions held under IAAF Rule 1.1(a), (b) and (c), the Organising Committee shall ensure that the roads used for the competition are closed to motorised traffic in all directions.
- (b) In competitions held under IAAF Rule 1.1(a), (b) and (c), the events shall be scheduled to start and finish in daylight.
- (c) A hands-on medical examination during the progress of an event by designated medical personnel clearly identified by the Organising Committee shall not be considered as assistance.
- (d) An athlete shall retire at once from the race if ordered to do so by a member of the official medical staff appointed by the Organising Committee. Such staff shall be clearly identified by armbands, vests or similar distinctive apparel.

### ***Drinking/Sponging and Refreshment Stations***

- 7. (a) Water and other suitable refreshments shall be available at the start and finish of all races.

- (b) For all events up to and including 10km, drinking/sponging stations shall be provided at suitable intervals, if weather conditions warrant such provision.
- (c) For all events longer than 10km, refreshment stations shall be provided every lap. In addition drinking/sponging stations for water only shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provision.
- (d) Refreshments, which may be provided by either the Organising Committee 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.
- (e) An athlete who takes refreshment at a place other than the refreshment station renders himself liable to disqualification.
- (f) In competitions held under IAAF Rule 1.1 (a), (b) and (c), a maximum of two officials per country may be stationed behind the refreshment table at any one time. Under no circumstances may an official run beside an athlete while he is taking refreshment.

### ***Road Courses***

- 8. (a) For competitions held under IAAF Rule 1.1(a), (b) and (c), the circuit shall be no longer than 2.5km and no shorter than 2km. For events that start and finish in the stadium, the circuit should be located as close as possible to the stadium.
- (b) Road courses shall be measured in accordance with IAAF Rule 240.3.

### ***Race Conduct***

- 9. In events of 20km or more, an athlete may leave the road or track with the permission and under the supervision of an Official, provided that by going off course he does not lessen the distance to be covered.
- 10. Transponder: see Rule 240.10.

## SECTION VIII - ROAD RACES

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### RULE 240

#### Road Races

- || 1. The standard distances for men and women shall be 10km, 15km, 20km, Half-Marathon, 25km, 30km, Marathon (42.195km), 100km and Road Relay.

*Note (i): 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 junior road relay, the recommended distance is a Half-Marathon with stages of 5km, 5km, 5km, 6.098km.*

*Note (ii): It is recommended that road races are staged during April or May or September to December inclusive.*

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 arena.

*Note: It is recommended that, for road races staged over standard distances, the start and finish points, measured along a straight line between them should not be further apart than 50% of the race distance.*

- || 3. The start and the finish of a race shall be denoted by a white line at least 5cm wide. In events on roads 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 meetings under Rule 1.1(a) and, where possible, (b) and (c), 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. In meetings under Rule 1.1(a), (b) and (c) and in races sanctioned directly by IAAF, the uncertainty in the measurement shall not exceed 0.1% (i.e. 42m for the Marathon) and the length of the course should have been certified in advance by an IAAF approved course measurer.

*Note (i): For measurement, the "Calibrated Bicycle Method" is recommended.*

*Note (ii): To prevent a course from being found to be short on*

*future remeasurement, it is recommended that a "short course prevention factor" is 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 decrease in elevation between the start and finish should not exceed one in a thousand, i.e. 1m per km.*

4. The distance in kilometres on the route shall be displayed to all athletes.
5. For Road Relays, lines 5cm wide shall be drawn across the course to mark the distances of each stage and to denote that scratch line. Similar lines shall be drawn 10m before and 10m after the scratch line to denote the take-over zone. All take-over procedures shall be completed within this zone.

### ***The Start***

6. The races shall be started by the firing of a gun. The commands and procedure for races longer than 400m shall be used (Rule 162.3). In races which include a large number of athletes, a five-minute warning before the start of the race should be given, with additional warnings if required.

### ***Safety and Medical***

7. (a) Organising Committees of Road Races shall ensure the safety of athletes and officials. In competitions held under IAAF Rule 1.1(a), (b) and (c), the Organising Committee shall ensure that the roads used for the competition are closed to motorised traffic in all directions.
- (b) A hands-on medical examination during the progress of an event by designated medical personnel, clearly identified by the Organising Committee shall not be considered as assistance.
- (c) An athlete shall retire at once from the race if ordered to do so by a member of the official medical staff appointed by the Organising Committee. Such staff shall be clearly identified by armbands, vests or similar distinctive apparel.

### ***Drinking/Sponging and Refreshment Stations***

8. (a) Water and other suitable refreshments shall be available at the start and finish of all races.
- (b) For all events up to and including 10km, drinking/sponging shall be provided at suitable intervals of approximately 2-3km, if weather conditions warrant such provision.
- || (c) For all events longer than 10km, refreshment stations shall be provided at approximately every 5km. In addition, drinking/sponging stations, where water shall be supplied, shall be placed approximately mid-way between the refreshment stations, or more frequently if weather conditions warrant such provision.

Refreshments, which may be provided either by the Organising Committee, or the athletes, shall be made available at the stations nominated by the athletes. They shall be placed so that they are easily accessible to, or may be put by authorised persons into the hands of the athletes.

An athlete who takes refreshment at a place other than the refreshment stations renders himself liable to disqualification.

Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organising Committee from the time that the refreshments are lodged by the athletes or their representatives.

9. In road races, an athlete may leave the road or track with the permission and under the supervision of a Judge, provided that by going off course he does not lessen the distance to be covered.
10. The use of transponder timing systems in road races conducted under Rule 1.1 (f), (g) and (h) is permitted provided that:
- (a) the system requires no action by an athlete during the competition, at the finish line or during any finish line or results related system or process;
  - (b) the resolution is 0.1seconds (i.e., it can separate athletes finishing 0.1 seconds apart)
  - (c) the weight of the transponder and its housing carried on the athletes' uniform, race number or shoe is not significant;
  - (d) 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;
  - (e) the system, including the implementation of its components and its technical specifications, is approved by the IAAF Technical Committee;

- (f) the system is started by the Starter's gun or approved starting apparatus;
- (g) the determination of the official winning time is in accordance with Rule 165.

*Note: For road races and road walking events, the official time shall be the time elapsed between the firing of the starting gun 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 him, but will not be considered as official time. The order in which athletes reach the finish line will be considered as the official finish position.*

## **SECTION IX - CROSS-COUNTRY**

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### **RULE 250**

#### **Cross-Country Races**

##### ***General***

1. Although knowing that, due to the extreme variations in conditions in which cross country is practised throughout the world and the difficulties in legislating for international standardisation of this sport, 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, however, are intended as a guide and incentive to assist countries to develop cross country running. See also the IAAF Distance Running Manual for detailed organisational information.

##### ***Season***

2. The cross-country season should normally extend throughout the winter months after the close of the track and field season.

##### ***The Venue***

3. (a) 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.  
(b) The area must be wide enough to accommodate not only the course but also all the necessary facilities.

##### ***Designing the Course***

4. For Championships and international events and, wherever possible, for other competitions:
  - (a) a loop course must be designed, with the loop measuring between 1,750m and 2,000m. 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.
  - (b) 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 1500m.

- (c) 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.
- (d) 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.

### ***The Course***

- 5. (a) 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 only (obligatory for Championship events). 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). Accredited people only will be allowed access to these areas.
- (b) The general public shall only be allowed to cross the course in the early stages of a race at well organised cross-over points, marshalled by stewards.
- (c) It is recommended that, apart from the start and finish areas, the course be a width of five metres, including the obstacle areas.

### ***Distances***

- 6. Distances at IAAF World Cross-Country Championships should be approximately:

Men long course	12 km	Women long course	8 km
Men short course	4 km	Women short course	4 km
Junior Men	8 km	Junior Women	6 km

It is recommended that similar distances are used for other International and National competitions.

### ***The Start***

7. The races shall be started by the firing of a gun. The commands and procedure for races longer than 400m shall be used (Rule 162.3). In international races, five-minute, three-minute and a one-minute warnings shall be given. Departure boxes shall be provided and the members of each team shall be lined up behind each other at the start of the race.

### ***Drinking/Sponging and Refreshment Stations.***

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.

### ***Mountain Races***

9. Mountain Races take place across country which is mainly off road and involves considerable amounts of ascent (for "mainly uphill" races) or ascent/descent (for races which "start and finish at the same level"). The recommended approximate distances and total amount of ascent for international races is as follows:

	Mainly Uphill		Start/Finish at Same Level	
	Distance	Ascent	Distance	Ascent
Senior Men	12km	1200m	12km	700m
Senior Women	7km	550m	7km	400m
Junior Men	7km	550m	7km	400m

Not more than 20% of the distance may be on macadamised surface. The courses may be of a lap design.

## **SECTION X - WORLD RECORDS**

---

### **RULE 260**

#### **World Records**

##### ***General Conditions***

1. The record shall be made in a bona fide competition which has been duly arranged, advertised and authorised before the day of the event by the IAAF Member where the event takes place and conducted under IAAF Rules.
2. The athlete achieving the Record must be eligible to compete under IAAF Rules and be under the jurisdiction of a Member of the IAAF.
3. When a World Record is set by an athlete or a team, the IAAF Member in the country where the Record performance was set shall collect together, without delay, all the information required for ratification of the Record by the IAAF. No performance shall be regarded as a World Record until it has been ratified by the IAAF. The Member should immediately inform the IAAF of its intention to submit the performance.
4. The official application form of the IAAF shall be completed and dispatched by air mail to the IAAF Office within thirty days. Forms are available, on request, from the IAAF Office. If the application concerns a foreign athlete (or a foreign team), a duplicate of the form shall be sent within the same period to the Member Federation of the athlete (or team).
5. The Member of the country where the record was set shall send, with the official application form:
  - The printed programme of the meeting;
  - The complete results of the event;
  - The photo finish photograph (see Rule 260.22 (c)).
6. Each athlete who sets a World Record must submit to doping control, at the end of the event, in accordance with the IAAF Rules currently in force. In the case of a Relay Record, all members of the team must be tested.

The result of this test shall be presented by an IOC accredited laboratory to the IAAF to be added to the other information required by the IAAF for the ratification of the record. If such a test is positive or if such a test is not conducted, the IAAF shall not ratify this Record.

7. If an athlete has admitted that, at some time prior to achieving a World Record, he had used or taken advantage of a substance or technique prohibited at that time, then, subject to the advice of the Medical and Anti-Doping Commission, such Record will not continue to be regarded as a World Record by the IAAF.
8. The following categories of World Records are accepted by the IAAF:
  - World Records;
  - World Junior Records;
  - World Indoor Records.
9. For individual events, at least three athletes and for relay events, at least two teams, must participate in the event.
10. The record shall be better than, or equal to the existing World Record for that event, as accepted by the IAAF.
11. Records made in heats or qualifying competitions, in deciding ties and in individual events in Combined Events competitions, regardless of whether the athlete completes the whole Combined Events competition or not, may be submitted for ratification.
12. The President and the General Secretary of the IAAF together are authorised to recognise World Records. If they are in any doubt whether or not the record should be accepted, the case shall be referred to the Council for decision.
13. When a World Record has been ratified, the IAAF will so inform the athlete's Member Federation, the Federation applying for the record and the relevant Area Association.
14. The IAAF will supply the official World Record Plaques, for presentation to World Record Holders.
15. If the record is not ratified, the IAAF will give the reasons.
16. The IAAF shall update the official List of World Records every time a new World Record has been ratified. This list shall represent the performances regarded by the IAAF as being, from the date of the list, the best performances yet set by an athlete or team of athletes in each of the recognised events listed in Rules 261, 262, 263.
17. The IAAF shall publish this list on 1 January of each year.

### ***Specific Conditions***

18. Except in Road Events:

- (a) The record shall be made in an athletic facility, which conforms to Rule 140 with or without roof. A running track or runway used shall be laid on top of a solid foundation.
  - (b) For any record at any distance of 200m or more to be recognised, the track on which it was made shall not exceed 402.3m (440 yards) and the race shall have started on some part of the perimeter. This limitation does not apply to the Steeplechase events where the Water Jump is placed outside a normal 400m track.
  - (c) The record shall be made on a track, the radius of the outside lane of which does not exceed 50m, except where the bend is formed with two different radii, in which case the longer of the two arcs should not account for more than 60° of the 180° turn.
  - (d) No performance set by an athlete will be recognised if it has been accomplished during a mixed competition.
19. Outdoor records may be made only on a track which conforms to Rule 160.
20. For World Junior Records, unless the athlete's date of birth has been previously confirmed by IAAF, the first application on behalf of that athlete shall be accompanied by a copy of his passport, birth certificate or similar official document which confirms his date of birth.
21. For World Indoor Records:
- (a) The record shall have been made in a stadium, which complies, with Rule 211 and 213.
  - (b) For races of 200m and over, the oval track may not have a nominal length of more than 201.2m (220 yards).
22. For Running and Race Walking Records, the following conditions for the timing must be respected:
- (a) The Records shall be timed by official timekeepers or by an approved fully automatic photo finish device (see Rule 165).
  - (b) For races up to and including 400m, only performances timed by an approved fully automatic photo finish device conforming to the relevant sections of Rule 165 shall be accepted, including a video-based system.
  - (c) The photo finish photograph in the case of a track record where fully automatic timekeeping was in operation must be included in the documentation sent to the IAAF.

- (d) For all records up to and including 200m, information concerning wind speed, measured as indicated in Rule 163.8, 9 & 10, shall be submitted. If the wind velocity measured in the direction of running behind the athlete averages more than 2 metres per second, the record will not be accepted.
  - (e) In a race run in lanes, no record will be accepted where the runner has run on or inside the inner curved border of his lane.
  - (f) The reaction times, where available shall be provided in all races where a crouch start and the use of starting blocks are compulsory.
23. For races over multiple distances:
- (a) A race shall be stated to be over one distance only.
  - (b) However, a race based on the distance covered over a given time may be combined with a race over a fixed distance (for example, 1 Hour and 20,000m - see Rule 164.4).
  - (c) It is permissible for the same athlete to accomplish in the same race any number of records.
  - (d) It is permitted for several athletes to accomplish different records in the same race.
  - (e) However, it is not permissible for an athlete to be credited with a record at a shorter distance if he did not finish the full distance of that race.
24. For World Relay Records:
- (a) They may be made only by a team, all of whose members are citizens of a single Member country. Citizenship may be obtained in any of the ways referred to in Rule 5.
  - (b) A colony which is not a separate Member of the IAAF shall be deemed, for the purpose of this Rule, to be part of its Mother Country.
  - (c) The time set by the first runner in a relay team may not be submitted as a record.
25. For World Race Walking Records:
- At least two Judges who are from either the IAAF Panel of International Race Walking Judges or are Area Level Judges shall be officiating during the competition and shall sign the application form.
26. For World Records in Field Events:
- (a) The performances shall be measured either by three Field Judges using a calibrated and certified steel tape or bar or by an approved scientific measuring apparatus, the accuracy of which has been confirmed by a qualified Measurement Judge.

- (b) In the Long Jump and Triple Jump, information concerning wind speed, measured as indicated in Rule 184.4, 5 & 6 shall be submitted. If the wind velocity measured in the direction of jumping behind the athlete averages more than 2 metres per second, the record will not be accepted.
- (c) World Records may be credited for more than one performance in a competition, provided that each record so recognised shall have been equal or superior to the best previous performance at that moment.

27. For World Records in Combined Events:

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 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.

28. For World Records on the road:

- (a) The course must be measured by an "A" or "B" IAAF/AIMS approved measurer as defined in IAAF Rule 117.
- (b) The start and finish points of a course, measured along a straight line between them, shall not be further apart than 50% of the race distance.
- (c) The decrease in elevation between the start and finish shall not exceed an average of one in a thousand, i.e. 1m per km.
- (d) Either the course measurer who certified the course or another "A" or "B" measurer in possession of the complete measurement data and maps must validate that the course measured was the course run by riding in the lead vehicle.
- (e) The course must be verified on site (i.e. within two weeks before, on the day of the race or as soon as practical after the race), preferably by a different "A" or "B" measurer from the one that did the original measurement.
- (f) Road World Records set at intermediate distances within a race must comply with the conditions set under Rule 260 and be timed according to IAAF Rules. The intermediate distances must have been measured and marked during the course measurement.
- (g) For the Road Relay, the race should be run in stages of 5km, 10km, 5km, 10km, 5km, 7.195km.

29. For Road Race Walking Records:

- (a) The course must be measured by an "A" or "B" IAAF/AIMS approved measurer as defined in IAAF Rule 117.
- (b) The circuit shall be no shorter than 2 km and no longer than 2.5 km with a possible start and finish in a stadium.
- (c) Either the course measurer that certified the course or another "A" or "B" measurer in possession of the complete measurement data and maps must validate that the course measured was the course covered.
- (d) The course must be validated on site (i.e. within two weeks before, on the day of the race or as soon as practical after the race), preferably by a different "A" or "B" measurer from the one that did the original measurement.

*Note: It is recommended that National Governing Bodies and Area Associations adopt similar Rules to the above for the recognition of their own records.*

#### RULE 261

#### **Events for which World Records are recognised**

-Fully Automatic Electrically Timed performances (E.T.)

-Hand Timed performances (H.T.)

#### ***Men***

E.T. only: 100m; 200m; 400m;

110m Hurdles; 400m Hurdles;

4x100m Relay

E.T. or H.T: 800m; 1000m; 1500m; 1 Mile; 2000m; 3000m;

5000m; 10,000m; 20,000m; 1 Hour; 25,000m;

30,000m; 3000m Steeplechase

Relays: 4x200m; 4x400m; 4x800m; 4x1500m

Road Races: 10km; 15km; 20km; Half Marathon;

25km; 30km; Marathon; 100km; Road Relay

(Marathon distance only)

Race Walking (track): 20,000m; 30,000m; 50,000m

Race Walking (road): 20km; 50km

Jumps: High Jump; Pole Vault; Long Jump; Triple Jump

Throws: Shot Put; Discus; Hammer; Javelin

Combined Events: Decathlon



## ***Women***

E.T. only:	100m; 200m; 400m; 100m Hurdles; 400m Hurdles; 4x100m Relay	
E.T. or H.T:	800m; 1000m; 1500m; 1 Mile; 2000m; 3000m; 5000m; 10,000m; 20,000m; 1 Hour; 25,000m; 30,000m; 3000m Steeplechase Relays: 4x200m; 4x400m; 4x800m Road Races: 10km; 15km; 20km; Half Marathon; 25km; 30km; Marathon; 100km; Road Relay (Marathon distance only). Race Walking (track): 10,000m; 20,000m Race Walking (road): 20km	  
Jumps:	High Jump; Pole Vault; Long Jump; Triple Jump.	
Throws:	Shot Put; Discus; Hammer; Javelin.	
Combined Events:	Heptathlon, Decathlon* * Only ratified if over 8000 points	

### **RULE 262**

#### **Events for which World Junior Records are recognised**

- Fully Automatic Electrically Timed performances (E.T.)
- Hand Timed performances (H.T.)

## ***Junior Men***

E.T. only:	100m; 200m; 400m 110m Hurdles; 400m Hurdles; 4x100m Relay.	
E.T.or H.T:	800m; 1000m; 1500m; 1 Mile; 3000m; 5000m; 10,000m; 3000m Steeplechase; 4x400m Relay Race Walking (track): 10,000m Race Walking (road): 10km	
Jumps:	High Jump; Pole Vault; Long Jump; Triple Jump.	
Throws:	Shot Put; Discus; Hammer; Javelin.	
Combined Events:	Decathlon	

### ***Junior Women***

E.T. only:	100m; 200m; 400m; 100m Hurdles; 400m Hurdles; 4x100m Relay
E.T.or H.T:	800m; 1000m; 1500m; 1 Mile; 3000m; 5000m; 10,000m; 3000m Steeplechase; 4x400m Relay Race Walking (track): 10,000m Race Walking (road): 10km
Jumps:	High Jump; Pole Vault; Long Jump; Triple Jump
Throws:	Shot Put; Discus; Hammer; Javelin
Combined Events:	Heptathlon, Decathlon* *Only ratified if over 7300 points

### **RULE 263**

#### **Events for which World Indoor Records are recognised**

- Fully Automatic Electrically Timed performances (ET)
- Hand timed performances (HT)

### ***Men***

ET only:	50m; 60m; 200m; 400m; 50m Hurdles; 60m Hurdles
ET or HT:	800m; 1000m; 1500m; 1 Mile; 3000m; 5000m Relay: 4x200m; 4x400m; 4x800m Race Walking: 5000m
Jumps:	High Jump; Pole Vault; Long Jump; Triple Jump
Throws:	Shot Put
Combined Events:	Heptathlon

### ***Women***

ET Only:	50m; 60m; 200m; 400m 50m Hurdles; 60m Hurdles
ET or HT:	800m; 1000m; 1500m; 1 Mile; 3000m; 5000m Relay: 4x200m; 4x 400m; 4x800m Race Walking: 3000m
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