## CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>President’s Message</td>
<td>5</td>
</tr>
<tr>
<td>General</td>
<td>7</td>
</tr>
<tr>
<td>International Competitions</td>
<td>7</td>
</tr>
<tr>
<td>The Athletics Facility</td>
<td>8</td>
</tr>
<tr>
<td><strong>1 - Athletes</strong></td>
<td></td>
</tr>
<tr>
<td>Age Groups</td>
<td>11</td>
</tr>
<tr>
<td>Entries</td>
<td>12</td>
</tr>
<tr>
<td>Mixed Competition</td>
<td>13</td>
</tr>
<tr>
<td>Clothing, Shoes and Number Bibs</td>
<td>13</td>
</tr>
<tr>
<td><strong>2 - Officials</strong></td>
<td></td>
</tr>
<tr>
<td>International Officials</td>
<td>15</td>
</tr>
<tr>
<td>Organisational Delegates</td>
<td>16</td>
</tr>
<tr>
<td>Technical Delegates</td>
<td>16</td>
</tr>
<tr>
<td>Medical Delegate</td>
<td>20</td>
</tr>
<tr>
<td>Doping Control Delegate</td>
<td>21</td>
</tr>
<tr>
<td>International Technical Officials (ITOs) and</td>
<td>21</td>
</tr>
<tr>
<td>International Cross Country, Road Running and</td>
<td></td>
</tr>
<tr>
<td>Mountain Running Officials (ICROs)</td>
<td></td>
</tr>
<tr>
<td>International Race Walking Judges</td>
<td>22</td>
</tr>
<tr>
<td>International Road Race Measurer</td>
<td>22</td>
</tr>
<tr>
<td>International Starter and International Photo</td>
<td>22</td>
</tr>
<tr>
<td>Finish Judge</td>
<td></td>
</tr>
<tr>
<td>Jury of Appeal</td>
<td>23</td>
</tr>
<tr>
<td>Officials of the Competition</td>
<td>24</td>
</tr>
<tr>
<td>Competition Director</td>
<td>25</td>
</tr>
<tr>
<td>Meeting Manager</td>
<td>26</td>
</tr>
<tr>
<td>Technical Manager</td>
<td>27</td>
</tr>
<tr>
<td>Event Presentation Manager</td>
<td>27</td>
</tr>
<tr>
<td>Call Room Judges</td>
<td>27</td>
</tr>
<tr>
<td>Competition Secretary</td>
<td>28</td>
</tr>
<tr>
<td>Referees</td>
<td>28</td>
</tr>
<tr>
<td>Judges</td>
<td>30</td>
</tr>
<tr>
<td>Marshal</td>
<td>31</td>
</tr>
<tr>
<td>Wind Gauge Operator</td>
<td>31</td>
</tr>
<tr>
<td>Measurement Judge [Scientific]</td>
<td>33</td>
</tr>
<tr>
<td>Other Officials</td>
<td>3</td>
</tr>
</tbody>
</table>
3 - Running and Race Walking Events

4 - Field Events

5 - Jumping Events

6 - Throwing Events

7 - Combined Events

8 - Indoor Athletics

9 - World Records

10 - Anti-Doping
PRESIDENT’S MESSAGE

I am delighted to welcome the latest edition of ‘The Referee’, which is a valuable work of reference for officials, coaches, administrators and federations around the world.

This latest edition, updated as usual by the Technical Committee, offers the latest information based on actual officiating experience, but also departs from past practice, because we now have two books, one in English and the other in French, instead of just one in both languages (this edition will be valid only for 2010 with a major revamp planned for the 2011/2012 edition). I would like to warmly thank Brian Roe and Michel Melet for their editorial and graphic updates of this book and also acknowledgement the historic contribution of the late Robert Blanchet and his wife Denise.

I am always conscious that one of the central attractions of track and field athletics is that its results do not depend on the subjective opinions of referees or judges as is the case in many other team and individual sports. Our sport offers its participants the chance to prove they are the fastest, can jump the highest or furthest or throw the longest, with the minimum of interference.

Yet although athletes do not have to fear errors of judgement - as in football when a penalty is given although a player was not fouled - our sport still needs clear rules and skilled officials who are able to ensure they are being followed.

This book remains the definitive guide in its comprehensive detailed study of the vital role played by the official in the sport of athletics.

Lamine Diack
IAAF President
GENERAL

Rule 100
All international competitions, as defined in Rule 1.1 shall be held under the Rules of the IAAF and this shall be stated in all announcements, advertisements, programmes and printed material.

In all competitions, except the World Championships (Outdoor and Indoor) and Olympic Games, events may be held in a different format from that provided under the IAAF Technical Rules, but rules giving more rights to the athletes, than they would have obtained applying the actual Rules, may not be applied. These formats shall be decided by the respective bodies having the control over the competition.

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

The introduction of the new wording to Rule 100 provides the opportunity to competitions organisers to use different formats for competition, the only restriction being that the athlete may not receive more “rights” in such circumstances. For example it is acceptable to reduce the number of trials in a field event or reduce the time allowed for an athlete to take his trial but not to increase either.

International Competitions

Rule 1.1
The following are International Competitions:

[a] (i) Competitions included in the World Athletic Series.
   (ii) The Athletics programme of the Olympic Games.
[b] The Athletics programme of Area, Regional or Group Games not confined to participants from a single Area where the IAAF does not have exclusive control.
[c] Regional or Group Championships in Athletics not confined to participants from a single Area.
[d] Matches between teams from different Areas representing Members or Areas or combination thereof.
[e] International Invitation Meetings and competitions which are categorised by the IAAF as part of the global structure and approved by the Council.
[f] Area Championships and other intra-Area competitions organised by an Area Association.
[g] The Athletics programme of Area, Regional or Group Games, and Regional and Group Championships in Athletics confined to participants from a single Area.
[h] Matches between teams representing two or more Members or combinations thereof within the same Area, with the exception of Youth and Junior category competitions.
[i] International Invitation Meetings and competitions, other than those referred to in Rule 1.1(e), where appearance fees, prize money and/or the value of non-cash prizes exceed a total amount, or an individual amount for any one event, as determined by the Council.
[j] Area programmes similar to those referred to in Rule 1.1(e).

Authorisation to stage Competitions

Rule 2
1. The IAAF is responsible for supervising a global competition system in cooperation with the Area Associations. The IAAF shall coordinate its competition calendar and those of the respective Area Associations in order to avoid or minimise conflicts. All International Competitions must be authorised by the IAAF or an Area Association in accordance with this Rule 2. Any combination or
integration of International Meetings into a Series / Tour or League requires a permit from the IAAF or the concerned Area Association including the necessary regulation or contractual condition for such an activity. The operation may be delegated to a third party. In the event that an Area Association fails properly to manage and control International Competitions in accordance with these Rules, the IAAF shall be entitled to intervene and take such steps as it deems necessary.

2. The IAAF alone shall have the right to organise the Athletics competition at the Olympic Games and the competitions that are included in the World Athletics Series.

3. The IAAF shall organise a World Championships in odd-numbered years.

4. Area Associations shall have the right to organise Area Championships and they may organise such other intra-Area events as they deem appropriate.

Competitions requiring an IAAF Permit

5. (a) An IAAF permit is required for all International Competitions listed in Rules 1.1(b), (c), (d) and (e).

(b) An application for a permit must be made to the IAAF by the Member in whose Country or Territory the International Competition is to take place not later than 12 months prior to the competition, or such other deadline as may be established by the IAAF.

Competitions requiring an Area Association Permit

6. (a) An Area Association Permit is required for all International Competitions listed in Rules 1.1(g), (h), (i), and (j). Permits for International Invitation Meetings or competitions where appearance fees, prize money and/or the value of non-cash prizes exceed a total amount, or an individual amount for any one event, as determined by the Council, shall not be issued prior to the Area Association’s consultation with the IAAF regarding the date.

(b) An application for a permit must be made to the appropriate Area Association by the Member in whose Country or Territory the International Competition is to take place not later than 12 months prior to the competition, or such other deadline as may be established by the Area Association.

Competitions authorised by a Member

7. Members may authorise national competitions, and foreign athletes may participate in those competitions, subject to Rules 4.2 and 4.3. If foreign athletes do participate, appearance fees, prize money, and/or non-cash prizes for all athletes at such national competitions shall not exceed a total amount, or an individual amount for any one event, as determined by the Council. No athlete may participate in any such competition if he is ineligible to participate in the sport of Athletics under the rules of the IAAF, the host Member, or the National Federation to which he is affiliated.

The Athletics Facility

Rule 140

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), 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 Athletics Facility Certificate. It is recommended that, when such facilities are available, competitions under Rule 1.1(b) to (j) should also be held on these facilities.

In any case, a current valid Class 2 Athletics Facility Certificate shall be required for all facilities intended for use for competitions under Rule 1.1(b) to (j).
Note (i): The IAAF Track and Field Facilities Manual available from the IAAF office, contains more detailed and defined specifications for the planning and construction of track and field facilities including further diagrams for track measurement and marking.

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

Note (iii): This Rule does not apply to Road Race Walking, Road Running or Cross-Country courses. (see Rules 230.10, 240.2, 240.3, 250.3, 250.4 and 250.5).
Chapter 1

Athletes
Age Groups

Rule 141
The following Age groups shall apply to IAAF Competitions:
- Youth Boys and Girls: Any athlete of 16 or 17 years on 31st December in the year of the competition.
- Junior Men and Women: Any athlete of 18 or 19 years on 31st December in the year of the competition.
- Master Men: and Women: Any athlete who has reached his/her 35th birthday for stadia events and his/her 40th birthday for out-of-stadia events.

Note (i): All other masters 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 Technical Regulations.

Entries

Rule 142
1. Competitions under IAAF Rules are restricted to eligible athletes. (See Chapter 2.)
2. The eligibility of an athlete to compete outside of his own country is as set forth in Rule 4.2. Such eligibility shall be assumed unless an objection 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 any trial, it shall be deemed that he is passing once the period allowed for the trial has elapsed. In the case of the High Jump and Pole Vault, if an athlete is not present when all other athletes who are present have completed the competition, the Referee shall deem that such athlete(s) has abandoned the competition, once the period for one further trial has elapsed.

Failure to participate
4. At all meetings under Rule 1.1(a), (b), (c) and (f), 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;
   [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. Other justifiable reasons (e.g. factors independent of the athlete’s own actions, such as problems with the official transport system may, after confirmation, also be accepted by the Technical Delegate[s]).

Note (i): A fixed time for the final confirmation of participation shall 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.

Protests and Appeals

Rule 146
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.

Mixed Competition

Rule 147
For all competitions held completely in the stadium, mixed events between male and female participants shall not be permitted.

However, mixed stadium competition in Field Events and in races of 5000m or longer may be permitted in all competitions except those held under Rules 1.1(a) to (h). In the case of competitions held under Rules 1.1(ii) and (j) such mixed competition shall be allowed in a particular competition if specifically permitted by the relevant area or national governing body.

Clothing, Shoes and Athlete Bibs

Rule 143
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. Athletes’ vests should have the same colour on the front and back.

At all competitions under Rule 1.1(a), (b), (c), (f) and (g) and when representing their Members under Rules 1.1(d) and (h), athletes shall participate in the uniform clothing 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 unfair additional assistance, including by the incorporation of any technology which will give the wearer any unfair advantage. A shoe strap over the instep is permitted. All types of competition shoes must be approved by IAAF.

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. The spike must be so constructed that it will, at least for the half of its length closest to the tip, fit through a square sided 4mm gauge.

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.

Note: The thickness of the sole and heel shall be measured as the distance between the inside top side and the outside under side, including the above-mentioned features and including any kind or form of loose inner sole.

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.

Athlete Bibs
7. Every athlete shall be provided with two bibs which, during the competition, shall be worn visibly on the breast and back, except in the High Jump and Pole Vault, where one bib may be worn on the breast or back only. The bib shall correspond usually with the number allocated to the athlete on the start list or in the programme. If track suits are worn during the competition, bibs shall be worn on the track suit in a similar manner. In competitions either the athletes’ names or other suitable identification on the bibs will be allowed instead of numbers on any or all of the bibs.

8. These bibs must be worn as issued and may not be cut, folded or obscured in any way. In long distance events these bibs may be perforated to assist the circulation of air, but the perforation must not be made on any of the lettering or numerals which appear on them.

9. Where a Photo Finish System 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.

Assistance to Athletes
Rule 144
Giving Assistance
For the purpose of this Rule, the following shall be considered assistance, and are therefore not allowed:

2. [c] except for shoes complying with Rule 143, the use of any technology or appliance that provides the user with an advantage which he would not have obtained using the equipment specified in the Rules.

The following shall not be considered assistance:

2. [f] Any kind of personal safeguard (e.g. bandage, tape, belt, support, etc.) for protection or medical purposes. The Referee in conjunction with the Medical Delegate shall have the authority to verify any case should he judge that to be desirable. (See also Rule 187.4.)
Chapter 2

Officials
International Officials

Rule 110

At competitions organised under Rule 1.1(a), (b) (c) and (f), 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 / International Cross Country, Road Running and Mountain Running Officials / Area Technical Officials
(f) International Race Walking Judges / Area Race Walking Judges
(g) International Road Course Measurer
(h) International Starter(s)
(i) International Photo Finish Judge
(j) Jury of Appeal

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

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

Note: The International Officials should wear distinctive attire or insignia.

Organisational Delegates

Rule 111

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 duties and financial responsibilities of the Organising Member and the Organising Committee. They shall cooperate with the Technical Delegate(s).

Technical Delegates

Rule 112

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 and the IAAF Track and Field Facilities Manual.

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 preliminary rounds shall be arranged 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 appropriate IAAF or Area Council.)

They shall arrange preliminary rounds and the groups for the Combined Events 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 competitions under Rule 1.1(a), (b), (c) and (f) the Technical Delegates shall chair the Technical Meeting and shall brief the Technical Officials.

The tasks and duties of the Technical Delegates can be found in the IAAF Competition Rules. According to Rule 112 the Technical Delegates are mainly concerned with technical matters related to the competition itself. However you will find Technical Delegates who are engaging themselves in tasks which you could say are not directly competition problems. This situation shall not be regarded as overstepping their functions, as most matters have a bearing on the competition itself. Let us say that this is part of the general need for cooperation between all officials involved in arranging an Athletics Meet.

**Rule 112 states the following duties:**

- ensure that all technical arrangements are in complete conformity with IAAF Technical Rules,
- submit proposals for the timetable of events,
- submit proposals for the entry standards,
- submit proposals for implements to be used,
- determine the qualifying standards for the field events,
- determine the basis on which preliminary rounds shall be arranged for track events,
- ensure that the Technical Regulations are issued,
- control the entries and when appropriate reject them for technical reasons,
• arrange the heats and the qualifying rounds and the groups for combined competitions,
• submit written reports on the preparations for the competition,
• co-operate with the Organisational Delegates
• in Competition under Rules 1.1(a), (b) and (c) and (f) the Technical Delegate shall chair the
  Technical Meeting and shall brief the Technical Officials.

What Rule 112 contains is valid for major competitions. IAAF also appoints Technical Delegates for
its International Invitation Meetings, in which case another situation prevails. At such a competition
there is no room for the more elaborate work specified in Rule 112.

Nevertheless the Technical Delegate at an International Invitation Meeting can be as important as
one at a major Championships. The basic idea is to ensure that IAAF Rules are obeyed and certain
functions that otherwise are handled by other IAAF Officials are carried out.

Organisation and General Function
The Technical Delegates at a major competition are appointed by the relevant governing body. They
are thus the official representatives of the IAAF. They are not members of the Organising Committee
responsible for arranging the Meeting. They are not involved in the formal decision making within
the Organisation Committee. They constitute their own body and act as a co-operative. As such they
have to report to the Council and co-operate with the Organisation Committee of the Meeting. At
major competitions they are reinforced by International Technical Officials (ITOs) who are serving as
the prolonged arm of the Technical Delegates.

In spite of the list of specific duties the Technical Delegates generally shall act as advisers on
organisational and technical matters regarding the competition. In this way they might get involved
in many types of questions, where their help is asked for by the Organisation Committee.

During the competition itself, they also have control function watching the correct conduct of the
competition.

The work of the Technical Delegates starts early in organising the planning stage of the competition.
During this time there are several meetings as the work with organising the competition proceeds.
How many meetings and how long meetings are is a matter of the various conditions in question. The
work accelerates during the Competition at which stage the Delegates take a practical part in the
work. They now become integrated in the competition organisation.

When the competition is over, it remains for the Delegates to make reports about their findings and
possibly make suggestions regarding future improvements of the general or specific conduct of
major competitions.

Main Duties
Behind the different duties listed in Rule 112 lie both very simple and very difficult tasks. Some of
them are performed prior to the competition, some take place during the competition and some
await at the end of the competition. However, looking after the technical arrangements and ensuring
that they conform to the Rules – the basis of the function of the Technical Delegates – is a continuing
responsibility throughout the period of undertaking the competition.

Specific Duties during the Planning Period
A very hard question to solve is the timetable. In order to get a good timetable, the needs of the
athletes, the spectators, the television broadcasters, the organisers and their sponsors and lastly the
geographical conditions have to be considered, and especially track and field facilities.

The interests of the athletes should be regarded the most important. After all, the competition is
taking place in their interest. One aim should be to arrange the timetable so that athletes can
compete in more than one event. Consideration should be given to common doubles, such as 100m and 200m, 800m and 1500m, 5000m and 10,000m, the relays and 100m and 400m, Shot Put and Discus Throw, Long Jump and Triple Jump.

The spectators want an interesting competition programme. For the spectators, every day should be balanced with the number of finals, the number of men’s and women’s events and a good distribution of track and field events. The programme of the day should build up to climax in order to keep the public in an excited mood and staying to the end of the programme.

The organisers must also be consulted in order to be able to supply the proper facilities. The infield, with its landing area for the long throws, has limited capacity. The long distance races occupy the track a long time. The Combined Events need space for their disciplines. Space must be provided for the finish of the out-of-arena walking and running events.

A well balanced program is also an advantage for the organisers and the sponsors in order to get best possible attendance every day.

Finally, the local conditions regarding weather must be considered. Some events must be programmed at a time when the weather conditions are best for the athletes. This refers normally to very warm temperatures. But even the daylight situation must be observed, i.e. you need good daylight to be able to have proper judging in the walking events.

When the structure of the timetable is clear, the next step is to allocate the amount of time needed for each event. The number of minutes needed depends on the number of entries, but also on the efficiency of the Competition Organisation. From earlier experiences it is possible to estimate what time would normally be sufficient. Victory ceremonies should also be well integrated in the timetable.

Thus many criteria have to be considered when making the timetable. It needs careful considerations. The timetable is finally submitted to and decided by the Council.

**Entry Standards**

The entry standards are in reality an athletic political question. With the entry standards the number of participating athletes can be regulated. It is primarily up to the Council to give directions of the structure of the standards in order to safeguard in what way all Members shall be able to take part. When the Council has decided on the structure it is up to the Technical Delegates to propose the performance standard of the different events. When doing so the development of the event during the last years must be analysed. In principle the task is a matter of statistics. Depending on the wanted number of entries, the standards can be set at a higher or lower level.

Another thing that must be resolved is the span of time during which the result shall have been accomplished. In this case the different seasons for the south and the north parts of our globe should be taken into account.

In this connexion the dates for preliminary and final entries must be fixed. The Council decides finally on entry standards and dates related to them.

**Implements**

One of the most crucial things to decide on is the official list of implements to be used during the competition. Athletes develop their preferences of implements and naturally everyone prefers to use what they are competing with ordinarily. However, the number of manufacturers is constantly increasing and so is the number of types of implements. According to Rule 187.2, the Technical Delegates may, based on the relevant Technical Regulations of each competition, allow athletes to use their own implements or those provided by a supplier, provided that such implements are not already included in the competition’s existing official list, are IAAF certified, checked and marked as approved by the Organising Committee before the competition and made available to all athletes.
**Qualifying Standards**

Qualifying rounds for field events are a method of selecting the best athletes for the final. Team leaders sometimes complain that the standards are too high. But the standards must be high enough to avoid having too many qualifiers. In fact it is better that it is hard to achieve, as it is possible to fill up the number of athletes in the final with a sufficient number from those who have come closest to the qualifying limit.

**Duties during the Course of the Competition**

Just before the opening of the competition there shall be a Technical Meeting. The Technical Delegates shall chair the Technical Meeting. At this stage of the competition it is the task of the Technical Delegates to control the entries. They shall decide on any rejections and deal with problems related to the correct time for having entered the names.

During the competition proper the Delegates shall constantly keep an eye on the conduct of the competition and be ready to intervene if necessary. They take a regular part in the competition organisation in some cases. Thus it is their duty to perform the arrangement of heats and qualifying rounds. In this way they are responsible for the procedure which aims to guarantee fair competitions and get the best athletes into the final. This work is very important and must be done without any delay. The Delegate must therefore often work late after the competition has ended in order to prepare the start lists for the next day.

**After the Competition**

During a major competition a lot of things can occur. It is vital that such information will be saved for the future. It is also important that there is a description of the competition for historical reasons. The Technical Delegates shall therefore make a report regarding the competition for presentation to the Council.

The report shall be written with great care as one of its main objects is to serve as guidelines for the organisation of future competitions.

**Summary**

The Technical Delegates are a link between the Council and the local Organisation Committee. IAAF relies on the Technical Delegates that all is proceeding according to the Technical Rules and Regulations. In relation to the local Organisation Committee, the Technical Delegates function in an advisory capacity and shall be ready to assist in every way. They take part in the planning of the competition and serve the Council during this period with the matter needed for its decisions on competition.

It must be emphasised that the Technical Delegates shall work in close and open co-operation with the local Organisers and the other Delegates appointed by IAAF. The result of the efforts is depending on this teamwork.

**Medical Delegate**

**Rule 113**

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.
Doping Control Delegate

Rule 114
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.

International Technical Officials (ITOs) and International Cross Country, Road Running and Mountain Running Officials (ICROs)

Rule 115
1. Where ITOs are appointed, the Technical Delegates shall appoint the Chief ITO 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.

The ITOs must be present at all times when an event to which they have been assigned is in progress. They should ensure that the conduct of the competition is in full conformity with IAAF Technical Rules, Technical 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, Technical 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 Rules 1.1(c) and (f), 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.

2. In Cross Country, Road Running and Mountain Running competitions the appointed ICROs shall provide all necessary support to the competition organisers. They must be present at all times when an event to which they have been assigned is in progress. They should ensure that the conduct of the competition is in full conformity with IAAF Technical Rules, Technical Regulations and relevant decisions made by the Technical Delegates.

The Panel of International Technical Officials (ITO) was set up at the Los Angeles Congress in 1984. Since then, it has been noticed that the ITOs are very helpful to the Technical Delegates and the Organisers. They must have a great knowledge of the IAAF Rules, officiate within their Federation as Referee at major competitions in their country, be responsible for officiating courses in their country. They must also know the duties of the Meeting Manager and, in principle, they must have performed such duties. Finally, it is necessary that they speak English or French.

It was Europe which was first, at its European Junior Championships in Cottbus (ex-GDR) in 1985, to use the International Technical Officials, commonly called ITOs.

In order to compile the first list, each Federation was then asked to nominate up to three of its officials.

As time went by, other proposals and nominations of new people were made. We should also point out that, in international competitions where 6, 8 or 10 ITOs are nominated, there are usually never in the same competition two ITOs of the same nationality and none from the organising country.
In view of the initial choices of ITOs, the IAAF has asked its Development Department and its Technical Committee to set up a plan of education of technical officials. (Technical Officials Education and Certification System or TOECS.)

This plan, approved by the IAAF Council, consists of an education and exam programme for this role in three steps.

Level I - For the countries or regions which do not have an in-depth education, it is planned to have a grade for National Technical Officials (NTOs), whose education shall be provided by the IAAF Regional Centres. The Member Federations that have an education system for their officials approved by IAAF, will be awarded an equivalency to this grade. Their higher category officials will also receive the equivalency to the NTO category.

Level II - The Areas shall provide an education and an exam for the IAAF Level II Diploma reserved for those holding the National grade. From those who pass this examination, the Area shall nominate Area Technical Officials (ATOs.)

Level III - Finally, only those holding the grade of Area Technical Officials will be eligible to take the exam to become an ITO.

**International Race Walking Judges**

**Rule 116**

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), (c), (e), (f), (g) and (j) shall be members either of the Panel of International Race Walking Judges or one of the Panels of Area Race Walking Judges.

**International Road Race Measurer**

**Rule 117**

At competitions organised under Rule 1.1 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).

**International Starter and International Photo Finish Judge**

**Rule 118**

At all competitions under Rule 1.1(a), (b), (c) and (f) held in the stadium, an International Starter and an International Photo Finish Judge shall be appointed by IAAF or the relevant Area Association.
The International Starter shall start the races (and undertake any other duties) assigned to him by the Technical Delegate(s). The International Photo Finish Judge shall supervise all Photo Finish functions.

**Jury of Appeal**

**Rule 119**

At all competitions organised under Rule 1.1(a), (b), (c) and (f), 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.

In instances where there is an appeal relating to Rule 230, at least one member of the Jury shall be a current member of the Panel of International or Areal Race Walking Judges.

Members of the Jury of Appeal shall not be present during any deliberations of the Jury concerning any Appeal that affects, directly or indirectly, an athlete affiliated to his own Member Federation.

The chair of the Jury shall ask any member implicated by this Rule to withdraw, in the event the Jury member has not already done so.

The IAAF or other organisation responsible for the competition shall appoint one or more alternate Jury members to substitute for any Jury member(s) who are not able to participate in an Appeal.

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 appeals under Rule 146, and with any matters arising during the course of the meeting which are referred to it for decision.

**Protests and Appeals**

**Rule 146**

5. An appeal to the Jury of Appeal must be made within 30 minutes: (a) of the official announcement of the amended result of an event arising from the decision made by the Referee; or (b) of the advice being given to those making the protest, where there is no amendment of any result.

It shall be in writing, signed by a responsible official on behalf of the athlete or team, and shall be accompanied by a deposit of USD100, or its equivalent, which will be forfeited if the appeal is not allowed.

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

6. The Jury of Appeal shall consult all relevant persons. If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee or the Chief Race Walking Judge shall be upheld.

7. The Jury of Appeal may reconsider a decision if new conclusive evidence is presented, provided the new decision is still applicable.

8. 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.
9. The decision of the Jury of Appeal (or of the Referee in the absence of a Jury of Appeal or if no appeal to the Jury is made) shall be final and there shall be no further right of appeal, including to CAS.

**Video Recording**

**Rule 150**

In competitions held under Rules 1.1(a), (b) and (c) and, whenever possible, in other competitions, an official video recording of all events to the satisfaction of the Technical Delegate(s) shall be made. It should be sufficient to demonstrate the accuracy of performances and any violation of the Rules.

**Officials of the Competition**

**Rule 120**

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), (c) and (f) 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 Event Presentation Manager

**COMPETITION OFFICIALS**

- One (or more) Referee(s) for the Call Room
- One (or more) Referee(s) for Track Events
- One (or more) Referee for Field Events
- One (or more) Referee for Combined Events
- One (or more) Referee(s) 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, 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 Recallers
- One (or more) Starter’s Assistant(s)
- One Chief and an adequate number of Lap Scorers
• One Competition Secretary and an adequate number of assistants
• One Chief and an adequate number for marshals
• One (or more) Wind Gauge Operator(s)
• One Chief Photo Finish Judge and an adequate number of Assistant Photo Finish Judges
• One (or more) Measurement Judge(s) (Scientific)
• One Chief and an adequate number of Call Room Judges

ADDITIONAL OFFICIALS
• One (or more) Announcer(s)
• One (or more) Statistician(s)
• One Advertising Commissioner
• One Official Surveyor
• One (or more) Doctor(s)
• Stewards for Athletes, Officials and Press

Referees and Chief Judges should wear a distinctive attire or insignia.

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.

A Note on Safety
Referees and competition officials at athletics events have many important functions, but none is more important than their roles in helping to assure the safety of all concerned. As every experienced official knows, the athletics arena can be a dangerous place. Heavy implements and pointed ones are being thrown, and they pose a hazard to anyone in their path. Athletes running on the track or on runways at high speeds can hurt themselves and anyone whom they collide with. Unfortunately, there have been instances of athletes, officials, photographers and others who have been injured (sometimes fatally) in accidents in or near competition and training areas. Many of those injuries could have been prevented.

Officials must always be mindful of the dangers that are inherent in the sport. They must be alert at all times, and must not allow themselves to be distracted. Regardless of their official position, all officials have the responsibility to do what they can to make the athletics arena a safer place. All officials should think about safety whenever and wherever they are in the competition area, and should intervene when necessary to prevent an accident, when they see a condition that could lead to one. The IAAF trusts that everyone involved in this sport will do his part in keeping athletics safe.

Competition Director

Rule 121
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.
Meeting Manager

Rule 122
The Meeting 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 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 competitions of longer than four hours or over more than one day, it is recommended that the Meeting Manager has an adequate number of Assistant Meeting Managers.

IAAF Rules are rather vague and, in reality, hide very heavy responsibilities if we consider the duty of the Meeting Manager at the Olympic Games or the World Championships.

In fact, the Meeting Manager must be responsible, under the authority of the Competition Director, and in accordance with the Technical Delegates’ guidelines and decisions, for everything happening on the field of competition, under the eyes of the spectators and of the journalists. In the stadium, he must place himself so as to be able to see everything that is happening and to give the necessary orders.

He must have in his possession the complete list of all officials and of the different Referees. The Chief Judges shall call upon him in case any official needs to be replaced or is absent. In fact, we must not forget that the Olympic Games or the World Championships take place over nine days and that, especially in particular weather conditions, it is possible that some judges may not be able to officiate during the whole competition. The Meeting Manager shall have at his disposal a reserve of officials from which he can draw any replacement, if necessary. Even if all the officials for an event are present, the Meeting Manager shall ensure that the officials fulfil their duties correctly.

He shall ensure, directly or with the help of a Marshal, that the Judges leave the arena as soon as their event is finished.
**Technical Manager**

**Rule 123**
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.

The Technical Manager may act under the authority of the Competition Director or the Meeting Manager. The latter must be contactable at any time. If a Referee, or a field event Chief Judge notices that the site where an event is taking place (or will take place) needs to be modified or improved, he must refer it to the Meeting Manager who will ask the Technical Manager to take the necessary action. Also, when a Referee feels that there is a need for a change of place of a competition (Rule 180.18) he will act the same way towards the Meeting Manager who will instruct the Technical Manager to carry out, or have carried out, the wishes of the Referee.

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

Once the Competition Director - or the Technical Delegates in international competitions - has approved the implements list to be used during the events, the Technical Manager shall prepare, order and receive the various implements. For the latter, he or his team must then carefully check their weight and dimensions in order to comply with the Rules.

**Event Presentation Manager**

**Rule 124**
The Event Presentation Manager shall plan, in conjunction with the Competition Director, the event presentation arrangements for a competition, in cooperation with the Organisational and Technical Delegate[s] as and where applicable. He shall ensure that the plan is accomplished, resolving any relevant problems together with the Competition Director and the relevant Delegate[s]. He shall also direct the interaction between the members of the event presentation team, using the communication system to be contact with each of them.

The Event Presentation Manager [EPM] not only has the responsibility of planning, leading and coordinating a production of all the activities that take place on the infield but also integrating them into the show that is presented to the spectators within the venue. The final aim of his work is to create an entertaining, lively and attractive production of the show that is to be offered to the spectators. To succeed in this it is important to have a team and the necessary equipment to carry out the work. The Event Presentation Manager is the person in charge of coordinating the activities of the event presentation staff working on and off the field who are related to this role.

**Call Room Judges**

**Rule 138**
The Call Room Chief Judge 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 at the competition site for the scheduled start of their event.

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 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 Regulation and that unauthorised material is not taken into the arena.

The Judges shall refer any unresolved issues or matters arising to the Call Room Referee.

**Competition Secretary**

**Technical Information Centre**

**Rule 132**

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 result card to the Competition Director.

Where a computerised results 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.

A Technical Information Centre (TIC) will be established for competitions held under 1.1(a), (b), (c), (f), and (g) and is recommended for other competitions held over more than one day. The main function of the TIC is to ensure smooth communication between each team delegation, the organisers, the Technical Delegates and the competition administration regarding technical and other matters relating to the competition.

**Referees**

**Rule 125**

1. One [or more] Referee(s), as appropriate, shall be appointed for the Call Room, 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 (and applicable Technical Regulation) are observed and shall decide upon any matters which arise during the competition (including in the Call Room) and for which provision has not been made in these Rules. (or any applicable Technical Regulations).

   In case of a disciplinary case, the Call Room Referee has authority starting from the first Call Room up to the competition site.

   The respective Referees 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 an IAAF approved false start control apparatus, unless for any reason the Referee determines that the information provided by the apparatus is obviously inaccurate.

   A Track Referee appointed to oversee the starts is designated the Start Referee.

   The Referee shall not act as a Judge or Umpire.
If only one Referee is appointed to oversee the races of a certain competition, and considering the powers he has, it is essential that the Referee be positioned in the start area, during each start, to witness any eventual problem that may occur and to take any decision needed to solve it. This will be easy to do when IAAF approved false start control apparatus is in use. If not, and if the Referee will not have time to place himself in line with the finish line after the start procedure (as in 100m, 100/110m hurdles and 200m), and foreseeing the need for the Referee to decide a place in one race according to this Rule, a good solution will be to have the Start Coordinator (who should have an extensive experience as a starter) being appointed to also act as Start Referee. However, at meetings where sufficient officials are available it is recommended to have a specific Start Referee.

Authority in relation to disciplinary matters that arise before the first Call Room (i.e. on the Warm-up Area etc) and after the departure from the Field of Play (i.e. in the Mixed Zone and beyond, at Medal Ceremonies etc) rests with the Technical Delegate(s) rather than any of the individual Referees.

3. The appropriate Referee shall check all final results, shall deal with any disputed points and where there is no Measurement Judge (Scientific) where appointed, shall supervise the measurements of Record performances. At the conclusion of each event, the result card shall be completed immediately, signed by the appropriate Referee and handed to the Competition Secretary.

4. The appropriate Referee shall rule on any protest or objection regarding the conduct of the competition, including any matter arising in the Call Room.

5. He shall have authority to warn or exclude from competition, any athlete guilty of acting in an unsporting or improper manner. Warnings may be indicated to the athlete by showing a yellow card, exclusion by showing a red card. Warnings and exclusions shall be entered on the result card. Those warnings and exclusions decided by a Referee shall be communicated to the Competition Secretary and to the other Referees.

6. If, in the opinion of the appropriate Referee, circumstances arise at any competition such that justice demands that any event or any part of an 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.

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.

8. The Road Race Referee shall, wherever practicable (e.g. under Rules 144 or 240.8), give a warning prior to disqualification. If contested, Rule 146 will apply.

Protests and Appeals

Rule 146

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 competition 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 an athlete, by someone acting on his behalf or by an official representative of a team. Such person or team must have a bona fide interest in the event(s) in question. 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 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. Where the Referee is not accessible or available, the protest should be made to him through the Technical Information Centre.

4. (a) In a track event, if an athlete makes an immediate oral protest against having been charged with a false start, a Track Referee may allow the athlete to compete under protest in order to preserve the rights of all concerned. Competing under protest shall not be allowed if the false start was detected by an IAAF approved false start control apparatus, unless for any reason the Referee determines that the information provided by the apparatus is obviously inaccurate. A protest may be based on the failure of the Starter to recall a false start. The protest may be made only by, or on behalf of, an athlete who has completed the race. If the protest is upheld, any athlete who committed the false start, and who was subject to disqualification according to Rule 162.7, shall be disqualified. Where there is no disqualification of any athlete according to Rule 162.7, the referee shall have the authority to declare the event void and that it shall be held again if in his opinion justice demands it.

Note: The right of protest and appeal shall apply whether or not a false start control apparatus is used.

When the Start Referee has to decide on a protest presented by an athlete for being charged with a false start, he has to consider all the available data and in case of only a small possibility that the athlete may be right, he should decide to allow the athlete to compete under protest not losing time when taking this decision, time that may ruin an existing timetable. After the race, a final decision may be taken, a decision that may be subject, obviously, to an appeal to the Jury.

In cases where the Starter failed to recall a false start and the responsible(s) for the false start is not subject to disqualification according to Rule 162.7, the Referee has to consider all factors involved in that particular case and must decide if the race has to be re-held.

Giving two examples of extreme situations, it will surely be not admissible to rerun a Marathon race in a case where the athlete arriving in the first place with a comfortable advantage was responsible for a non-recalled false start. But the same will probably not be the case if another winner, now in a 60m indoor race, was also responsible for a non-recalled false start.

(b) In a Field Event, if an athlete makes an immediate oral protest against having a trial judged as a failure, the Referee of the event may, at his discretion, order that the trial be measured and the result recorded, in order to preserve the rights of all concerned. If the protested trial occurred (i) during the first three rounds of trials of a horizontal Field Event in which more than eight athletes are competing, and the athlete would advance to the final three rounds of trials only if the protest or subsequent appeal was upheld; or (ii) in a vertical Field Event, where the athlete would advance to a higher height only if the protest or subsequent appeal is upheld, the Referee may allow the athlete to continue competing to preserve the rights of all concerned. The protested performance of the athlete and any other performance achieved while competing under protest will become valid only if a subsequent decision to that effect is made by the Referee or an appeal to the Jury of Appeal is made and it is upheld.

**Judges**

**Rule 126**

**General**

1. The Chief Judge for track events and the Chief Judge for each field even shall co-ordinate the work of the judges in their respective events. When the relevant body has not already allocated the duties of the Judges, they shall allocate the duties.
Track 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 have finished 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, an in line with the finish and should be provided with an elevated platform.

Field Events

3. The Judges shall judge and record each trial and measure 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 of trials.

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

Marshal

Rule 133

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.

The Marshall ensures discipline while the event is in progress. He receives his orders directly from the Meeting Manager.

Therefore, he will:

[a] Set up a control for the entrance into the arena of:
   • the athletes
   • the officials
   • the electronic measurement staff
   • the accredited press photographers and the TV crews accredited to enter the arena. At each competition, the number of accreditations is agreed beforehand and all these persons must wear a special bib.

[b] Set up another control at the point where the athletes leave the arena when they have finished their event.

[c] In fact, the Marshall must ensure that, at all times, all the competition sites are as clear as possible for the spectators’ benefit as well as for television. He is directly answerable to the Meeting Manager who must be able to contact him at any time if the need arises.

Wind Gauge Operator

Rule 136

The Wind Gauge Operator shall ensure that the gauge is placed in accordance with Rule 163.9 [Track Events] and 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.
Wind Measurement

Rule 163

11. Non-mechanical wind gauges shall be used at all International competitions under Rules 1.1(a) to (h) and for any performance submitted for ratification as a World Record.

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

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

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:

   - 100 m: 10 Seconds
   - 100 m hurdles: 13 Seconds
   - 110 m hurdles: 13 Seconds

   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 record as -2,0). Gauges that produce digital reading expressed in tenths of metre per second shall be constructed so as to comply with this Rule.

   All wind gauge equipment shall have been certified by the IAAF and the accuracy of the gauge used shall have been verified by an appropriate organisation accredited by the national measurement authority, such that all measurements can be traced back to national and international measurement standards.

Rule 184

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.

Records

Rule 260

22. (d) For all records up to and including 200m, information concerning wind speed, measured as indicated in Rule 163.8 to 163.11 inclusive, 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.

26. (b) In the Long Jump and Triple Jump, information concerning wind speed, measured as indicated in Rule 184.4, 5 and 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.

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

**Measurement Judge (Scientific)**

**Rule 137**

One (or more) Measurement Judge(s) shall be appointed when electronic or video distance measurement or other scientific measurement device is to be used.

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

Before each 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 in conjunction with the Judges and under the supervision of the Referee (and if possible, the ITO assigned to the event) to confirm agreement with results achieved using a calibrated certified steel tape. A form of conformity shall be issued and signed by all those involved in the test and attached to the results card.

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.

**Other Officials**

**Announcer**

**Rule 134**

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 competitions held under Rule 1.1(a), the English and French language Announcers shall be appointed by the IAAF. In conjunction with the Event Presentation Manager and under the general direction of the Organisational and/or the Technical Delegates, these appointees shall be responsible for all matters of announcing protocol.

The Announcer’s foremost quality is restraint in his words. The Announcer must be placed so as to be able to follow the meeting properly, preferably near the Manager.

**Presentation of an athletics meeting**

A track and field meeting stands or falls by the standard of its presentation. Good presentation and announcing can make a mediocre meeting tolerable; bad presentation can turn a potentially brilliant meeting into a disaster.

Different types of competitions require quite different type of presentation – an Olympic, World or Area Championship meeting demands formal announcing, combined with a speedy information service. A track and field “spectacular”, on the other hand, requires atmosphere, presentation build-up to big races and some form of race commentary.

**As a general guide:**

- For a minimum amount of pre-presentation and starter sending the athletes on their way, allow 3 minutes per event.
• For a flash winning time and the result to come through, and for the quickest possible podium presentation to be made, allow 5 minutes.
• For pre-presentation of each field event, allow 2 minutes.

General presentation
1. A presentation team is only able to operate within the constraints imposed upon them by the promoters. Absolutely essential is the provision of an efficient communication service, either “walkie-talkie” or field telephone. The announcer is the mouthpiece and the focus of the presentation team, but, like any production, the end result is essentially a team effort.
2. A presentation team can be built around:
   • an Event Presentation Manager,
   • one (or more) Announcer(s);
   • Walkie-talkie/mobile telephone controllers and operators;

Announcing
1. The Announcer is basically an informer. His essential job is to provide the spectator with sufficient information, to stimulate their interest and enthusiasm and to keep athletes and officials informed.
2. The Announcer must consider the needs of the athletes and officials, but marry these needs with his task of selling the sport to the crowd.

Basic Requirements of a good Announcer
1. Basic knowledge of track and field is an essential requirement and expert knowledge is needed by those presenting top meetings. This includes knowing the Rules, assessment of performance and instant recognition of leading athletes.
2. The Announcer must be able to assess quickly the information constantly passed to him; discard that which is inappropriate and then succinctly pass on that which, in his assessment, will interest his listeners, e.g. new records, major championships qualifying performances, personal bests, etc.
3. The Announcer must expect to spend a good deal of time on comprehensive preliminary preparation. He must get from the organisers full details of events and athletes. He should have readily available information on national records and international matches and on competing clubs, states or regions for match events.
4. An Announcer’s voice should be pleasant, clear and well modulated; he should avoid monotone and should not be frightened in showing enthusiasm. If there are two announcers, a contrast in voices is suitable. Women’s voices are particularly suited to announcing over the public address, having a clarity rarely met with in male presenters.

Format of Presentation
If any of the following are covered on scoreboards or in the printed programme, the announcer need only draw attention to the written word.

Pre-Event Presentation
Name, (preferably first name and surname) and club, region, state or country of athlete, together with, if appropriate, a brief piece of information about the athlete, e.g. Olympic Champion or Ethiopian record holder. Lane order or jumping / throwing order together with qualifying conditions where appropriate.
The above should be given in sufficient time before the start of an event and should not distract from events in progress. A pre-meeting conference with leading officials, including the starter, would help in this regard.

**During the Event**

During races: lap times, name of leader with a rundown of leading runners. At non-championship meetings, an indication of the pace, stating whether a record is possible, adds to atmosphere.

In field event: inter-round summaries, details of especially significant performances. Highlight star performers before they begin their preparation.

**After the Event**

- Winning time / performer as soon as possible
- Highlight significant performances-records etc.
- Full results service. Time available will dictate the depth of such service. Also give wind speeds, etc.
- In team competition, up-to-date team scores after each event or at frequent intervals.

**Ceremonies Presentation**

Try to combine such presentations with the results and to have the slickest possible ceremony. Promoters should plan such presentations into their programmes.

**General advice**

- Be consistent in the format of announcements.
- Try at all times to avoid speaking when an athlete is jumping or throwing. If necessary interrupt an announcement to allow a jump or throw to take place.
- Once a race is under Starter’s order, be completely silent.

**A few of many don’t’s:**

1. Don’t overburden the spectators with statistics.
2. Don’t give television type commentaries during races.
3. Don’t pre-judge events.
4. Don’t tell the crowd what they have witnessed, e.g. “Bronowski goes clear at 2.10m”.
5. Don’t talk over crowd applause.
6. Don’t make too many organisational announcements.
7. Don’t keep saying “hello” and “ladies and gentlemen”.
8. Don’t be afraid of silence.

**Conclusion**

A presentation team has a vital role to play in the public appreciation of athletics. The announcer is the team’s mouthpiece.

**Advertising Commissioner**

**Rule 139**

The Advertising Commissioner (when appointed) will supervise and apply the current IAAF Advertising Rules and Regulations and shall determine any unresolved advertising issues or matters arising in the Call Room in conjunction with the Call Room Referee.
Chapter 3

Running and Race Walking Events
**Athletics Track**

**Track Measurements**

**Rule 160**

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. The inside of the track shall be bordered by a kerb of suitable material, approximately 5cm in height and minimum 5cm in width and it should be coloured white. The kerb on the two straights may be omitted and a white line 5cm wide substituted.

   If a section of the kerb on a bend 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 to prevent any athlete from running on the line. (Flags shall be placed at an angle of 60º with the ground away from the track.) This shall also apply to the section of the steeplechase track where athletes divert from the main track to negotiate the water jump, to the outer half of the track in the case of starts according to Rule 162.10 and optionally to the straights, in this latter case, at intervals not exceeding 10m.

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

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 1.22m ± 0.01m, marked by white lines 5cm in width. All lanes shall be the same width. The inner lane shall be measured as stated in Rule 160.2, but the remaining lanes shall be measured 20cm from the outer edges of the lines.

**Note:** For all tracks constructed before 1 January 2004 for all such races, the lane may have a width of maximum 1.25m.

5. In international competitions under Rules 1.1(a), (b), (c) and (f) the track should allow for eight lanes.

6. The 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 is contained in the IAAF Track and Field Facilities Manual. This Rule gives basic principles, which must be followed.

**The Race**

**Rule 163**

1. The direction of running and walking shall be left-hand inside. The lanes shall be numbered with the left-hand inside lane numbered 1.
800m Races
5. In competitions held under Rules 1.1(a), (b), (c) and (f), the 800m event shall be run in lanes as far as the nearer edge of the breakline marked after the first bend where athletes may leave their respective lanes.

The breakline shall be an arced line, 5cm wide, across all lanes other than lane 1. To assist athletes identify the breakline, small cones or prisms, 5cmx5cm and no more than 15cm high, preferably of different colour from the breakline and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline.

Note: In international matches, countries may agree not to use lanes.

As the athletes are permitted to leave their respective lanes on entering the back straight, the starting positions must take into consideration two factors.
- First, the normal echelon allowance which would be applicable were the race to be of 200m starting at the same point on the track.
- Secondly, an adjustment to the starting point in each lane to compensate for the athletes in the outside lanes having farther to go to reach the inside position on the track at the end of the back straight than those in the inside lanes.

1000m, 2000m, 3000m, 5000m and 10,000m Races

Rule 162.10
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, which shall be marked by cones or flags as described in Rule 160.1.

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 runners using regular start. The track shall be marked at the entrance to the finishing straight for group starts in 1000m, 3000m and 5000m to indicate where athletes starting in the outer group may join the runners using the regular start. This mark may be a 5cmx5cm mark on the line between lanes 4 and 5 (lanes 3 and 4 in a six-lane track) immediately before which a cone or flag is placed until the two groups converge.

2000m and 10,000m races
There are no calculations to make, it is only necessary to draw a compensated curved line beginning from the start in lanes of the 800m, from lane 5 for eight-lane tracks or from lane 4 for six-lane tracks. In this case as in the other, the athletes placed along this second line may move to the inside after the nearer edge of the curved line marked at the start of the back straight and used usually, among others, for the 800m races. From the start on the 5th (or 4th) lane and until the beginning of the back straight, it is necessary to place cones in order to clearly divide the track into two parts.

1000m, 3000m and 5000m races
For these races, it is necessary for the surveyor to calculate the adjustment needed to bring forward the start line in relation to the one for the 200m. Once these adjustments have been made, it will be necessary to mark one curved start line and one break point:
- the first one from the 5th lane (8 lane track) or the 4th lane (6 lane track) by moving forward the 200m start line.
- the second one at the beginning of the finishing straight, where the athletes can move to the inside.

**Track markings**

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

In summary, all the lines are 50mm wide with the following colours:

- lines separating the lanes and finish line: white.
- 100m, 110m start lines (at right angles to inside kerb and right across the width of the track): white
- 200m, 400m 4x100m (in each lane with stagger): white
- 800m (in each lane with stagger): white with green on the centre 1/3
- 4x400m (in each lane with stagger): white with blue on the centre 1/3
- 1000m 1500 m, Mile, 2000m, 2000m SC, 3000m, 3000m SC, 5000m, 10,000m (a compensated curve across the whole width of the track): white
- lines for moving inside (breakline) at the start of the back straight (moving on the inside for the 800 m): green.
- 110m Hurdles (10cm both sides): blue
- 100m Hurdles (10cm both sides): yellow
- 400m Hurdles (10cm both sides): green
- Steeplechase positions (12.5cmx12.5cm): in lanes 1 and 3, blue

**The Start**

**Rule 162**

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. Stations in events at all distances shall be numbered from left to right, facing the direction of running.

   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.

2. All races shall be started by the report of the Starter's gun fired upwards after he has ascertained that athletes are steady and in the correct starting position.

   If for any reason the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks, he shall order all athletes to withdraw from their marks and the Starter's Assistants shall place them on the assembly line again.

3. At all International Competitions, except as noted below, 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” and “Set”. When all athletes are “Set”, the gun shall be fired. 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 command shall be “On your marks” and when all athletes are steady, the gun shall be fired. An athlete shall not touch the ground with his hand or hands during the start.

**Note:** In competitions under Rules 1.1(a), (b), (c), (e) and (i), the commands of the Starter shall be given in English only.
4. 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 foot plates of 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.

Where an athlete in the judgement of the Starter, (a) after the command “On your marks” or “Set”, and before the report of the gun, causes the start to be aborted, for instance by raising a hand and/or standing or sitting up in the case of a crouch start, without a valid reason, (such reason to be evaluated by the relevant Referee); or (b) fails to comply with the commands “On your marks” or “Set” as appropriate, or does not place himself in his final starting position after a reasonable time; or (c) after the command “On your marks” or “Set” disturbs other athletes in the race through sound or otherwise, the Starter shall abort the start.

The Referee may warn the athlete for improper conduct (disqualify in case of a second infringement of the Rule during the same competition), according to Rules 125.5 and 145.2. In cases where an extraneous reason was considered to be the cause for aborting the start, or the Referee does not agree with the Starter’s decision, a green card shall be shown to all the athletes to indicate that a false start was not committed by any athlete.

START COORDINATOR, STARTER AND RECALLERS

Rule 129

1. The Start Coordinator shall:
   (a) Allocate the duties of the start team judges. In the case of competitions under Rule 1.1(a) and Area Championships and Games, the determination of which events will be assigned to the International Starters will be the responsibility of the Technical Delegates.
   (b) Supervise the duties to be fulfilled by each member of the team.
   (c) Inform the Starter, after receiving the relevant order from the Competition Director, that everything is in order to initiate the start procedure (e.g. that the Timekeepers, the Judges and, when applicable, the Chief Photo Finish Judge and the Wind Gauge Operator are ready).
   (d) Act as an interlocutor between the technical staff of the timing equipment company and the Judges.
   (e) Keep all papers produced during the start procedure including all documents showing the reaction times and/or false start waveform images if available.
   (f) Ensure that what is ruled under Rule 162.8 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 be 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 is fired or approved starting apparatus is activated. (All such starting apparatus is termed “gun” for the purpose of the Rules.) 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 and 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 under Rule 162.7 may be made only by the Starter.

7. The Start Coordinator shall assign a specific task and position to each Recaller, who is obliged to recall 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 (see also Rules 161.2 and 162.9).

8. To assist in races using crouch starts, an IAAF approved false start control apparatus as described in Rule 161.2 should be used.

**FALSE START**

**Rule 162**

6. An athlete, after assuming a full and final set position, shall not commence his start until after receiving the report of the gun. If, in the judgement of the Starter or Recallers, he does so any earlier, it shall be deemed a false start.

**Note:** When an IAAF approved false start control apparatus 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. Except in Combined Events, any athlete responsible for a false start shall be disqualified.

In Combined Events, any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified. (See also Rule 200.9[c].)

8. In case of a false start, the Starter’s Assistants shall proceed as follows:

Except in Combined Events, the athlete(s) responsible for the false start shall be disqualified and a red card shall be raised in front of him and a corresponding indication shown on the respective lane marker(s).

In Combined Events, in case of a first false start, the athlete(s) responsible for the false start shall be warned with a yellow card raised in front of him and a corresponding indication shown 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. In case of further false starts, the athlete(s) responsible for the false start shall be disqualified and a red card shall be raised in front of him and a corresponding indication shown on the respective lane marker(s).

The 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.

**Note:** In practice, when one or more athletes make a false start, others are inclined to follow and, strictly speaking, any athlete who does so has also made a false start. The Starter should warn or disqualify only such athlete or athletes who, in his opinion, were responsible for the false start. This may result in more than one athlete being warned or disqualified. If the false start is not due to any athlete, no warnings shall be given and a green card shall be shown to all the athletes.

9. 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.
STARTING BLOCKS

Rule 161

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 Rules 161.1(a) and [b]. 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 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 Rules 1.1(a), (b), (c) and (f) and for any performances submitted for ratification as a World Record, the starting blocks shall be linked to an IAAF approved false start control 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 100/1000ths 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 control apparatus in order to confirm which athlete(s) is/are responsible for the false start. This system is strongly recommended for all other competitions.

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

3. In competitions held under Rules 1.1(a) to (f), athletes shall use starting blocks provided by the Organising Committee of the competition. In other competitions on synthetic surfaced tracks, the Organising Committee may insist that only starting blocks provided by them may be used.

Starter’s Assistants

Rule 130

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.
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 Rules 162.3 and 162.4 are observed.

5. In case of a false start, the Starter’s Assistants shall proceed in accordance with Rule 162.8.

In all races up to and including 400 metres (including the first runner in the 4x400m relay), on the command “On your marks” the athletes must place themselves behind the start line, in their starting blocks. As soon as they are steady, the Starter shall raise his arm in which he holds the gun, then he shall say “Set”, he shall wait then for all the athletes to be in the starting position, well supported and steady, and he shall fire the gun for the start.

With regards to the start of races up to and including 400 metres, the starter must not raise his arm too early. This is because as soon as the pistol appears at the end of the raised arm the timekeepers watch it in order to start their stopwatches the moment the flame or the smoke appears. Their attention is great, and if there is a long pause between the moment the gun is raised and the moment the flame can be seen, it is obvious that the timekeepers might lose their concentration. Consequently, the Starter is advised to raise his arm only when he feels he is about to give the command “Set”.

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

An athlete who might not have moved a foot nor a hand before the gun shot, but who would have caused a false start by either moving or by any other means, shall be made responsible and a warning shall be given to him.

If the Starter decides that a competitor takes too long to stand still and that by doing so he puts his opponents out, he can give him a warning after, of course, having ordered all the competitors to stand up.

Under the IAAF Rules beginning from 1 January 2010, such matters should be dealt with under the disciplinary provisions of Rule 162.5.

We remind that above 400m there is no “Set” command.

The Starter’s commands have to be clear and heard by all athletes but, unless he is a long way from the athletes, the Starter whilst giving the commands firmly shall not shout. He must order the athletes to take their places in order to take a good start at the right moment.

We also point out that the Starter cannot give the start before he has made sure that the Chief Timekeeper and his team are ready as well as the judges at the finish and the person in charge of the electric timing and the Wind Gauge Operator in races up to and including 200m.

The communication process between the starts and the finish area and the timekeeping varies according to the level of the competition. In events organised under Rules 1.1(a) to (f), there is always a company responsible for the electric timing and the false start control apparatus. In this case, there will be technicians who are responsible for liaising by using walkie-talkies. It is the same
situation for all events that call upon those specialists. In other competitions, there is always a communication system, either by phone or by using red and white flags, or flashing lights.

The so-called "no false-start" rule was instituted under IAAF Rules from 1 January 2010. In summary, for all events, other than races within the Combined Events, any athlete who false starts (under Rules 162.6 and 162.7) shall be immediately disqualified.

At the same time new "disciplinary" rules were enacted under Rule 162.5. This means that the start team needs to be well informed about the rules and how they should be interpreted. The team must also be clear on what procedures it will follow when implementing the rules, so that the track program can continue without delay. The team must understand well the respective duties and roles of each member of the team, especially the Starter and the Start Referee.

**Disciplinary Actions under Rule 162.5:**

The division of the start rules into disciplinary matters (under 162.5) and false starts (162.6 and 162.7) was designed to ensure that the whole field was not penalised for the actions of a single athlete. It is important in order to maintain the integrity of the rule changes and that starters and referees are diligent in the application of 162.5 as well as 162.6/7.

Whilst it is hoped that the mere presence of 162.5 and the significant penalties provided by it that wilful conduct will be eliminated, there may still be athletes who take advantage of the possibility and the rules will need to be responsibly applied to them.

On the other hand there will be clear instances in which an athlete is entitled to request a delay of the start for legitimate reasons. It is therefore vital that the Start Referee in particular pays attention to the environment and conditions surrounding the start, especially in relation to factors of which the Starter may not be aware because he is focussing on preparing him/her self for the start.

In such cases the Starter and Referee must act reasonably and efficiently, and clearly indicate their decision, and if appropriate the reasons therefore, to the athletes involved in the race and if possible or desirable also to the announcers, television team etc through the communication network.

**Races longer than 400 metres and relays longer than 4x400 metres:**

Starters and referees should avoid being over-zealous in the application of the new rule to those events not started from a crouch start, i.e. for events longer than 400m, or in the case of relays longer than 4x400m.

The intention of the new rules was to stamp out gamesmanship in sprint starts, to speed up competition and provide better meeting presentation. It should also be remembered that athletes starting races in a standing position (i.e. a two point start) are more prone to genuinely over-balance than those starting from a crouch position (i.e. a four point start).

Such instances are rare in total terms and they usually occur unintentionally. It is not intended that same should be unduly penalised.

Certainly it is clear that if an athlete were pushed or jostled over the line before the start, he would not be penalised. [However if the action was considered wilful/deliberate, the ‘pusher’ might be subject to a disciplinary warning or disqualification.]

If such a movement was considered to be accidental, starters and referees are encouraged to first consider calling the start “unsteady” before taking any more severe action.

Repeat practices during the same event may, of course, entitle the starter and/or referee to consider applying either the false start or disciplinary procedures, as might best be applicable in the situation.

In relation to Rule 162.9, it should be noted that the reference to a fair start does not relate solely to cases of a false start. This rule should also be interpreted as applying to other situations such as blocks slipping, a foreign object interfering with one or more athletes during a start etc.
The Finish

Rule 164

1. The finish of a race shall be denoted by a white line 5cm wide.
2. The athletes shall be placed in the order in which any part of their bodies (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line as defined above.
3. In any race decided on the basis of the distance covered in a fixed period of time, the Starter shall fire the gun exactly one minute before the end of the race to warn athletes and Judges that the race is nearing its end. The Starter shall be directed by the Chief Timekeeper and, at exactly the appropriate time after the start, 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.

Timing and Photo Finish

Rule 165

1. Three alternative methods of timekeeping shall be recognised as official:
   - Hand Timing;
   - Fully Automatic Timing obtained from a Photo Finish System.
Timing provided by a Transponder System for competitions held under Rules 230 (races not held completely in the stadium), 240 and 250 only.

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

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

Hand Timing

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

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

6. The lap and intermediate times as per Rule 165.3 shall be recorded either by designated members of the timekeeping team using watches capable of taking more than one time, or by additional Timekeepers.

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

8. Three official timekeepers (one of whom shall be the Chief Timekeeper) and one or two additional timekeepers shall time the winner of every event. 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.

9. 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.

10. For all hand-timed races, times shall be read and recorded as follows:
   (a) For races on the track, unless the time is an exact 1/10th of a second, the time shall be read and recorded to the next longer 1/10th of a second.
   (b) For races partly or entirely outside the stadium, unless the time is an exact whole second, the time shall be converted and recorded to the next longer whole second, e.g. for the Marathon 2:09:44.3 shall be recorded as 2:09:45.

   All times not ending in zero in the second decimal shall be converted and recorded to the next longer 1/10th of a second, e.g. 10.11 shall be recorded as 10.2.

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

12. 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 distribution.

Advice to timekeepers

Differences in timekeeping are due to differences in individuals’ time to react at the starts as well as at the finishes.
Timekeepers’ qualities

We advise timekeepers to be meticulous and level-headed, leaving behind any sympathy they may have for a club or an athlete on entering the stadium.

Being a timekeeper means not following the events taking place in front of him as a spectator. A fierce battle between athletes must not get him so enthusiastic so as to forget to record the times correctly at the finish.

In particular, the timekeepers must not have any interest in who wins the event or which athletes are placed in the positions for which they have to record the time. The judges at the finish are in charge of that duty.

The timekeeper must remain calm, even if the times announced do not tally with the athletes’, the coaches’, other officials’ or spectators’ visual judging and despite the noisy atmosphere which surrounds the finish line, especially after a very good performance.

Timekeepers must have quick reflexes, be attentive and when requested must stop all conversation and, if necessary, invite his colleagues to do so. The timekeeper must have good eyesight and be physically fit. The timekeeper must be conscientious and announce clearly the recorded times, without worrying about those recorded by his colleagues. If the timekeeper is caught unaware at the start or at the finish, for whatever reason, he has the serious duty to announce “time not recorded” by immediately warning the Chief Timekeeper who will act accordingly.

As all officials, the timekeeper must also be punctual. It will make it easier for the Meeting Manager and the Chief Timekeeper to organise the team of officials. Normally he should report for duty half an hour before the start of the meeting.

No time must be divulged to any other person than the Chief Timekeeper.

Only the Chief Timekeeper can divulge the official times.

The timekeeper nominated as Chief Timekeeper must be able to add, subtract and multiply the times. He must be able to do these calculations correctly and quickly.

Organise a progress chart with times recorded lap after lap (for long-distance events). For the 3000m events and above, also record intermediate times every kilometre.

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**RECAPITULATIVE SHEET - FEUILLE RECAPITULATIVE**

*(To be filled by the chief timekeeper) - (A remplir par le chef chronométreur)*

Example of recorded times given by digital stopwatches:

<table>
<thead>
<tr>
<th>EVENT: 400 m</th>
<th>EPREUVE: 400 m</th>
</tr>
</thead>
<tbody>
<tr>
<td>TIME FROM EACH TIMEKEEPER</td>
<td>TEMPS DE CHAQUE CHRONOMÈTREUR</td>
</tr>
<tr>
<td>Chief</td>
<td>Chef officiels</td>
</tr>
<tr>
<td>Ordre des arrivées</td>
<td>Ordre des Chef officiels</td>
</tr>
<tr>
<td>1</td>
<td>47.24 47.28 47.32</td>
</tr>
<tr>
<td>2</td>
<td>47.31 47.35 47.39</td>
</tr>
<tr>
<td>3</td>
<td>48.19 47.98 48.09</td>
</tr>
<tr>
<td>4</td>
<td>47.99 48.08 48.27</td>
</tr>
<tr>
<td>5</td>
<td>49.17 49.04</td>
</tr>
<tr>
<td>6</td>
<td>49.49 49.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FINAL FINALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Official times Temps officiels</td>
</tr>
<tr>
<td>47.3</td>
</tr>
<tr>
<td>47.4</td>
</tr>
<tr>
<td>48.1</td>
</tr>
<tr>
<td>48.1</td>
</tr>
<tr>
<td>49.2</td>
</tr>
<tr>
<td>49.5</td>
</tr>
</tbody>
</table>
Team of Officials
The Chief Timekeeper tells his colleagues which athletes they must record (according to the number of timekeepers available).

For a six-lane track, at least 9 timekeepers are required if the time of each athlete is to be taken with three watches.

For an eight-lane track, 12 timekeepers are necessary.

(In both cases it is assumed that the timekeepers are equipped with stopwatches that can record two times).

The Chief Timekeeper is advised, whenever possible, to take only the time of the first which, by liberating the second time, enables him to stand in for any timekeeper at fault.

In this case 10 timekeepers are required for 6 athletes and 13 for 8 athletes.

During a meeting, a timekeeper should always take the same places.

Before the meeting
The Chief Timekeeper verifies the number of timekeepers at his disposal and their respective qualifications.

He must check the stopwatches of each timekeeper and the number of times each of them can record.

He must make sure that the locations of the half-way points, when middle-distance or long-distance races are run, are marked by a small flag. If it has not been done, he must inform the Technical Manager who will take the necessary steps.

He must know the records for the events run during the meeting as well as those for intermediate distances which can be beaten during an event. World Records are recognised for 1500m events and over when performances have been hand-timed.

When a Fully Automatic Timing System is used, only the times at a 1/100th of a second are accepted.

Organise a progress chart with times recorded lap after lap for long-distance events.

Progress chart (example)
This chart enables the Chief Timekeeper to follow the event and to be ready, at the right moment, to place the timekeepers at the right location or record the intermediate times. This chart enables him to see if the race is being run on a pace that may result in a record time. It also enables him, in liaison with the judge in charge of the lap count, to avoid any errors of distance.

Track 400 m – Event 5000 m – Anticipated time: 13:25

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>16.10</td>
<td>400m</td>
<td>1:04.40</td>
</tr>
<tr>
<td>200m</td>
<td>32.20</td>
<td>500m</td>
<td>1:20.50</td>
</tr>
<tr>
<td>300m</td>
<td>48.30</td>
<td>1000m</td>
<td>2:41.00</td>
</tr>
</tbody>
</table>
During the meeting

Unless a Fully Automatic Timing System is used, the Chief Timekeeper replies to the call from the Starter after making sure that the Timekeepers, the Judges at the finish and the Chief Photo Finish Judge are ready.

The Chief Timekeeper takes the time of the first and, in some cases, the time of another athlete. He establishes the summary list of the times with the help of the information given to him by each timekeeper.

He determines the official times.

He takes the times given by each timekeeper to 1/100th, notes them, converts them in 1/10th and determines the time for each athlete.

Short-distance events usually have a very close finish, and it is therefore recommended that each timekeeper should take only one time. (It has been proved that the reflexes of a human being do not enable him to take, with enough precision, the times of two athletes separated by less than 2/10th of a second).

For long-distance events, the athletes often finish well spaced and there is therefore a possibility of taking the times of all the athletes finishing with the help of double-timed stopwatches or by successive readings of digital stopwatches. For these events, with often a lot of athletes, the Chief Timekeeper shall organise a team of timekeepers reading the times of all finishing athletes and another team noting them down.
This way of proceeding will enable him to compensate for any possible fault by a timekeeper. For these events, it is important that the Chief Timekeeper and the Chief Judge collaborate closely, as some athletes may be lapped. The Chief Timekeeper may have a timekeeper at fault replaced. He may check the stopwatches at any time.

**After the meeting**

He signs the record sheet and has it signed by the timekeepers (hand-timed records). When any of the stopwatches belonging to the meeting organisers, he should make sure that all the timekeepers give them back.

**Chief Photo Finish Judge**

**Rule 128**

3. When Fully Automatic Photo Finish System is used, a Chief Photo Finish Judge and at least two Assistant Photo Finish Judges shall be appointed.

**Fully Automatic Timing**

**Rule 165**

13. Fully Automatic Timing and Photo Finish System approved by IAAF should be used at all competitions.

**General Conditions**

14. The System 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 by the Starter’s gun, so that the overall delay between the report from the muzzle or its equivalent visual indication and the start of the timing system is constant and less than 1/1000th of a second.

15. A 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 image will not, under any circumstances, be considered as official, but the image may be used as a valid support in order to determine placings and adjust time intervals between athletes.

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

16. The system must record 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.

In order to confirm that the camera is correctly aligned and to facilitate the reading of the Photo Finish image, the intersection of the lane lines and the finish line shall be coloured black in a suitable design. Any such design must be solely confined to the intersection, for no more than 2cm beyond, and not extended before, the leading edge of the finish line.

Current digital systems capture many images per second and then create a composite. If we want to define a minimum in order to achieve the accuracy required in 165.23, a composite of at least 100 component images per second is required.

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

18. The System must automatically determine and record the finish times of the athletes and must be able to produce a printed image which shows the time of every athlete.
OPERATION

19. The Chief Photo Finish Judge shall be responsible for the functioning of the System.

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

   In cooperation with the Track Referee and the Starter, he shall initiate a zero control test, before
   the beginning of each session, to ensure that the equipment is started automatically by the
   Starter’s gun within the limit identified in Rule 165.14 (i.e. 1/1000th second). He shall supervise
   the testing of the equipment and ensure that the camera(s) is correctly aligned.

20. There should be at least two photo finish cameras in action, one from each side. Preferably, these
    timing systems should be technically independent, i.e. with different power supplies and
    recording and relaying the report of the Starter’s gun 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
    competition. The times and places from the images of the other camera(s) should not be considered
    unless there is reason to doubt the accuracy of the official camera or if there is need to use the
    supplementary images to resolve uncertainties in the finishing order (i.e. athletes wholly or partially
    obscured on the image from the official camera).

21. In conjunction with the two Assistants, the Chief Photo Finish Judge shall determine the placing
    of the athletes and, as a consequence, their official times. He shall ensure that these results are
    correctly entered in or transferred to the competition results system and conveyed to the
    Competition Secretary.

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

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

   (a) For all races up to and including 10,000m, the time shall be read and recorded to 1/100th of
       a second. Unless the time is an exact 1/100th of a second, it shall be read and recorded 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 to 1/100th of a second
       and recorded to 1/10th of a second. All read times not ending in zero shall be converted and
       recorded to the next longer 1/10th of a 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 to 1/100th of
       a second and recorded to the whole second. All read times not ending in two zeroes shall be
       converted and recorded 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.

The role of the Chief Photo Finish Judge

He must be precise. A person who only reads the Photo Finish image does not have all the
 qualifications to be a Chief Photo Finish Judge. Indeed, it is necessary to be able to set up the
 equipment and to check if it works properly. It would be wrong to believe that by turning up at
 the stadium and talking to the technicians of the company - if there are any - it is possible to learn how
 the equipment works.
In collaboration with the Track Referee and the Starter, he will initiate the zero control test before the beginning of each session to ensure the apparatus starts automatically when the gun is fired and that the equipment is correctly aligned. (See photo.)

How to read the image?
Furthermore, if he believes that the times given by the Photo Finish are evidently inaccurate, he should decide not to take them into account and he should record the times taken manually by the timekeepers as official times.

Also if the timing apparatus has not been triggered off by the starter’s gun, the time scale on the image must indicate it automatically. In this case, the times will not be considered as official, but the image can be used as a support to determine the placings and to adjust the time differences between the athletes.
Who can access the Photo Finish documents?

Normally, before the results are announced: the Chief Photo Finish Judge and his assistants.

Normally, after the results have been announced and if there is a protest: only the Chairman and the Secretary of the Jury of Appeal, the members of this Jury nominated by the Chairman and the persons (club officials, coaches or athletes) to whom the Chairman of the Jury of Appeal thinks it is necessary to show these documents as means of proof.

If there is no protest, or as soon as that protest has been settled by the Jury of Appeal, the Photo Finish image becomes a public document and can, without any problem, be communicated to the Press, for example.

However in recent years it has become the practice to provide athletes, or persons on their behalf, who are considering making a protest or appeal the opportunity to see the photo, in order to avoid time being spent on any unnecessary protests or appeals. Further, at major events where the technology is available, the photo finish image is often immediately provided on the video board or via the internet.

Track and Road Events Judges

Rule 126

2. The Judges, who must all operate from the same side of the track or course, shall decide the order in which the athletes have finished 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.

The Judges shall work in the following way:
- the Chief Judge will take the 1st to finish the event;
- the first judge will take the 1st and the 2nd;
- the second judge will take the 2nd and the 3rd;
- the third judge will take the 3rd and the 4th;
- the fourth judge will take the 4th and the 5th;
- the fifth judge will take the 5th and the 6th;
- the sixth judge will take the 6th and the 7th;
- the seventh judge will take the 7th and the 8th;
- the eighth judge will take the 8th;

The Chief Judge will then take the results from each judge and determine the placing of the athletes.

The Chief Judge will then go to the Chief Timekeeper to note the times on the event sheet.

For the long-distance races, a record will be kept lap by lap. This enables to check if any athlete has been lapped and it also enables to indicate to the athletes the number of laps remaining.

Several lap counters will be available. They should record the approximate time at which each athlete completes each lap of the race.

Under no circumstances should the judging be done “in lane”.

It has been noticed that in major competitions, because automatic timing is being used, it is not been thought of having finish judges, not even backup timekeepers. This is a mistake. Indeed, from 800 metres, the races are not run in lanes and the athletes all arrive in lanes 1 and 2. Of course, the athletes wear a number on the shorts, but sometimes these numbers do not adhere very well to the
material and they fall off during the race. This also happens in case of rain. They can also be hidden behind the hand of the athlete or behind another athlete. When all the athletes keep their shorts numbers and they are visible, the Chief Photo Finish Judge can easily determine the placings. In the opposite case, the Chief Finish Judge must communicate the placings to the Chief Photo Finish Judge.

Furthermore, in long-distance races and especially from 5000m upwards, some runners are lapped. In this case it is necessary that:
- the judges in charge of the lap counting indicate to each runner the number of laps remaining till the end of the race.
- a picture is taken of every athlete crossing the finish line so that a time can be determined even if the athlete has run too many laps.

For these long-distance races, the track events Chief Judge must have checking cards kept in order to know the running order of the athletes and the number of remaining laps they each still have to run. The final lap shall be signalled to each athlete, usually by ringing a bell.

There is a simple method which can only be used by experienced judges. It is to write down the bib numbers in the order of crossing the finish line of the athletes and to take note of the withdrawals. This method is not to be used for the 20km and the 1 Hour events.

Starting: 15 runners.
Withdrawals: No. 57 (7 laps go), No. 23 (3 laps to go).

In the first laps when the athletes are still in groups it is difficult to write down the bib numbers. In this case, the number of competitors should be counted in order to find out if there are as many athletes left as at the start. This number should then be written down in the appropriate column.

With 6 laps to go: runner No. 23 been lapped, a line should be drawn after the last athlete remaining in that same lap.

With 4 laps to go: runner No. 32 has been lapped.
Umpires (Running and Race Walking Events)

Rule 127

1. Umpires are assistants to the Referee, without authority to make final decisions.

2. The Umpires shall be placed by the Referee in such a position that they 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 communicated to the relevant Referee by the raising of a
   yellow flag or any other reliable means approved by the Technical Delegate(s).

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

Note (i): When an Umpire observes that an athlete has run in a different lane from his own, or that a
relay take-over 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.

Note (ii): The Umpire(s) shall report to the Referee any breach of the Rules, even if the athlete (or
   team, for relay races) does not finish the race.

Rule 120, Officials of the Competition, mentions “one Chief Umpire” and an adequate number of
Umpires. His role must be explained, as this is not done in the Rules:

- He is the assistant of the Track Referee.
- He indicates the place for each Umpire.

The charts on the following pages indicate where the Umpires should be placed for the following
events: 100m, 200m, 400m, 800m, distance events, Steeplechase, Hurdles and Relays.

For the races above 800m, a few Umpires should be placed around the track in order to make sure
that no athlete jostles another athlete or impedes his progress.

When the events take place on a synthetic track, it is necessary to provide the Umpires with sticky
tape so that they can mark the track correctly where a fault has taken place.

It must be understood that the diagrams on the next pages describe one possibility. It is up to the
Meeting Manager to select as many judges as possible for the duty of Umpire, according to the
importance of the meeting, the number of entries and the number of Judges present at the time.

If necessary, it is advised, when the relays take place at the end of the meeting, to gather all the
officials who have, at that time, finished their other duties to take on the tasks of Umpires.

Indication of an infringement

We must remember that the Umpires are assistants to the Referee who, after studying the facts, will
take the decision. When the Umpires observe an infringement, they indicate the fact by raising a
yellow flag or by any other reliable means approved by the Technical Delegate which alerts the Chief
Umpire and the Track Referee.

For the 100m Hurdles and 110m Hurdles in international competitions, there should be an umpire
on at least one side of the track for each flight of hurdles.

For indoor hurdle races the distances are 60m or 50m.

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.

All races shall be run in lanes and each athlete shall keep to his own lane throughout, except as
provided in Rule 163.4.
Each athlete shall jump each hurdle. Failure to do so will result in a disqualification. In addition, an athlete commits an infringement and shall be disqualified, if he:

- trails his foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance, or
- in the opinion of the Referee deliberately knocks down any hurdle. “Knocking down” a hurdle does not in itself result in disqualification. Many athletes knock down the hurdle by hitting the top of the bar when pulling back their back leg, but deliberately knocking down a hurdle (e.g. when the athlete arrives too near the hurdle) is an infringement.

In 100m and 110m Hurdle Races, Judges (or track Umpires) must be very alert and make sure that each athlete keeps to his own lane. It happens that some athletes stretch their arms open while clearing the hurdle, thus hitting or hampering the athlete in the next lane.

In the pictures (No. 1) we can see that from the start of the race the athlete in lane 4 swerves on his right, stretching his right arm. So doing he hampers the athlete running in lane 5 who, in order to avoid him, swerves and is no longer in the centre of his lane and knocks down his first hurdle. On the second hurdle the athlete in lane 5 returns to the centre of his lane, but he will actually be hampered by the athlete in lane 4 throughout the race if both athletes are of the same level.

If some athletes’ racing styles are known beforehand to create a risk to an athlete in an adjacent lane, it is recommended to place them in the outside lanes so that they do not hamper the other participants to the extent that is consistent with the Rules.

In the second picture, the two athletes hamper each other, one swerving on her left and the other one on her right-hand side (near the line marking the limit of their respective lanes). On the third picture, although the athlete runs in the middle of her lane, she hampers the athlete in lane 4 with her right arm.

This can be noticed only if facing the athletes. Hence there should be an umpire placed at the end of the straights for this purpose.
If an observer is placed on the side of the track, he cannot see it because athletes hide each other from view.

On the fourth picture, one can see that the athlete on the outside lane trails his leg “alongside the hurdle”.

It is important that Umpires “report” all instances where they believe the Rules have been infringed, even when the athlete or team does not finish the race. (See Rule 127.)
Position of Umpires in Track Events

100m H, 110m H
(Preferably, one umpire to each flight of hurdles.)

Position of Umpires in Track Events

400m H
(Preferably, two umpires to each flight of hurdles watching lanes 1–4 and lanes 5–8.)
Chapter 3 - Running and Race Walking Events

Position of Umpires in Track Events

4x100m Relay

A: start of zone lanes 1-4,
B: start of zone lanes 5-8,
C: end of zone lanes 3-4,
D: end of zone lanes 5-8,
E: end of zone lanes 7-8.

Position of Umpires in Track Events

4x400m Relay

A: and C: start of zone,
B: and D: end of zone.
The Competition: The Races

Validity of Performance

Rule 149

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

Athlete Bibs

Rule 143

9. Where Photo Finish System 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 bib(s) and/or identification.

Obstruction

Rule 163

2. Any competing athlete 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 preliminary round, 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.

It should be carefully noted by Referees and Juries of Appeal that except in very special circumstances, an athlete who does not finish a race should not be advanced to a later round or included in a re-run of an event.

Races run in lanes

3. [a] 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.

[b] In all races (or any part of races) not run in lanes, an athlete running on a bend, on the outer half of the track as per Rule 162.10, or on the diversion from the track for the steeplechase water jump, shall not run on or inside the kerb or line marking the applicable border (the inside of the track, the outer half of the track, or the diversion from the track for the steeplechase water jump).

Except as stated in Rule 163.4, if the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that an athlete has violated this Rule, he shall be disqualified.

4. An athlete shall not be disqualified if he [a] is pushed or forced by another person to run outside his lane or on or inside the kerb or line marking the applicable border, or [b] runs outside his lane in the straight or outside the outer line of his lane on the bend, with no material advantage thereby being gained and no other athlete being obstructed.

Leaving the Track

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

Rule 144

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. This approval shall be given only when there are no time displays visible to athletes at the relevant point and in circumstances where such times will be provided to all athletes in the race. The competition area, which normally also has a physical barrier, is defined for this purpose as the area where the competition is being staged and which has an access restricted to the competing athletes and to personnel authorised in accordance with the relevant Rules and Regulations.

Giving Assistance

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

[a] pacing in races by persons not participating in the same race, by athletes lapped or about to be lapped or by any kind of technical device.

[b] possession or use of video or cassette recorders, radios, CD, radio transmitters, mobile phone or similar devices in the arena.

[c] except for shoes complying with Rule 143, the use of any technology or appliance that provides the user with an advantage which he would not have obtained using the equipment specified in the Rules.

Any athlete giving or receiving assistance from within the competition area during an event shall be warned by the Referee and advised that, if there is any repetition, he will be disqualified from that event. If an athlete is subsequently disqualified from the event, any performance accomplished up to that time in the same round of that event shall not be considered valid. However, performances accomplished in a previous round of that event shall be considered valid.

The following shall not be considered assistance:

[d] 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.

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

[f] Any kind of personal safeguard (e.g. bandage, tape, belt, support, etc.) for protection or medical purposes. The Referee in conjunction with the Medical Delegate shall have the authority to verify any case should he judge that to be desirable. (See also Rule 187.4.)
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.

Disqualification
Rule 145
If an athlete is disqualified in an event for an infringement of any Rule, reference shall be made in the official results to the Rule which has been infringed.

1. If an athlete is disqualified in an event for an infringement of a Technical Rule (except under Rules 125.5 or 162.5) any performance accomplished in the same round of that event up to the time of the disqualification shall not be considered valid. However, performances accomplished in a previous round of that event shall be considered valid. Such disqualification from an event shall not prevent an athlete from taking part in any further event in that competition.

2. If an athlete is disqualified from an event for acting in an unsporting or improper manner, reference shall be made in the official results giving reasons for such disqualification. If an athlete is warned for a second time under Rule 125.5 for acting in an unsporting or improper manner in an event, or under Rule 162.5, he shall be disqualified from that event. If the athlete's second warning occurs in a different event, he shall be disqualified only from the second event. Any performance accomplished in the same round of that event up to the time of the disqualification shall not be considered valid. However, performances accomplished in a previous round of that event, other previous events or previous individual events of a Combined Event shall be considered valid. Disqualification from an event for unsporting or improper behaviour shall render the athlete liable to disqualification by the Referee from participation in all further events, including individual events of a Combined Event, in that competition. 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 60.4(f).

Protests and Appeals
Rule 146
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 competition 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 an athlete, by someone acting on his behalf or by an official representative of a team. Such person or team must have a bona fide interest in the event(s) in question. 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 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. Where the Referee is not accessible or available, the protest should be made to him through the Technical Information Centre.

4. [a] In a track event, if an athlete makes an immediate oral protest against having been charged with a false start, a Track Referee may allow the athlete to compete under protest in order to preserve the rights of all concerned. Competing under protest shall not be allowed if the false start was detected by an IAAF approved false start control apparatus, unless for any reason the Referee determines that the information provided by the apparatus is obviously inaccurate. A protest may be based on the failure of the Starter to recall a false start. The protest may be made only by, or on behalf of, an athlete who has completed the race. If the protest is upheld,
any athlete who committed the false start, and who was subject to disqualification according to Rule 162.7, shall be disqualified. Where there is no disqualification of any athlete according to Rule 162.7, the Referee shall have the authority to declare the event void and that it shall be held again if in his opinion justice demands it.

Note: The right of protest and appeal shall apply whether or not a false start control apparatus is used.

When the starts Referee has to decide on a protest presented by an athlete for being charged with a false start, he has to consider all the available data and in case of only a small possibility that the athlete may be right, he should decide to allow the athlete to compete under protest not losing time when taking this decision, time that may ruin an existing timetable. After the race, a final decision may be taken, a decision that may be subject, obviously, to an appeal to the Jury.

In cases where the Starter failed to recall a false start and the athlete(s) responsible for the false start is not subject to disqualification according to Rule 162.7, the Referee has to consider all factors involved in that particular case and must decide if the race has to be re-held.

Giving two examples of extreme situations, it will surely be not admissible to rerun a Marathon race in a case where the athlete arriving in the first place with a comfortable advantage was responsible for a non-recalled false start. But the same will probably not be the case if another winner, now in a 60m indoor race, was also responsible for a non-recalled false start.

Rounds and Heats

Rule 166

1. Preliminary rounds shall be held in track events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). Where preliminary rounds are held, all athletes must compete in, and qualify through, all such rounds.

2. The preliminary rounds shall be arranged by the appointed Technical Delegates. If no Technical Delegates have been appointed they shall be arranged by the Organising Committee. 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, i.e. those to advance by place (P) or time (T) for each round of track events:

### 100m, 200m, 400m, 100m H, 110m H, 400m H

<table>
<thead>
<tr>
<th>Declared Entries</th>
<th>First Round</th>
<th>Second Round</th>
<th>Semi-Finals</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Heats P T</td>
<td>Heats P T</td>
<td>Heats P T</td>
</tr>
<tr>
<td>9-16</td>
<td>2 3 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17-24</td>
<td>3 2 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25-32</td>
<td>4 3 4</td>
<td>2 3 2</td>
<td></td>
</tr>
<tr>
<td>33-40</td>
<td>5 4 4</td>
<td>3 2 2</td>
<td></td>
</tr>
<tr>
<td>41-48</td>
<td>6 3 6</td>
<td>3 2 2</td>
<td></td>
</tr>
<tr>
<td>49-56</td>
<td>7 3 3</td>
<td>3 2 2</td>
<td></td>
</tr>
<tr>
<td>57-64</td>
<td>8 3 8</td>
<td>4 3 4</td>
<td>2 4</td>
</tr>
<tr>
<td>65-72</td>
<td>9 3 5</td>
<td>4 3 4</td>
<td>2 4</td>
</tr>
<tr>
<td>73-80</td>
<td>10 3 2</td>
<td>4 3 4</td>
<td>2 4</td>
</tr>
<tr>
<td>81-88</td>
<td>11 3 7</td>
<td>5 3 1</td>
<td>2 4</td>
</tr>
<tr>
<td>89-96</td>
<td>12 3 4</td>
<td>5 3 1</td>
<td>2 4</td>
</tr>
<tr>
<td>97-104</td>
<td>13 3 9</td>
<td>6 3 6</td>
<td>3 2 2</td>
</tr>
<tr>
<td>105-112</td>
<td>14 3 6</td>
<td>6 3 6</td>
<td>3 2 2</td>
</tr>
</tbody>
</table>
## 800m, 4x100m, 4x400m

<table>
<thead>
<tr>
<th>Entries</th>
<th>First Round</th>
<th>Second Round</th>
<th>Semi-Finals</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Heats P T</td>
<td>Heats P T</td>
<td>Heats P T</td>
</tr>
<tr>
<td>9-16</td>
<td>2 3 2</td>
<td>2 3 2</td>
<td></td>
</tr>
<tr>
<td>17-24</td>
<td>3 2 2</td>
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<tr>
<td>25-32</td>
<td>4 3 4</td>
<td>2 3 2</td>
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<td>33-40</td>
<td>5 4 4</td>
<td>3 2 2</td>
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<tr>
<td>41-48</td>
<td>6 3 6</td>
<td>3 2 2</td>
<td></td>
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<tr>
<td>49-56</td>
<td>7 3 3</td>
<td>3 2 2</td>
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<tr>
<td>57-64</td>
<td>8 2 8</td>
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<td>65-72</td>
<td>9 3 5</td>
<td>4 3 4</td>
<td></td>
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<tr>
<td>73-80</td>
<td>10 3 2</td>
<td>4 3 4</td>
<td></td>
</tr>
<tr>
<td>81-88</td>
<td>11 3 7</td>
<td>5 3 1</td>
<td></td>
</tr>
<tr>
<td>89-96</td>
<td>12 3 4</td>
<td>5 3 1</td>
<td></td>
</tr>
<tr>
<td>97-104</td>
<td>13 3 9</td>
<td>6 3 6</td>
<td>3 2 2</td>
</tr>
<tr>
<td>105-112</td>
<td>14 3 6</td>
<td>6 3 6</td>
<td>3 2 2</td>
</tr>
</tbody>
</table>

## 1500m, 3000m, 3000m SC

<table>
<thead>
<tr>
<th>Entries</th>
<th>First Round</th>
<th>Second Round</th>
<th>Semi-Finals</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Heats P T</td>
<td>Heats P T</td>
<td>Heats P T</td>
</tr>
<tr>
<td>16-30</td>
<td>2 4 4</td>
<td>2 5 2</td>
<td></td>
</tr>
<tr>
<td>31-45</td>
<td>3 6 6</td>
<td>2 5 2</td>
<td></td>
</tr>
<tr>
<td>46-60</td>
<td>4 5 4</td>
<td>2 5 2</td>
<td></td>
</tr>
<tr>
<td>61-75</td>
<td>5 4 4</td>
<td>2 5 2</td>
<td></td>
</tr>
</tbody>
</table>

## 5000m

<table>
<thead>
<tr>
<th>Entries</th>
<th>First Round</th>
<th>Second Round</th>
<th>Semi-Finals</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Heats P T</td>
<td>Heats P T</td>
<td>Heats P T</td>
</tr>
<tr>
<td>20-40</td>
<td>2 5 5</td>
<td>2 6 3</td>
<td></td>
</tr>
<tr>
<td>41-60</td>
<td>3 8 6</td>
<td>2 6 3</td>
<td></td>
</tr>
<tr>
<td>61-80</td>
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</tr>
<tr>
<td>81-100</td>
<td>5 5 5</td>
<td>2 6 3</td>
<td></td>
</tr>
</tbody>
</table>

## 10,000m

<table>
<thead>
<tr>
<th>Entries</th>
<th>First Round</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Heats P T</td>
</tr>
<tr>
<td>28-54</td>
<td>2 8 4</td>
</tr>
<tr>
<td>55-81</td>
<td>3 5 5</td>
</tr>
<tr>
<td>82-108</td>
<td>4 4 4</td>
</tr>
</tbody>
</table>

Whenever possible, representatives of each nation or team and the best performed athletes shall be placed in different heats in all preliminary rounds of the competition. In applying this Rule after the first round, exchanges of athletes between heats should normally only be made where athletes are of similar ranking under Rule 166.3.

**Note (i):** 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.

**Note (ii):** For World Championships and Olympic Games, alternate tables may be included in the relevant Technical Regulations.
3. For the first round, the athletes shall be placed in heats using the zigzag distribution with the seeding determined from the relevant list of valid performances achieved during the predetermined period.

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 placing and times of each previous round. For this purpose, athletes shall be ranked as follows:
- Fastest heat winner
- 2nd fastest heat winner
- 3rd fastest heat winner, etc.
- Fastest 2nd place
- 2nd fastest 2nd place
- 3rd fastest 2nd place, etc.

Concluding with:
- Fastest time qualifier
- 2nd fastest time qualifier
- 3rd fastest time qualifier, etc.

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

The athletes shall then be placed in heats in the order of seeding in a zigzag distribution, e.g. 3 heats will consist of the following seedings:

<table>
<thead>
<tr>
<th>A</th>
<th>1</th>
<th>6</th>
<th>7</th>
<th>12</th>
<th>13</th>
<th>18</th>
<th>19</th>
<th>24</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>2</td>
<td>5</td>
<td>8</td>
<td>11</td>
<td>14</td>
<td>17</td>
<td>20</td>
<td>23</td>
</tr>
<tr>
<td>C</td>
<td>3</td>
<td>4</td>
<td>9</td>
<td>10</td>
<td>15</td>
<td>16</td>
<td>21</td>
<td>22</td>
</tr>
</tbody>
</table>

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

5. An athlete shall not be allowed to compete in a heat or lane 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 may qualify by place or by time according to Rule 166.2, the particular Technical Regulations, or as determined by the Technical Delegate(s). When athletes are qualified according to their times, only one system of timing may be applied.

**Draw for Lanes**

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).

Three draws will then be made:

   (i) one for the four highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6.
(ii) another for the fifth and sixth ranked athletes or teams to determine placings in lanes 7 and 8, and
(iii) another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 2.

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

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

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

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:

<table>
<thead>
<tr>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to and including 200m:</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Over 200m up to and including 1000m:</td>
<td>90 minutes</td>
</tr>
<tr>
<td>Over 1000m:</td>
<td>not on the same day</td>
</tr>
</tbody>
</table>

Single Rounds

8. In competitions under Rules 1.1(a), (b), (c) and (f), 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.

1. This is how the heats should be arranged:

General principles:
The aim of the preliminary rounds is to sort out, in the best possible way, the athletes who will take part in the next round. This is further emphasised by the addition of words to 166.2, which require those responsible for the seeding to try to avoid the best performed athletes (based generally on the qualification or pre-determined period) being placed in the same heats, as also applies to athletes from the same team or country.

The times to be considered are the most recent valid ones. Usually the ones achieved during the ongoing season. This brings us to rule out:

- performances achieved at the beginning of the season but not repeated;
- results obtained with favourable wind exceeding more than 2 m/s for the sprint races;
- performances, often flattering, achieved during training test even if they appeared to look like competition whereas they were solely designed to produce good times;
- even more, the unverifiable notion of what the athlete “is worth”... but has never achieved.

A correction must, however, be made: The case of an athlete who has had to stay away from competition with valid reasons (injury, family circumstances, exams) but who “is making a come back”. The judge responsible for arranging the heats will have to use his intuition to give the athlete the place where he or she most probably belongs.

In individual competition, the fact that two or more athletes belong to the same club (or the same league) should not be taken into account at first. It will only be taken into account to make changes - with the least possible imbalance - between heats that were already arranged on purely individual merits.
The place and the time

The only instruction is included in Rule 166.6: “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 may qualify by place or by time according to Rule 166.2, the particular Technical Regulations, or as determined by the Technical Delegate(s). When athletes are qualified according to their times, only one system of timing may be applied. The order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.”

We must be firmly in favour of qualification by times for the two following reasons:

- it enables to correct any mistakes that the judge in charge of arranging the heats, however competent he (or she) may be, may make;
- it lessens the risk of having, in middle-distance, a waiting race with a final sprint in a heat and very fast race in another heat.

It is necessary, however, to mention three points:

- make use of this possibility largely in the heats but a lot less in the semi-finals;
- when it is used, it is better to have electronic timing;
- whenever possible, the tables in Rule 166.2 should be followed.

We should add an important recommendation: When the heats are arranged, the order in which they will be run must be drawn. It is necessary to draw attention to the last paragraph of Rule 166.3. The draw for the heats in order to determine the order has proved to be absolutely necessary for middle-distance races, because the athletes running in the last heat will always know, in case of qualifying by times, what sort of performance they have to realise in order to qualify, and this unquestionable advantage can only be due to chance.

In any circumstances, it is better to draw lots for the heats anyway. In the case of weather conditions changing (rain suddenly falling or wind increasing from +1.9m/s to 2.1m/s), only chance shall have decided which athletes will be advantaged and which will be disadvantaged.

Results of the heats and composition of the next round

Résultats des séries et composition du tour suivant

Results of the 4 heats of the 400 m qualifying for the semi-finals, the first 3 of each heat plus the 4 fastest times.

Résultats des 4 séries de 400 m qualifiant pour les 1/2 finales, les 3 premiers de chaque série plus les 4 meilleurs temps.

<table>
<thead>
<tr>
<th>1ère série</th>
<th>2ème série</th>
<th>3ème série</th>
<th>4ème série</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st heat</td>
<td>2nd heat</td>
<td>3rd heat</td>
<td>4th heat</td>
</tr>
<tr>
<td>A 45.01</td>
<td>B 46.02</td>
<td>C 45.04</td>
<td>D 46.57</td>
</tr>
<tr>
<td>E 45.10</td>
<td>F 46.04</td>
<td>G 45.17</td>
<td>H 46.60</td>
</tr>
<tr>
<td>I 45.13</td>
<td>J 46.06</td>
<td>K 45.33</td>
<td>L 46.68</td>
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<td>M 45.28</td>
<td>N 46.24</td>
<td>O 45.48</td>
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<td>P 45.34</td>
<td>- 46.59</td>
<td>- 46.73</td>
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<td>- 47.10</td>
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<tr>
<td>- 46.70</td>
<td>- 47.01</td>
<td>- 46.80</td>
<td>- 47.13</td>
</tr>
<tr>
<td>- 48.04</td>
<td>- 47.02</td>
<td>- 47.78</td>
<td>- 47.54</td>
</tr>
</tbody>
</table>
Results of the heats and composition of the next round
How to arrange the next rounds?
On the above chart, you can see which athletes are qualified by place and those qualified by time (for convenience, the latter are underlined).

Lane draws
Races 100 m to 800 m included. 4 x 100 m and 4 x 400 m relays.
For the 1st round, there will be a complete draw for the allocation of lanes whatever the athletes’ standards.

For the next rounds there will be 3 draws. Once the athletes have been divided between the various heats, the four highest ranked athletes (or teams) shall be drawn by lot for the allocation of lanes 3 to 6. Then the fifth and sixth ranked athletes (or teams) shall be drawn for the allocation of lanes 7 and 8, and finally the last two athletes (or teams) shall be drawn to lanes 1 and 2.
The chart indicates the athletes qualified by time, with their performances underlined. Also, the athletes drawn by lots for the central lanes (3 to 6) are indicated by an asterisk.

In any 800 metres race, including a final, where for any reason there are more athletes competing than there are lanes available, the Technical Delegate(s) should determine in the particular circumstances of each case, in which lanes more than one athlete will be drawn.

2. In one-day meetings, if there is only a final round but with more than one heat, the heats should be arranged according to the following principles:
Each heat shall be composed of athletes with similar level of performances during a predetermined period. The last heat shall be composed of the athletes with the best performances.
The final ranking of athletes in the event shall be the overall according to the results of all the heats.

Ties

Rule 167
1. If the Judges or the Photo Finish Judges are unable to separate the athletes for any place according to Rules 164.2, 165.15, 165.21 or 165.24 (as may be applicable), the tie shall remain.
2. In determining whether there has been a tie between athletes in different heats for a ranking position according to Rule 166.3(a) or for a qualifying position for a subsequent round based on time, the Chief Photo Finish Judge shall consider the actual times recorded by the athletes to 1/1000th of a second. If it is thus (or according to 167.1) determined that there has been a tie for a ranking position the tie shall be broken by draw. Where there is a tie for a qualifying position for a subsequent round based on time or place, 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.

It should be noted that this Rule was substantially re-written in 2009. Most significantly it removed the previous provision which allowed for a re-run between athletes tying for first place.

Hurdles Races

Rule 168

1. 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:

<table>
<thead>
<tr>
<th>Distance of race</th>
<th>Distance from start in metres</th>
<th>Distance between hurdles in metres</th>
<th>Distance from last hurdle to finish line in metres</th>
</tr>
</thead>
<tbody>
<tr>
<td>110m</td>
<td>13.72</td>
<td>9.14</td>
<td>14.02</td>
</tr>
<tr>
<td>400m</td>
<td>45</td>
<td>35</td>
<td>40</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Distance of race</th>
<th>Distance from start in metres</th>
<th>Distance between hurdles in metres</th>
<th>Distance from last hurdle to finish line in metres</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>13</td>
<td>8.5</td>
<td>10.5</td>
</tr>
<tr>
<td>400m</td>
<td>45</td>
<td>35</td>
<td>40</td>
</tr>
</tbody>
</table>

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.

Construction

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

Dimensions

3. The standard heights of the hurdles shall be:

<table>
<thead>
<tr>
<th>Height</th>
<th>Men</th>
<th>Junior Men</th>
<th>Youth Boys</th>
<th>Women/Junior</th>
<th>Youth Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m H/110m H</td>
<td>1.067m</td>
<td>0.991m</td>
<td>0.914m</td>
<td>0.838m</td>
<td>0.762m</td>
</tr>
<tr>
<td>400m H</td>
<td>0.914m</td>
<td>0.914m</td>
<td>0.838m</td>
<td>0.762m</td>
<td>0.762m</td>
</tr>
</tbody>
</table>

Note: Due to manufacturing varieties, hurdles up to 1.000m are also acceptable in the Junior 110m hurdles.

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

The change of two hurdle heights (0.990m to 0.991m and 0.840m to 0.838m) in the Competition Rules 2010-2011 is editorial and merely reflects a more accurate conversion from the original, imperial system in order to be consistent with the conversion of the other heights. The already existing hurdles manufactured to the previous heights remain legal.

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.

4. The height of the top bar shall be 7cm ±5mm. 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 (and also in contrast with the surrounding environment), 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, except as provided in Rule 163.4.

7. Each athlete shall jump each hurdle. Failure to do so will result in a disqualification.

In addition, an athlete shall be disqualified, if he:

(a) trails his foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance, or

(b) in the opinion of the Referee deliberately knocks down any hurdle.

The requirement to jump each hurdle should not be read as requiring the athlete to jump each hurdle in his own lane - provided always the intention of Rules 163.3 and 163.4 is followed.

8. Except as provided in Rule 168.7(b), 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.
Steeplechase Races

Rule 169

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 lap after the finish line has been passed for the first time, 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.

Note: In the 2000m event, if the water jump is on the inside of the track, the finish line has to be passed twice before the first lap with five jumps.
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 hurdle 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 0.914m high for men’s / boys’ events and 0.762m for women’s / girls’ events (±3mm both) and shall be at least 3.94m wide. The section of the top bar of the hurdles, and the hurdle at the water jump, shall be 12.7cm square.

The hurdle at the water jump shall be 3.66m ± 0.02m 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 [and also in contrast with the surrounding environment], 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 1.20m and 1.40m. (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 ± 0.02m in length and the water pit shall be 3.66m ± 0.02m in width.

The bottom of the water pit shall consist of a synthetic surface, or matting, of sufficient thickness to ensure safe landing, and allow for the spikes to grip satisfactorily. The depth of the water closest to the hurdle shall be 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. 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.

Note: The depth of the water in the pit from the track surface level may be reduced from 70cm maximum down to 50cm minimum. The uniform slope of the bottom of the water shall be maintained as shown in the diagram. It is recommended that all new water pits be constructed to the shallower depth.

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

In addition, an athlete shall be disqualified if he:
[a] steps to the one side or other of the water jump, or
[b] trails his foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance.

Provided this Rule is observed, an athlete may go over each hurdle in any manner.
Chapter 3 - Running and Race Walking Events

The following examples are given as a guideline, and any adjustment which may be necessary can be made by increasing or decreasing the distance at the start of the races.

We presume for the most frequent case of the water jump being built on the inside of the track that the lap measures 396m, and for the water jump situated on the outside of the track that the lap measures 420m.

3000m Steeplechase Race

When the water jump is located on the inside of the track it is necessary to refer to the version A and when it is situated on the outside of the track, refer to the version B.

\[
\begin{align*}
&\text{(A) 396m long lap} & \text{(B) 420m long lap} \\
&\text{From start line to beginning of 1st full lap (to be run without jumps)} & 228m & 60m \\
&\text{Following laps} & 7 \times 396m = 2772m & 7 \times 420m = 2940m \\
&\text{Total} & 3000m & 3000m \\
&\text{One full lap:} & \\
&\text{From the beginning of 1st lap to 1st hurdle} & 12m & 10m \\
&\text{From 1st to 2nd hurdle} & 79m & 84m \\
&\text{From 2nd to 3rd hurdle} & 79m & 84m \\
&\text{From 3rd to water jump} & 79m & 84m \\
&\text{From water jump to 4th hurdle} & 79m & 84m \\
&\text{From 4th hurdle to finish line} & 68m & 74m \\
&\text{Total} & 396m & 420m
\end{align*}
\]

2000m Steeplechase Race

When the water jump is located on the inside of the track it is necessary to refer to the version A and when it is situated on the outside of the track, refer to the version B.

If the water jump is on the inside of the track, the first jump is at the 3rd hurdle of a normal lap 190 metres from the start. The previous hurdles shall be removed until the athletes have passed them for the first time.

If the water jump is on the outside of the track, the first jump is at the third hurdle of a normal lap 78 metres from the start.

\[
\begin{align*}
&\text{(A) 396m long lap} & \text{(B) 420m long lap} \\
&\text{From start line to beginning of 1st full lap} & 20m & 320m \\
&\text{Following laps:} & 5 \times 396m = 1980m & 4 \times 420m = 1680m \\
&\text{Total} & 2000m & 2000m \\
&\text{One full lap:} & \\
&\text{Same as for the 3000m Steeplechase.}
\end{align*}
\]
Relay Races

Rule 130

3. The Starter’s Assistants shall be responsible for the readiness of batons for the first athletes in a relay race.

Rule 170

1. Lines 5cm wide shall be drawn across the track to mark the distances of the legs 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 leg athletes (4x400m) and third leg 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 relay races, 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 relay races of 4x100m and 4x200m, members of a team other than the first athlete may commence running not more than 10m outside the take-over zone (see Rule 170.2). A distinctive mark shall be made in each lane to denote this extended limit.

8. In the 4x400m relay race, at the first take-over, which is carried out with the athletes remaining in their lanes, the second athletes are not permitted to begin running outside their take-over zones, and shall start within this zone. Similarly, the third and fourth athletes shall begin running from within their take-over zones.

   The second athletes in each team shall run in lanes as far as the nearer edge of the breakline marked after the first bend where athletes may leave their respective lanes. The breakline shall be an arced line, 5cm wide, across all lanes other than lane 1.

   To assist athletes identify the breakline small cones or prisms, 5cmx5cm and no more than 15cm high, preferably of different colour from the breakline and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline.

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

   Note: In the 4x200m relay race (if this event is not run entirely in lanes) the athletes in the fourth leg shall line up in the order of the start list (inside to out).
10. In any relay race, when lanes are not being used, including when applicable, in 4x200m and 4x400m, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete so as to impede his progress. In 4x200m and 4x400m, waiting athletes shall maintain the order in accordance with Rule 170.9.

Check-Marks

11. 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 adhesive tape, maximum 5cmx40cm, of a distinctive colour which cannot be confused with other permanent markings. No other check-mark may be used.

The Baton

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 be 28cm to 30cm. The circumference shall be 12cm to 13cm and it shall not weigh less than 50g. It should be coloured so as to be easily visible during the race.

13. The baton shall be carried by hand throughout the race. Athletes are not permitted to wear gloves or to place substances on their hands in order to obtain a better grip of the baton. 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. In relation to the take-over zone, it is only the position of the baton which is decisive, and not the position of the bodies of the athletes. Passing of the baton outside the take-over zone shall result in disqualification.

Umpires must be diligent to ensure that they observe any contact with the baton prior to the baton entering the change-zone. If the outgoing runner even touches the baton prior to the baton being inside the zone, the team will be subject to 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. Rules 163.3 and 163.4 shall not apply to these athletes. If an athlete wilfully impedes a member of another team by running out of position or lane at the finish of his leg, his team shall be disqualified.

16. Assistance by pushing or by any other method shall result in disqualification.

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

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 must be verified by a medical officer appointed by the Organising Committee and may be made only until the final call time for the particular heat in which the team is competing. If a team does not follow this rule, it shall be disqualified.

Records

Rule 260.24

(a) A World Relay Record 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.
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.

The time set by the first athlete in a relay team may not be submitted as a Record.

**Officials’ duties (Referee, Zone Chiefs, Umpires):**

The technical success and the spectacular setting-up of the relay event are the result of a rational organisation which is only possible with the help of all members of the team of officials and especially the zone umpires. So it is necessary to:

1. Make sure that all the teams take their positions in the lanes. You will need to ask the help of the umpires placed at your disposal.

2. As soon as the announcer has given the positions in the lanes and until the start of the race you must hold up a flag.
   - a red one until the teams are ready
   - a white one when they are ready.

   This recommendation must always be observed in order to avoid calls and recalls over the public announcement system.

3. You must remain at the zone to which you and your umpires have been assigned. If, for one event, there is no passing of the baton in your zone, you will have to make sure that the runners stay in their lanes, especially in the bends, for the areas run in lanes and keep an eye on any incidents during the races.

The responsibility for each zone is established as follows:

**Zone situated at the start of the 1500 metres**

4 x 100m relays: 1st zone.
4 x 200m relays: athletes move to the inside lane during the 3rd leg.
4 x 400m relays:
   - If there are not more than 4 teams at the start:
     - athletes move to the inside lane during the 1st leg;
     - afterwards keep an eye on incidents during the race;
   - If there are more than 4 teams at the start:
     - athletes move to the inside lane during the second leg.
4 x 800m relays:
   - If there are maximum of 8 teams at the start (8 lanes track):
     - athletes move to the inside lane during the 1st lap of the 1st leg;
     - during the 2nd lap of the 1st leg and during the 2nd, 3rd and 4th legs, keep an eye on any race incidents.
   - If there are more than 8 teams at the start (8 lanes track).
     - keep an eye on race incidents.
4 x 1000m relays:
   - keep an eye on race incidents.
4 x 1500m relays:
   - 3rd zone and keep an eye on race incidents.
Zone situated at the start of the 200 metres

4 x 100m relays:
- 2nd zone

4 x 200m relays:
1st zone: take-over in lanes
3rd zone: take-over in inside lane.

4 x 400m relays:
If not more than 4 teams at the start, keep an eye on race incidents.
If more than 4 teams at the start:
- 1st leg: the athletes must stay in their own lanes;
- other legs: keep an eye on race incidents.

4 x 800m relays:
Whatever the number of teams at the start:
- Keep an eye on race incidents.

4 x 1000m relays:
- 1st and 3rd zones: also keep an eye on race incidents.

4 x 1500m relays:
- 2nd zone and keep an eye on race incidents.

Zone situated at the start of the 100 metres

4 x 100m relays: 3rd zone

4 x 200m relays:
- keep an eye on race incidents
- 2nd leg in lanes
- 4th leg in the inside lane

4 x 400m relays:
If not more than 4 teams at the start, all the legs are run in the inside lane; keep an eye on race incidents.
If more than 4 teams at the start
- 1st leg: the athletes must remain in their own lanes.

4 x 800m relays: whatever the number of teams at the start:
- keep an eye on race incidents

4 x 1000m relays: keep an eye on race incidents
4 x 1500m relays: 1st zone and keep an eye on race incidents.

Zone situated at the start and finish line

The Chief Judge for the finish may act as the Chief Umpire. The judges for the finish will have the duties of zone umpires in the following cases:

4 x 200m relays: 2nd zone
4 x 400m relays:
If not more than 4 teams at the start, all the passings of the baton will be done on the inside;
If more than 4 teams at the start
- 1st zone: take-over in lanes
- 2nd and 3rd zone: take-over on the inside
4 x 800m relays:
1st, 2nd and 3rd zones and keep an eye on race incidents
4 x 1000m relays:
2nd zone and keep an eye on race incidents.
4 x 1500m relays: keep an eye on race incidents.

Road Races

Rule 240

Distances
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 be staged during April or May or September to December, inclusive.

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

Note (ii): It is acceptable for the start and/or finish of a race to be conducted on grass or other soft ground.

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 competitions under Rules 1.1(a) and, where possible, (b), (c) and (f), 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 competitions under Rules 1.1(a), (b), (c) and (f), 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” shall be used.

Note (ii): To prevent a course from being found to be short on future re-measurement, it is recommended that a “short course prevention factor” be built in when laying out the course. For
bicycle measurements this factor should be 0.1% which means that each km on the course will have a “measured length” of 1001m.

Note (iii): If it is intended that parts of the course on race day will be defined by the use of non-permanent equipment such as cones, barricades, etc. their positioning shall be decided not later than the time of the measurement and the documentation of such decisions shall be included in the measurement report.

Note (iv): It is recommended that for road races staged over standard distances, the overall decrease in elevation between the start and finish should not exceed 1:1000, i.e. 1m per km.

Note (v): A course measurement certificate is valid for five years, after which the course shall be re-measured even when there are no obvious changes to it.

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.

International Road Course Measurer

Rule 117

At competitions organised under Rule 1.1, 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 the Rules for Road Races (See 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).

The Start

Rule 240

6. The races shall be started by the firing of a gun, cannon, air horn or like device. The commands and procedure for races longer than 400m shall be used (Rule 162.3). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given.

Safety and Medical

7. (a) Organising Committees of Road Races shall ensure the safety of athletes and officials. In competitions held under Rules 1.1(a), (b), (c) and (f), 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 the official medical staff appointed by the Organising Committee and identified by armbands, vests or similar distinctive apparel shall not be considered assistance.

(c) An athlete shall retire at once from the race if ordered to do so by the Medical Delegate or a member of the official medical staff.
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, water only drinking/sponging stations shall be provided at suitable intervals of approximately 2-3km, if weather conditions warrant such provision.

Note: Mist stations may also be arranged, when considered appropriate under certain organisational and/or climatic conditions.
(c) For all events longer than 10km, refreshment stations shall be provided at approximately every 5km. 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 either by the Organising Committee or the athlete, shall be made available at stations nominated by the athlete. They shall be placed so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organising Committee from the time that the refreshments are lodged by the athletes or their representatives.
(e) Such authorised persons may not enter the course nor obstruct any athlete. They may hand the refreshment to the athlete either from behind, or from a position no more than one metre in front or to the side of, the table.
(f) An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification.

Race Conduct

9. In road races, 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. If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.

Rule 125.8

The Road Race Referee shall, wherever practicable (e.g. under Rules 144 or 240.8), give a warning prior to disqualification. If contested, Rule 146 will apply.

It is acknowledged that in practice this will create difficulties in implementation but where the opportunity arises, the Referee should follow this practice.

Transponder System

Rule 165.24

The use of Transponder Timing Systems approved by IAAF in events held under Rules 230 (races not held completely in the stadium), 240 and 250 is permitted provided that:
(a) 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;
(b) The weight of the transponder and its housing carried on the athletes’ uniform, number bib or shoe is not significant;
(c) The System is started by the Starter’s gun or synchronised with the start signal;
(d) The System requires no action by an athlete during the competition, at the finish or at any stage in the result processing;
The resolution is 1/10th of a second (i.e. it can separate athletes finishing 1/10th of a second apart). For all races, the time shall be read to 1/10th of a second and recorded to the whole second. All read times not ending in zero shall be converted and recorded to the next longer whole second, e.g. for the Marathon, 2:09:44.3 shall be recorded as 2:09:45.

**Note:** 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 an official time.

**Note:** It is recommended that judges and/or video recording[s] also be provided to assist in determining the finishing order.

It is important that when using transponder timing that appropriate back-up systems are put in place by event organisers, especially to respect Rule 165.24(f). The provision of back-up timekeepers, and more importantly finish judges to adjudicate on close finishes (which might not be differentiated by chip timing) is strongly recommended.

It would also be wise to appoint a “Chief Transponder Judge” who should act in many respects in the same way as the Chief Photo Finish Judge, as well as working closely with the Referee.

**Records**
See Rule 260.28

**One Hour Race**

**Rule 164**

3. In any race decided on the basis of the distance covered in a fixed period of time, the Starter shall fire the gun exactly one minute before the end of the race to warn athletes and Judges that the race is nearing its end. The Starter shall be directed by the Chief Timekeeper and, at exactly the appropriate time after the start, 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.

**A - Setting up the event**

- Organise it on a track 400m long exactly;
- On any other track the timing and the control of the distance covered in an hour would prove very difficult.
- Always announce that the event will take place over 20 kilometres and for one hour.
- Arrange the time of the event so that the athletes are not affected by the heat, if possible.
- Have a maximum of 20 athletes per race and, if necessary, organise several races.
- Give, in each race, numbers from 1 to 20.
- Allow, for example, at least 40 people for the control of the event, allocated to the following duties:
  - 1 Referee,
  - 1 Starter,
  - 10 Timekeepers,
- 3 Judges for the finish (one of them being in charge of the lap count),
- 5 Lap Scorers,
- 20 people in charge of marking the spot hit by the athletes at the end of a one hour race (the majority of the officials can be recruited at the track),
- 1 Announcer.

B - Measures to be taken before the event

1) By the Referee in liaison with the Chief Timekeeper.

Organise as many teams of officials as there are groups of 4 athletes at the start. 4 being a maximum, the control of 4 athletes will only be given to experienced officials; the others will only follow 3, or even 2 athletes.

Each team will include:

- a timekeeper equipped with two double-action stopwatches;
- a lap scorer who will mark the scoring sheet with a black pencil. This sheet must be protected from the rain by a transparent sheet.

Place these teams, sitting if possible at a table, otherwise standing (the lap scorer having a board) always a short distance after the finish line and on the outside of the track.

- Remind the official how the lap scoring sheet is to be used.

2) By the Starter

- Remind the athletes that he will fire the gun 59 minutes after the start of the race and again after the 60 minutes.

3) By the Referee in liaison with an extremely qualified official.

- Make sure that the official has 20 metallic pegs numbered.
- Ask the officials in charge of marking the distance covered by each athlete in one hour to gather 45 to 50 minutes after the start of the race.

C - Measures to be taken during the event

1) Marking the lap scoring sheet:

- Before the event, the top of the page must be filled in and the numbers for the athletes that the team follows must be written in the left hand side column.
- Numbers 49 to 1 indicate the number of laps remaining. When the athletes go through the line common to the start and the finish for the first time (400 metres in the race), fill in column 49, after the twentieth lap (after 8,000 metres) column 30, etc... until the bell is rung for each athlete when column 1 is filled in, after which the final time will be registered in the finish column.
- Every time one athlete whom the team has to follow approaches the line, the lap scorer will signal it to his time-keeper who will stop the first running time on one of his stop-watches, will quickly read the time and then give it to the lap scorer whilst returning his stopwatch to running time. The lap scorer will note immediately the time in the appropriate place. This operation is to be done, for a team following 4 athletes, 200 times during the event.
- It will happen, especially at the start of the event, that two or more athletes cross the line together or very close to each other. In this case, the time-keeper will stop his watch on the first one and he will give either the same time, or a time slightly superior which his experience enables him to “deduce” from the slight distance which separates the two athletes.
- If, for any reason, a time has not been given, the corresponding space shall be marked with a cross.
- If an athlete has run more than 20 kilometres 400m before the gun shot signalling the hour, his time will be noted on an extra sheet after his 51st lap.

2) Taking the times for the odd numbered kilometres.
- The lap scoring sheet indicates the times realised by all the athletes at the even numbered kilometres (column 45: 2000m; column 40 : 4000m; etc...).
- With regard to the odd numbered kilometres, it will be necessary to take the times precisely for the leader of the race only, and we will operate in one of the three following ways:
- A team of timekeepers not attached to any of the lap scoring teams will place themselves on the start line for the 200m and will take the times for the 1st, 3rd, 5th kilometres, etc... ; will communicate them immediately either by intercom or walkie-talkie or telephone to the announcer;
- In the absence of phonic relay, an official situated in the same place will put his arm up and put it down when the leader goes past and a timekeeper placed near the announcer will record the times;
- A small flag will be placed high enough on the outside of the track and in line with the 200m start line and a timekeeper placed near the announcer will record the time when the athlete passes the flag.
- According to one of these methods (and preferably the third one), the times for the 5th and 15th kilometres will be recorded for as many athletes as possible, and after the race these times will be noted on the grey spaces on the lap scoring sheet.

3) Information to be given to the athletes.
   By the announcer
- Announce the leader’s time for each kilometre;
- Announce that there are 5, 4, 3 and 2 minutes racing time before the hour.

   By the official in charge of the lap scoreboard
- At the start the lap scoreboard will indicate 50;
- When the athletes are completing their first lap it must indicate 49, etc.
- Even if some athletes are lapped or about to be lapped, the lap scoreboard will have to operate all the time for the leader of the event and, every time he enters the home straight, the display has to be changed to indicate the number of remaining laps for him to run.
- As far as possible, each lapped athlete will be given after each lap, by the lap scorer who follows him, the number of remaining laps he has to run. This is particularly important from the moment the bell has gone for the first athlete.

4) Control of distances covered over one hour.
   After 45 to 50 minutes of the race, the relevant official must gather as many people as there are athletes in the race and give them each a numbered peg. Every one must follow carefully the progress of the athlete whose number corresponds to the one on the peg.
   The information given by the announcer that there are 5, 4, 3 and 2 minutes remaining before the end of the race gives the officials as many opportunities to spot their designated runner. When the two minutes are indicated every official must try to be at the same place as his runner and then again try to be in the same place as the runner when the gun is fired signalling the 59th minute.
To that effect, he only needs to \textit{WALK} on the grass between the 58th and the 59th minute \textit{IN THE OPPOSITE DIRECTION OF THE RACE}. If we consider that a runner, on the basis of three minutes per kilometre, covers 333 metres in one minute, the official only needs to walk 60 to 80 metres to find himself again at the same place as the athlete.

The officials will repeat the same procedure between the 59th minute gun shot and the 60th minute shot with, if necessary, an appropriate rectification by running the last few seconds of the hour. Only by following this procedure can officials not look foolish by trying to run for a long time alongside the athletes or by finding themselves a long way from them when the gun is fired to mark the hour.

When he hears the gun shot fired by the starter from the centre of the grass arena upon the indications of the timekeeper placed near him, each official fixes his peg on the spot where the athlete he follows last made contact with the ground. The peg is pushed in the ground on the grass 50cm from the inside lane and the official must stay near it, in order to ensure that it is not moved, until the time of measuring.

\textbf{D - Recording the results}

At the gun shot for the hour, the race is over for the athletes who have covered 20km. All the others carry on until they have crossed the finish line for the 50th time.

All the timekeepers (except the one who works in liaison with the announcer) as well as the lap scorers do not concern themselves with what happens in the hour race.

The fact that a timekeeper has two stopwatches for four athletes means that when they finish the race he will stop them successively;

In this way we are assured to have a time for each athlete.

It is up to the Chief Timekeeper to take the necessary measures to ensure, with the help of the timekeepers not in charge of lap scoring and by using all the stopwatches available, the maximum of performances recorded by three timekeepers.

The judges record the finishing order upon the information given by the lap scorers that each athlete finished his race. It is quite obvious that, a lap before, the bell must have been rung for him.

As soon as the last athlete has finished, under the supervision of the Referee, the distance separating the finish line and the spot where the peg has been planted for each athlete is measured. The measuring is done either with a wheel equipped with a counter or with a 100m measuring tape. Whatever the case may be, measure 30 cm from the inside of the track (in the case of measuring with a tape, use wedges of that length in order to maintain it at the correct distance from the inside of the track). The distances corresponding to the numbers on each peg are recorded, and when the process is finished, the lap scoring sheet is checked again.

Let us take an athlete for whom we have the following information:

3 laps remaining: 59:20.6 - 2 laps remaining: 60:35.4

Distance: 221m

This means that in one hour he has covered 47 laps plus the distance, that is 19.021km.

\textbf{Important!}

Because of the possibility of appeals being made, ALL the officials must remain at the track until the Referee confirms that the results have been finalised.

The lap scoring sheets can be used for the 10 kilometre event. All that needs to be done is to ignore the first two series of lines and, on the third one, to replace 15 kilometres by 5 kilometres.
Cross-Country Races

Rule 250

General

1. There are extreme variations in conditions in which cross-country is practised throughout the world and it is difficult to legislate 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 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 Course

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.

4. For Championships and international events and, wherever possible, for other competitions:

(a) A loop course must be designed, with the loop measuring between 1750m and 2000m. If necessary, a small loop can be added in order to adjust the distances to the required overall distances of the various events, in which case the small loop must be run in the early stages of the event. It is recommended that each long loop should have a total ascent of at least 10m.

(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.

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). Only accredited people 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: 12 km  
   - Women: 8 km  
   - Junior Men: 8 km  
   - Junior Women: 6 km

It is recommended that similar distances be 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.

**Race Conduct**

9. If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.

**Mountain Races**

10. 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:

<table>
<thead>
<tr>
<th></th>
<th>Mainly Start/Finish at same level</th>
<th>Mainly Uphill Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Senior Men</strong></td>
<td>12 km 1200 m 12 km 750 m</td>
<td>12 km</td>
</tr>
<tr>
<td><strong>Senior Women</strong></td>
<td>8 km 800 m 8 km 500 m</td>
<td>8 km</td>
</tr>
<tr>
<td><strong>Junior Men</strong></td>
<td>8 km 800 m 8 km 500 m</td>
<td>8 km</td>
</tr>
<tr>
<td><strong>Junior Women</strong></td>
<td>4 km 400 m 4 km 250 m</td>
<td>4 km</td>
</tr>
</tbody>
</table>

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

**Finish**

The finish area shall be wide enough to enable several runners to sprint side by side and long enough to separate them at the finish.

The finish will be marked on the ground with a 5cm wide chalk line between two posts holding a “finish” banner visible to the athletes as soon as they enter the finish area.
8 to 10 metres after the finish line, finish lanes will be set up, 70cm to 80cm wide maximum (in the lanes, the runners must not be able to overtake one another) and about 35-40 metres long (or longer if necessary) in which the athletes will be directed as they cross the finish line. At the end of each lane, two officials will note the athletes’ numbers.

The judges and timekeepers will be placed on either side of the finish line and it is recommended that, in order to follow up any appeal relative to the finishing order, an official with video recording equipment shall be assigned and placed a few metres after the finish line in order to record the order in which the athletes cross the line. It is also recommended to consider the setting-up of a video timing system for all finishes.

Persons assigned to the ropes: When necessary, “A” will take advantage of a lull to place himself along the fixed rope, in the direction of the arrow so that the athletes enter the 2nd lane. B will follow the same process by joining A so that athletes enter the 3rd lane when the 2nd one is full. When the 3rd one is full C will follow the same pattern so that the 4th lane can be used.

**Race Walking Events**

**International Race Walking Judges**

**Rule 116**

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 competitions must be members of the Panel of International Race Walking Judges.

**Note:** Race Walking Judges appointed for Competitions under Rules 1.1(b), (c), (e), (f), (g) and (j) shall be members either of the Panel of International Race Walking Judges or one of the Panels of Area Race Walking Judges.

**Technical Rules**

**Rule 230**

**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.

   [b] All the Judges shall act in an individual capacity and their judgements shall be based on observations made by the human eye.

   [c] In competitions held under Rule 1.1(a), all Judges shall be International Race Walking Judges. In competitions held under Rules 1.1(b), (c), (e), (f), (g) and (j), all Judges shall be either Area or International Race Walking Judges.

   [d] For road races, there should normally be a minimum of six to a maximum of nine judges including the Chief Judge.

   [e] For track races there should normally be six judges including the Chief Judge.

   [f] In competitions held under Rule 1.1(a) not more than one judge from any country can officiate.
Chief Judge

3. (a) In competitions held under Rules 1.1(a), (b), (c), (d) and (f), the Chief Judge has the power to disqualify an athlete in 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 Rule 230.1 regardless of the number of previous Red Cards the Chief Judge has received on that athlete. An athlete who is disqualified by the Chief Judge under these circumstances shall be allowed to finish the race. He shall be notified of this disqualification by the Chief Judge or a Chief Judge’s Assistant by showing the athlete a red paddle at the earliest opportunity after the athlete has finished the race.

(b) The Chief Judge shall act as the supervising official for the competition, and act as a Judge only in the special situation noted in Rule 230.3(a) in competitions under Rules 1.1(a), (b), (c), (d) and (f). In competitions held under Rules 1.1(a), (b), (c) and (f), a maximum of two or more Chief Judge’s Assistants shall be appointed.

The Chief Judge’s Assistants are to assist with the notification of disqualifications only and shall not act as Race Walking Judges.

(c) For all competitions held under Rules 1.1(a), (b), (c) and (f), an official in charge of the Posting Board(s) and a Chief Judge’s Recorder shall be appointed.

Caution

4. Athletes shall be cautioned when, by their mode of progression, they are in danger of failing to comply with Rule 230.1 by showing the athletes a yellow paddle with the symbol of the offence on each side. An athlete cannot be given a second caution by the same Judge for the same offence. Having cautioned an athlete, the Judge shall inform the Chief Judge of his action after the competition.

Red Cards

5. When a Judge observes an athlete failing to comply with Rule 230.1 by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge shall send a Red Card to the Chief Judge.
Disqualification

6. (a) When three Red Cards from three different Judges have been sent to the Chief Judge, the athlete is disqualified and he shall be notified of this disqualification by the Chief Judge or the Chief Judge’s Assistant by showing the athlete a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.

(b) In all competitions, either directly controlled by the IAAF or taking place under IAAF permit, in no circumstances shall the Red Cards of two Judges of the same nationality have the power to disqualify.

(c) In track races, an athlete who is disqualified shall immediately leave the track and, in road races, shall, immediately after being disqualified, remove the distinguishing numbers 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 Rules 60.4(f) and 145.2.

(d) One or more Posting Boards shall be placed on the course and near the finish to keep athletes informed about the number of Red Cards that have been sent to the Chief Judge for each athlete. The symbol of each offence should also be indicated on the Posting Board.

(e) For all Rule 1.1(a) competitions, hand held computer devices with transmission capability must be used by the judges to communicate all Red Cards to the Recorder and the Posting Board(s). In all other competitions, in which such a system is not used, the Chief Judge, immediately after the end of the event, shall report to the Referee the identification of all athletes disqualified under Rule 230.3(a) or 230.6(a), by indicating the bib identification, the time of the notification and the offences; the same shall be done for all the athletes who received red cards.

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 races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given.

Safety and Medical

8. (a) The Organising Committee of Race Walking events shall ensure the safety of athletes and officials. In competitions held under Rules 1.1(a), (b), (c) and (f), 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 Rules 1.1(a), (b), (c) and (f), the events shall be scheduled to start and finish in daylight.

(c) A hands-on medical examination during the progress of an event by the official medical staff appointed by the Organising Committee and identified by armbands, vests or similar distinctive apparel shall not be considered assistance.

(d) An athlete shall retire at once from the race if ordered to do so by the Medical Delegate or a member of the official medical staff.

Drinking / Sponging and Refreshment Stations

9. (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, water only drinking/sponging stations shall be provided at suitable intervals, if weather conditions warrant such provision.
Chapter 3 - Running and Race Walking Events

**Note:** Mist stations may also be arranged, when considered appropriate under certain organisational and/or climatic conditions.

[c] For all events longer than 10km, refreshment stations shall be provided every lap. In addition, water only drinking / sponging stations shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provision.

[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 collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee.

[f] In competitions held under Rules 1.1(a), (b), (c) and (f), a maximum of two officials per country may be stationed behind the refreshment table at any one time. No official shall, under any circumstances, run beside an athlete while he is taking refreshment.

**Road Courses**

10.   
[a] For competitions held under Rule 1.1(a), the circuit shall be no shorter than 2km and no longer than 2.5km. For all other competitions, the circuit shall be no shorter than 1 km and no longer than 2.5km. 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 Rule 240.3.

**Race Conduct**

11. 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.

12. If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.

**Records**

See Rules 260.25 and 260.29.
Chapter 4

Field Events
General Rules

Validity of Performance

Rule 149
No performance accomplished by an athlete will be valid unless it is accomplished during an official competition organised in conformity with IAAF Rules.

Entries

Rule 142

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 any trial, it shall be deemed that he is passing once the period allowed for the trial has elapsed. In the case of the High Jump or Pole Vault, if an athlete is not present when all other athletes who are present have completed the competition, the Referee shall deem that such athlete(s) has abandoned the competition, once the period for one further trial has elapsed.

Assistance to Athletes

Rule 144

Giving Assistance

2. For the purpose of this Rule the following shall be considered assistance, and are therefore not allowed:
   
   (a) pacing in races by persons not participating in the same race, by athletes lapped or about to be lapped or by any kind of technical device.
   
   (b) possession or use of video or cassette recorders, radios, CD, radio transmitters, mobile phone or similar devices in the arena.
   
   (c) except for shoes complying with Rule 143, the use of any technology or appliance that provides the user with an advantage which he would not have obtained using the equipment specified in the Rules.
   
   Any athlete giving or receiving assistance from within the competition area during an event shall be warned by the Referee and advised that, if there is any repetition, he will be disqualified from that event. If an athlete is subsequently disqualified from the event, any performance accomplished up to that time in the same round of that event shall not be considered valid. However, performances accomplished in a previous round of that event shall be considered valid.

   The following shall not be considered assistance:
   
   (d) 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.
   
   (e) Medical examination / treatment and/or physiotherapy necessary to enable an athlete to participate or continue participation once on the competition area. Such medical examination / treatment and/or physiotherapy may be provided either on the competition area itself by the official medical staff appointed by the Organising Committee and identified by armbands, vests or similar distinctive apparel or in designated medical treatment areas outside the competition.
area by accredited team medical personnel specifically approved by the Medical or Technical Delegate for the purpose. In neither case shall the intervention delay the conduct of the competition or an athlete’s trial in the designated order. Such attendance or assistance by any other person during competition or immediately before competition once athletes have left the Call Room is assistance.

(f) Any kind of personal safeguard (e.g. bandage, tape, belt, support, etc.) for protection or medical purposes. The Referee in conjunction with the Medical Delegate shall have the authority to verify any case should he judge that to be desirable. (See also Rule 187.4.)

**Wind Information**

3. One or more wind sock(s) should be placed in an appropriate position in all jumping events, Discus Throw and Javelin Throw, to show the athlete the approximate direction and strength of the wind.

**Trials**

**Rule 180**

**Competing Order**

4. The athletes shall compete in an order drawn by lot. If there is a preliminary round, there shall be a fresh drawing of lot for the final (see also Rule 180.5).

If an athlete, by his own decision, makes a trial in an order different from that previously determined, he shall be warned (or disqualified in case of a second infringement) according to Rule 125.5, but the result of the trial (valid or failure) will be considered in the case of a warning.

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. 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. In the event of a tie for the last qualifying place, it shall be resolved as described in Rule 180.19.

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

In both cases:

(a) the competing order for the fourth and fifth rounds shall be in the reverse ranking order recorded after the first three trials. The competing order for the final round shall be in the reverse ranking order recorded after the fifth round of trials.

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

**Note (i):** For Vertical Jumps, see Rule 181.2

**Note (ii):** If one or more athlete(s) is permitted by the Referee to continue in a competition under protest in accordance with Rule 146.4(b), such athletes shall compete in all subsequent rounds of trials before all other continuing in the competition and if more than one, in the same relative order according to the original draw.

**General**

**Rule 100**

All international competitions, as defined in Rule 1.1 shall be held under the Rules of the IAAF and this shall be stated in all announcements, advertisements, programmes and printed material.
In all competitions, except the World Championships (Outdoor and Indoor) and Olympic Games, events may be held in a different format from that provided under the IAAF Technical Rules, but rules giving more rights to the athletes, than they would have obtained applying the actual Rules, may not be applied. These formats shall be decided by the respective bodies having the control over the competition.

**Rule 180**

**Completion of Trials**

6. The judge shall not raise a white flag to indicate a valid trial until a trial is completed.

   The completion of a valid trial shall be determined as follows:
   
   (a) in the case of vertical jumps, once the judge has determined that there is no failure according to Rules 182.2, 183.2 or 183.4;
   
   (b) in the case of horizontal jumps once the athlete leaves the landing area in accordance with Rule 185.1;
   
   (c) in the case of throwing events, once the athlete leaves the circle or runway in accordance with Rule 187.17.

**Obstruction**

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

**Delay**

16. 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 crossbar has been adjusted according to the previous wishes of the athlete. No additional time will be allowed for further adjustment.

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

   **Note (i):** 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, during the final 15 seconds of the time allowed.

   **Note (ii):** In the High Jump and Pole Vault, any change in the time period allowed for a trial shall not be applied until the bar is raised to a new height except that where applicable, the time specified for consecutive trials shall be applied.

   **Note (iii):** For the first trial of any athlete upon entering the competition, the time allowed for such trial will be one minute.

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

   The following times should not normally be exceeded:
Chapter 4 - Field Events

Individual Events

Number of athletes left in the competition

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<th></th>
<th>High Jump</th>
<th>Pole Vault</th>
<th>Other</th>
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<tr>
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<td>1min</td>
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Combined Events

Number of athletes left in the competition

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<th>Other</th>
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<tr>
<td>1 or consecutive trials</td>
<td>2min</td>
<td>3min</td>
<td>2min</td>
</tr>
</tbody>
</table>

Absence during Competition

17. [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

18. 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.

Disqualification

Rule 145

If an athlete is disqualified in an event for an infringement of any Rule, reference shall be made in the official results to the Rule which has been infringed.

1. If an athlete is disqualified in an event for an infringement of a Technical Rule [except under Rules 125.5 or 162.5] any performance accomplished in the same round of that event up to the time of the disqualification shall not be considered valid. However, performances accomplished in a previous round of that event shall be considered valid. Such disqualification from an event shall not prevent an athlete from taking part in any further event in that competition.

2. If an athlete is disqualified from an event for acting in an unsporting or improper manner, reference shall be made in the official results giving reasons for such disqualification. If an athlete is warned for a second time under Rule 125.5 for acting in an unsporting or improper manner in an event, or under Rule 162.5, he shall be disqualified from that event. If the athlete’s second warning occurs in a different event, he shall be disqualified only from the second event. Any performance accomplished in the same round of that event up to the time of the disqualification shall not be considered valid. However, performances accomplished in a previous round of that event, other previous events or previous individual events of a Combined Event shall be considered valid. Disqualification from an event for unsporting or improper behaviour shall render the athlete liable to disqualification by the Referee from participation in all further events, including individual events of a Combined Event, in that competition. 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 60.4(f).
Protests and Appeals

Rule 146

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 competition 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, by someone acting on his behalf or by an official representative of a team. Such person or team must have a bona fide interest in the event(s) in question. 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 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. Where the Referee is not accessible or available, the protest should be made to him through the Technical Information Centre.

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

If the protested trial occurred

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

(ii) in a vertical Field Event, where the athlete would advance to a higher height only if the protest or subsequent appeal is upheld, the Referee may allow the athlete to continue competing to preserve the rights of all concerned. The protested performance of the athlete and any other performance achieved while competing under protest will become valid only if a subsequent decision to that effect is made by the Referee or an appeal to the Jury of Appeal is made and it is upheld.

The changes made to Rule 146.3 in 2009 were designed to reflect current practice in terms of who can actually make a protest or appeal and how and where they can be made.

The added requirement that the person making the protest must have a “bona fide” interest in the event in question may not be completely clear. Until further clarification it should be interpreted as meaning generally that the athlete or team should have been competing in the same round of the event to which the protest or appeal relates, or are competing in an overall competition to which a team points score relates.
Chapter 5

Jumping Events
High Jump

Equipment

Rule 182

The Landing Area

1. The landing area should measure not less than 5m long x 3m wide. It is recommended that the landing area shall be not smaller than 6m long x 4m wide x 0.7m high.

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.

Uprights

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

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

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

Crossbar

Rule 181

7. The crossbar shall be made of fibre-glass, or other suitable material but not metal, circular in cross-section except for the end pieces. The overall length of the crossbar shall be 4.00m (±2cm) in the High Jump. The maximum weight of the crossbar shall be 2kg in the High Jump. The diameter of the circular part of the crossbar shall be 30mm (± 1mm).

The crossbar shall consist of three parts - the circular bar and two end pieces, each 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 a 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. The end pieces shall be hard and smooth. They shall 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.

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.

Crossbar supports

Rule 182

8. The supports shall be flat and rectangular, 4cm wide and 6cm long. They shall be firmly fixed to the uprights and immovable during the jump and shall each face the opposite upright. The ends of the crossbar shall rest on them in such a manner that, if the crossbar is touched by an athlete, it will easily fall to the ground, either forwards or backwards.
The 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.

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

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

The Runway and Take-off Area

3. The minimum length of the runway shall be 15m except in competitions held under Rules 1.1(a), (b), (c) and (f), where the minimum shall be 20m.

Where conditions permit, the minimum length should be 25m.

4. The maximum overall downward inclination in the last 15m of the runway and take-off area shall not exceed 1:250 along any radius of the semicircular area centred midway between the uprights and having the minimum radius specified in Rule 182.3. The landing area should be placed so the athletes' approach is up the inclination.

5. The take-off area shall be level or any inclination shall be in accordance with the requirements of Rule 182.4 and the IAAF Track and Field Facilities Manual.

Markers

Rule 180

3. (a) 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.

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

The Competition

Warm-up at the Competition Area

Rule 180

1. At the competition area and before the beginning of the event, each athlete may have practice trials.

2. Once a competition has begun, athletes are not permitted to use, for practice purposes, as appropriate, the runway or take-off area.

Rule 181

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 of trials, until there is only one athlete remaining having won the competition, or there is a tie for first place.

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 after each round of trials; and

   [b] the increment of the raising of the bar should never increase.

These Rules 181.4(a) and (b) shall not apply once the athletes still competing agree to raise it to a World Record height directly.
Chapter 5 - Jumping Events

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 Rules 1.1(a), (b), (c) and (f), each increase shall be uniformly 3cm in the High Jump throughout the competition.

Extraneous forces

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

Rule 182

1. An athlete shall take off from one foot.
2. An athlete fails if:
   (a) After the jump, the bar does not remain on the supports because of the action of an athlete whilst jumping; or
   (b) He touches the ground including the landing area beyond the vertical plane through the nearer edge of the crossbar, either between or outside the uprights with any part of 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 this Rule a white line 50mm wide shall be drawn (usually by adhesive tape or similar material) between points 3m outside of each upright, the nearer edge of the line being drawn along the vertical plane through the nearer edge of the crossbar.

Trials

Rule 181

2. An athlete may commence jumping at any height previously announced by the Chief Judge and may jump 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 except in the case of a tie for first place.

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

   0 = Cleared      X = Failed      – = Did not jump

Completion of trials

Rule 180

6. The judge shall not raise a white flag to indicate a valid trial until a trial is completed.

The completion of a valid trial shall be determined as follows:
(a) in the case of vertical jumps, once the judge has determined that there is no failure according to Rules 182.2, 183.2 or 183.4;

**Delay**

16. **Note (i):** 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.

   **Note (ii):** In the High Jump, any change in the time period allowed for a trial shall not be applied until the bar is raised to a new height except that the time specified for consecutive trials shall be applied whenever any athlete has two or more consecutive trials.

   **Note (iii):** For the first trial of any athlete upon entering the competition, the time allowed for such trial will be one minute.

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

   The following times should not normally be exceeded:

   - 1 minute for the High Jump with more than 3 athletes.
   - In the final stages of competition in the High Jump, when only 2 or 3 athletes continue in the competition, the 1 minute should be increased to 1.5 minutes. If there is only one athlete left, the time should be increased to 3 minutes.
   - In the case of consecutive trials by the same athlete, and when more than 1 athlete is still competing in the High Jump, the delay will be 2 minutes.

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

**Measurements**

**Rule 181**

5. All measurements shall be made, in whole centimetres, perpendicularly from the ground to the lowest part of the upper side of the bar.

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

**Qualifying Competition (Preliminary Round)**

**Rule 180**

7. A preliminary 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 preliminary round shall not be considered as part of the final.

8. The athletes shall normally 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 its warm-up immediately after the previous group has finished.

9. 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.

10. 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
Chapter 5 - Jumping Events

The progress of the qualifying rounds has been normalised as far as the High Jump and the Pole Vault are concerned. On one hand, the athletes must jump, as long as they are not eliminated under Rule 181.2, until the qualifying standard has been reached, unless the number of athletes for the final has been reached as defined in Rule 180.10, and on the other hand, any tie between athletes in the overall standings in the two field events shall be resolved as in a final according to Rule 181.8.

1. In group 2, the competitors finishing 1st to 7th should have attempted 2.28m.

2. If they had all failed at this height, by resolving the ties only the first 12 in overall standing for the two events would have taken part in the final the basic number of finalists is set to 12.

CONCOURS DE QUALIFICATIONS
QUALIFICATION SHEET

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[1] à la dernière hauteur franchie - At the last height cleared.
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(1) à la dernière hauteur franchie - At the last height cleared.

(2) avant la dernière hauteur franchie - Before the last height cleared.

### CONCOURS FINAL en application de l'Article 180.8

**FIELD EVENT FINAL under Rule 180.8**

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### Result

**Rule 180**

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

Rule 181

8. If two or more athletes clear the same final height the procedure to decide the places will be the following:
   (a) The athlete with the lowest number of jumps at the height last cleared shall be awarded the higher place.
   (b) If the athletes are equal following the application of Rule 181.8(a), 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 athletes are still equal following the application of Rule 181.8(b), the athletes concerned shall be awarded the same place unless it concerns the first place.
   (d) If it concerns the first place a jump-off between these athletes shall be conducted in accordance with Rule 181.9, unless otherwise decided, either in advance according to the Technical Regulations applying to the competition, or during the competition by the Technical Delegate or the Referee if no Technical Delegate has been appointed. If no jump-off is carried out, including where the relevant athletes at any stage decide not to jump further, the tie for first place shall remain.

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

Jump-off

9. (a) Athletes concerned must jump at every height until a decision is reached or until all of the athletes concerned decide not to jump further.
   (b) Each athlete shall have one jump at each height.
   (c) The jump-off shall start at the next height determined in accordance with Rule 181.1 after the height last cleared by the athletes concerned.
   (d) If no decision is reached the bar shall be raised if more than one athlete concerned were successful, or lowered if all of them failed, by 2cm for the High Jump.
   (e) If an athlete is not jumping at a height he automatically forfeits any claim to the first place. If only one other athlete then remains he is declared the winner regardless of whether he clears that height.

Feuille de resultats d’un concours de saut en hauteur
Results sheet for a High Jump event

<table>
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<tr>
<th>Athlètes Competiteurs</th>
<th>2,00</th>
<th>2,05</th>
<th>2,09</th>
<th>2,12</th>
<th>2,15</th>
<th>2,18</th>
<th>Perf.</th>
<th>Echecs Failures</th>
<th>Classement Position</th>
<th>Barrage - Jump Off</th>
<th>Classement après barrage Final position</th>
</tr>
</thead>
<tbody>
<tr>
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<td>X0</td>
<td>0</td>
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<td>XXX</td>
<td>2,12</td>
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<td>1</td>
<td>10°</td>
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<td>0 0 0 X 1</td>
</tr>
</tbody>
</table>

(1) à la dernière hauteur franchie - At the last height cleared.
(2) avant la dernière hauteur franchie - Before the last height cleared.
The Referee - August 2010

Chapter 5 - Jumping Events

Example (1)  

<table>
<thead>
<tr>
<th>Position</th>
<th>1,78 m</th>
<th>1,82 m</th>
<th>1,85 m</th>
<th>1,88 m</th>
<th>1,90 m</th>
<th>1,92 m</th>
<th>1,94 m</th>
<th>Echecs - Failures</th>
<th>Classement final</th>
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<tr>
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<td>XXX</td>
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<td>XX0</td>
<td>XO</td>
<td>X0</td>
<td>XXX</td>
<td>1</td>
</tr>
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</table>

0 = réussi  X = manqué  - = pas sauté  0 = Cleared  X = Failed  - = Did not jump

(1) à la dernière hauteur franchie - At the last height cleared.
(2) avant la dernière hauteur franchie - Before the last height cleared.

Exemple n° 2

Hauteurs annoncées par le Juge-Chef
Heights announced by the Chief Judge
avant le début de la compétition :
At the beginning of the competition:
1,75 m - 1,80 m - 1,84 m - 1,88 m - 1,91 m - 1,94 m - 1,97 - 1,99 m puis de 2 cm en 2 cm

Exemple n° 3

SITUATION LORSQU’IL Y A 3 ATHLÈTES À LA PREMIÈRE PLACE (Exemple n° 3)

1er cas

<table>
<thead>
<tr>
<th>Position</th>
<th>2,10 m</th>
<th>2,15 m</th>
<th>2,18 m</th>
<th>2,21 m</th>
<th>2,23 m</th>
<th>Classement</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>0</td>
<td>---</td>
<td>0</td>
<td>XXX</td>
<td>X</td>
<td>3er</td>
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<tr>
<td>B</td>
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<td>XXX</td>
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<td>XXX</td>
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</tbody>
</table>

2e cas

<table>
<thead>
<tr>
<th>Position</th>
<th>2,10 m</th>
<th>2,15 m</th>
<th>2,18 m</th>
<th>2,21 m</th>
<th>2,23 m</th>
<th>Classement</th>
</tr>
</thead>
<tbody>
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</table>

As from the 1 November 2009, the rules in relation to jump-offs in High Jump and Pole Vault are changed in that there are now a number of ways in which a jump-off may be terminated:
- by provision in advance of the competition in the meet’s Technical Regulations;
- by decision during the competition by the Technical Delegate (or Referee if there is no Technical Delegate)
- by decision of the athletes not to jump further prior to or at any stage of the jump-off

Where an athlete unilaterally decides to withdraw from a jump-off, the other athlete [assuming only one remains] will be declared the winner in accordance with Rule 181.9(e). It is not necessary for that athlete to attempt the applicable height. For this reason the word “clears” in this rule should be interpreted as “attempts.”
Chapter 5 - Jumping Events

Records

Rule 260

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.

(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.

Protests and Appeals

Rule 146

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

The effect of this Rule for the vertical jumps is not specifically clear. The powers of the Referee under Rules 125 and 180 should also be considered to reach a fair result for all athletes in the event. If it is not possible for any reason to finally determine any immediate oral protest before the competition continues, the athlete may, for example, be allowed to continue to compete “under protest” in order to preserve his rights.

Team of Officials

During the High Jump event, it is advised to place the officials according to the diagram drawn on the next page.

- The Chief Judge will watch over the whole of the event. He must place himself so as to watch two quite specific points in the event, and to verify the measurements:

![Diagram of High Jump Team of Officials](image-url)
(a) Frequently it happens that the cross-bar having been touched by an athlete trembles on the supports. The Chief Judge, depending on the position of the cross-bar, must decide when the vibrating of the bar must be stopped and the appropriate flag raised – particularly the special situations as covered in Rule 181.10.

(b) Since the athlete may not touch the ground beyond the vertical plane of the nearer edge of the crossbar it is important to keep a watch on the position of the athletes feet in situations where when deciding not to complete a trial he runs to the side.

- Two Judges (1) and (2) on either side of the landing area — and slightly standing back — in charge of replacing the cross-bar when it falls and assisting the Chief Judge in applying the above Rules.
- A Recorder (3) keeping the results sheet and calling the athletes.
- A Judge (4) in charge of the scoreboard (trial-number-result).
- A Judge in charge of the clock indicating to the athletes that they have a certain time to take their trial (5).
- A Judge in charge of athletes (6).

Note (i) - This is the traditional setting-up of the officials. In major Competitions, where a data system and electronic scoreboards are available, a specialised personnel is certainly required as well as extra judges. Indeed, the situation in a field event is followed by both the Recorder and by the data system.

Note (ii) - You are reminded that a space must be reserved for a wind-sock to indicate the wind direction and strength.

**Pole Vault**

**Equipment**

**Rule 183.12**

**The Landing Area**

12. For competitions under Rules 1.1(a), (b), (c), (e) and (f), the landing area shall be not smaller than 6m long [behind the zero line and excluding the front pieces] x 6m wide x 0.8m high. The front pieces must be at least 2m long.

For other competitions, the landing area should measure not less than 5m long [excluding the front pieces] x 5m wide.

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 Figure 9).

**Uprights**

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

**Crossbar**

**Rule 181**

7. The crossbar shall be made of fibre-glass, or other suitable material but not metal, circular in cross-section except for the end pieces. The overall length of the crossbar shall be 4.50m (±2cm)
in Pole Vault. The maximum weight of the crossbar shall be 2.25kg in Pole Vault. The diameter of the circular part of the crossbar shall be 30mm (± 1mm).

The crossbar shall consist of three parts - the circular bar and two end pieces, each 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 semi-circular with one clearly defined flat surface on which the bar rests on the crossbar supports. This flat surface may not be higher than the centre of the vertical cross section of the crossbar. The end pieces shall be hard and smooth. They shall not be 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 3cm in the Pole Vault.

Control of elasticity: Hang a 3kg weight in the middle of the crossbar when in position. It may sag a maximum of 11cm in Pole Vault.

Crossbar support

Rule 183

10. 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 be smooth and extend 35-40mm above the pegs.

The distance between the pegs shall be 4.30m - 4.37m.

The pegs shall 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].

Box

8. The take-off for the Pole Vault shall be from a box. It shall be constructed of suitable material, preferably with rounded upper edges, and shall be sunk level with the runway. It 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° 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° 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.

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 a tape at the grip and of tape and/or any other suitable material at the bottom end.

**The Runway**

6. The minimum length of the runway shall be 40m and, where conditions permit, 45m. It shall have a width of 1.22m ± 0.01m and shall be marked by white lines 5cm in width.

Note: For all tracks constructed before 1 January 2004 the runway may have a width of maximum 1.25m.

7. The maximum allowance for lateral inclination of the runway shall be 1:100 and in the last 40m of the runway the overall downward inclination in the direction of running shall not exceed 1:1000. Check-marks (e.g. squares 5cm x 5cm) at one metre intervals, indicating the distance from 13m to 17m from the zero line, may be painted on the outside of the runway.

**Markers**

Rule 180

3. (a) In all field events where a runway is used, markers shall be placed alongside it. 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.

**The Competition**

**Warm-up at the Competition Area**

Rule 180

1. At the competition area and before the beginning of the event, each athlete may have practice trials.

2. Once a competition has begun, athletes are not permitted to use, for practice purposes, as appropriate, the runway or take-off area.

Rule 181

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.

4. Unless there is only one athlete remaining and he has won the competition:
   (a) the bar should never be raised by less than 5cm in the Pole Vault after each round; and
   (b) the increment of the raising of the bar should never increase.

   These Rules 181.4(a) and (b) 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 Rules 1.1(a), (b), (c) and (f), each increase shall be uniformly 10cm in the Pole Vault throughout the competition.
Extraneous forces

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

Rule 183

1. Athletes may have the crossbar moved only in the direction of the landing area so that the edge of the crossbar nearest the athlete can be positioned at any point from that directly above the back end of the box to a point 80cm in the direction of the landing area.
   An athlete shall, before the competition starts, inform the appropriate official of the position of the crossbar he requires for his first trial and this position shall be recorded.
   If subsequently an athlete wants to make any changes, he should immediately inform the appropriate official before the crossbar has been set in accordance with his initial wishes. Failure to do this shall lead to the start of his time limit.

   Note: A line, 1cm wide and of distinguishable colour, shall be drawn at right angles to the axis of the runway, in line with the back end of the box (“zero line”). A similar line shall appear on the surface of the landing area and 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; or
   (d) during the vault an athlete steadies or replaces the bar with his hand(s).

   Note (i): It is not a failure, if an athlete runs outside the white lines marking the runway at any point.
   Note (ii): It is not a failure if the pole touches the landing mats, in the course of a trial, after properly being planted in the box.

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

Trials

Rule 181

2. An athlete may commence vaulting at any height previously announced by the Chief Judge and may 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 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 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 vaulting until he has forfeited his right to compete further.
0 = Cleared         X = Failed        – = Did not jump

Rule 183

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 a trial, an athlete's pole is broken, it shall not be counted as a failure and the athlete shall be awarded a new trial.

Completion of trials

Rule 180

6. The judge shall not raise a white flag to indicate a valid trial until a trial is completed. The completion of a valid trial shall be determined as follows:
   (a) in the case of vertical jumps, once the judge has determined that there is no failure according to Rules 182.2, 183.2 or 183.4;

Delay

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

Note (i): 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.

Note (ii): In the Pole Vault, any change in the time period allowed for a trial shall not be applied until the bar is raised to a new height except that, where applicable, the time specified for consecutive trials shall be applied.

Note (iii): For the first trial of any athlete upon entering the competition, the time allowed for such trial will be one minute.

Note (iv): When calculating the number of competitors remaining in the competition this should include those athletes who could be involved in a jump off for first place.

The following times should not normally be exceeded:
- 1 minute for the Pole Vault with more than 3 athletes.
- In the final stages of competition in the Pole Vault, when only 2 or 3 athletes continue in the competition, the above times should be increased to 2 minutes. If there is only one athlete left, these times should be increased to 5 minutes.
- In the case of consecutive trials by the same athlete, and when more than 1 athlete is still competing in the Pole Vault, the delay will be 3 minutes.

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

Measurements

Rule 181

5. All measurements shall be made, in whole centimetres, perpendicularly from the ground to the lowest part of the upper side of the bar.

6. Any measurement of a new height shall be made before athletes attempt such height. In all cases of Records, the Judges shall also re-check the measurement before each subsequent Record attempt if the bar has been touched since last measured.
Qualifying Competition (Preliminary Round)

Rule 180

7. A preliminary 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 preliminary round shall not be considered as part of the final.

8. The athletes shall normally 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 its warm-up immediately after the previous group has finished.

9. 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.

10. 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 competitions conducted under Rules 1.1(a), (b), (c) and (f), there should be at least 12 athletes in the final.

12. In the qualifying competition for 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, unless the number of athletes for the final has been reached as defined in Rule 180.10.

13. 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. In the case of the last qualifying place, if two or more athletes have the same best distances or heights in the overall results of the competition Rule 180.19 or Rule 181.8 as appropriate shall be applied. If it is thus determined that there has been a tie, the tying athletes shall be placed in the final.

14. When a qualifying competition for the 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.

Results

Rule 180

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

Placings

Rule 181

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

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

(b) If the athletes are equal following the application of Rule 181.8(a), 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 athletes are still equal following the application of Rule 181.8(b), the athletes concerned shall be awarded the same place unless it concerns the first place.

(d) If it concerns the first place a jump-off between these athletes shall be conducted in accordance with Rule 181.9, unless otherwise decided, either in advance according to the Technical Regulations applying to the competition, or during the competition by the Technical
Delegate or the Referee if no Technical Delegate has been appointed. If no jump-off is carried 
out, including where the relevant athletes at any stage decide not to jump further, the tie for 
first place shall remain.

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

Jump-off
9. (a) Athletes concerned must jump at every height until a decision is reached or until all of the 
athletes concerned decide not to jump further.
(b) Each athlete shall have one jump at each height.
(c) The jump-off shall start at the next height determined in accordance with Rule 181.1 after the 
height last cleared by the athletes concerned.
(d) If no decision is reached the bar shall be raised if more than one athlete concerned were 
successful, or lowered if all of them failed, by 5cm for the Pole Vault.
(e) If an athlete is not jumping at a height he automatically forfeits any claim to the first place. 
If only one other athlete then remains he is declared the winner regardless of whether he 
clears that height.

As from the 1 November 2009, the rules in relation to jump-offs in High Jump and Pole Vault are 
changed in that there are now a number of ways in which a jump-off may be terminated:
- by provision in advance of the competition in the meet’s Technical Regulations;
- by decision during the competition by the Technical Delegate (or Referee if there is no Technical 
Delegate)
- by decision of the athletes not to jump further prior to or at any stage of the jump-off

Where an athlete unilaterally decides to withdraw from a jump-off, the other athlete (assuming only 
one remains) will be declared the winner in accordance with Rule 181.9(e). It is not necessary for that 
athlete to attempt the applicable height. For this reason the word “clears” in this rule should be 
interpreted as “attempts”.

Records
Rule 260
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.
   (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.

Protests
Rule 146
4. (b) In a field event, if an athlete makes an immediate oral protest against having a trial judged 
as a failure, the Referee of the event may, at his discretion, order that the trial be measured 
and the result recorded, in order to preserve the rights of all concerned.

The effect of this Rule for the vertical jumps is not specifically clear. The powers of the Referee under 
Rules 125 and 180 should also be considered to reach a fair result for all athletes in the event. If it 
is not possible for any reason to finally determine any immediate oral protest before the competition 
continues, the athlete may, for example, be allowed to continue to compete “under protest” in order 
to preserve his rights.
Chapter 5 - Jumping Events

The diagram illustrates the layout of a pole vaulting event. It shows the following elements:

- **JURY de SAUT à la PERCHE - POLE VAULT-TEAM of OFFICIALS**
- **Athletes/Athletes**
- **Position of officials and athletes**
- **Position markers**

The diagram indicates the areas where officials and athletes are positioned during the event.
Team of Officials

During the Pole Vault event, it is advisable to place the officials according to the diagram drawn on the next page. The officials must be placed in such a way as not to be in the athlete’s way nor impede the view of the spectators.

- The Chief Judge must watch over the whole of the event and verify the measurements. He must place himself in such manner as to be able to see if the athletes, before the take-off, touch the ground beyond the vertical plane through the back end of the box. He must be provided with two flags: a white one to indicate if the jump is good and red one if it is a failure.
- Two Judges [1] and [2], on either side of the back of the box, in charge of replacing the cross-bar when it falls, assisting the Chief Judge in applying the above Rules, and, if the case arises, within the Rules, of catching the poles in order to stop them falling hard on the ground.
- A Recorder [3] keeping the results and calling the athletes.
- A Judge [5] in charge of the clock indicating to the athletes that they have certain time to take their trial.

Note (i). - This is the traditional setting-up of the officials. In major Competitions, where a data system and electronic scoreboards are available, a specialised personnel is certainly required as well as extra judges. Indeed, the situation in a field event is followed by both the Recorder and by the data system.

Note (ii). - You are reminded that a space must be reserved for a wind-sock to indicate the wind direction and strength.

Long Jump and Triple Jump

Except for the exceptions regarding the nature of the jump, and of the positioning of the take-off board the wind speed, the Long Jump Rules apply also to the Triple Jump.

Runway

Rule 184

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 1.22m ± 0.01m and shall be marked by white lines 5cm in width.

Note: For all tracks constructed before 1 January 2004 the runway may have a width of maximum 1.25m.

3. The maximum allowance for lateral inclination of the runway shall be 1:100 and in the last 40m of the runway the overall downward inclination in the direction of running shall not exceed 1:1000.

The Take-off Board

Rule 185

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.

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 in which the spikes of an athlete’s shoe will grip and not skid and shall measure 1.22m ± 0.01m long, 20cm (±2mm) wide and 10cm deep. It shall be white.

Plasticine Indicator Board
8. This shall consist of a rigid board, 10cm (±2mm) wide and 1.22m (±) 0.01m long made of wood or any other suitable material and shall be painted in a contrasting colour to the take-off board. Where possible, the plasticine should be of a third contrasting colour. The board shall be mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area. The surface shall rise from the level of the take-off board to a height of 7mm (±1mm). The edges shall either slant at an angle of 45° with the edge nearer to 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°. The upper part of the indicator board shall also be covered for the first 10mm 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).

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

Where new facilities are developed at which it is envisaged that visually impaired athletes will compete, at least one pit should be built with an increased width (3.50m instead of maximum 3.00m as in IAAF Rules) as recommended by IPC.

Markers
Rule 180
3. (a) In all field events where a runway is used, markers shall be placed alongside it. 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.

The Competition
Warm-up at the Competition Area
1. At the competition area and before the beginning of the event, each athlete may have practice trials.
Chapter 5 - Jumping Events

2. Once a competition has begun, athletes are not permitted to use, for practice purposes, as appropriate, the runway or take-off area.

Trials

Rule 185

1. An athlete fails if:

   (a) he 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) he 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;

   (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 by foot 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 Rule 185.1(b), 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, in the course of landing, an athlete touches with any part of his body, the ground outside the landing area, unless such contact is the first contact or contravenes Rule 185.1(e).

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

Note (v): Except as described in Rule 185.1(b), if the athlete takes off before reaching the board, it shall not, for that reason, be counted as a failure.

2. When leaving the landing area, an athlete’s first contact by foot with its border or the ground outside shall be further from the take-off line than the nearest break in the sand. (See 185.1(f).)

Note: This first contact is considered leaving.

Completion of trials

Rule 180

6. The judge shall not raise a white flag to indicate a valid trial until a trial is completed.

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

   (b) in the case of horizontal jumps, once the athlete leaves the landing area in accordance with Rule 185.1;

Delay

16. Note (i): 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.
The following times should not normally be exceeded:
- 1 minute for the Long Jump and Triple Jump.
- In the case of consecutive trials by the same athlete, the delay will be 2 minutes.
If the time allowed elapses once an athlete has started his trial, that trial should not be disallowed.

**Measurements**

**Rule 184**
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.

**Rule 185**
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 Rule 185.1(f)]. The measurement shall be taken perpendicular to the take-off line or its extension.

**Rule 148**
For track and field events in competitions under Rules 1.1(a), (b), (c) and (f), all measurements shall be made with a calibrated certified steel tape or bar or with a scientific measuring device. The steel tape, bar or scientific measuring device shall have been certified by the IAAF and the accuracy of the measuring equipment used in the competition shall have been verified by an appropriate organisation accredited by the national measurement authority, such that all measurements can be traced back to national and international measurement standards.
At competitions other than those held under Rules 1.1(a), (b), (c) and (f) fibreglass tapes may also be used.

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

**Measuring the jump (Long Jump and Triple Jump)**
As long as no irregularity has been committed, it is necessary to measure all the jumps, whatever the distance reached.

Except where Rule 146.4(b) is applied, under normal practice no jump, during which an irregularity has been committed, should be measured. Judges should carefully use their discretion in applying any alternate practice and usually only in special cases.

For every valid trial place a metal marker in a vertical position at the place of the imprint left by the athlete in the landing area nearest to the take-off line. The marker is passed through the loop at the end of the graduated metal tape so that the “zero” is on the marker. The metal tape should be pulled out horizontally taking care not to place it on any rise in the ground. The reading is done perpendicularly to the take-off line.

The rule for measuring the jumps (see Rule 184.1 and 185.3 is as follows:
All the jumps shall be measured from the nearest break in the landing area made by any part of the body or limbs to the take-off line (= edge of the take-off board nearest to the landing area) and perpendicular to this line. Distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre [see diagram page 127].

Several cases can occur for which the Rules provide a solution:

1. **Jumper A**
   This jumper took off from the take-off board.
   According to the Rule mentioned above, the jump is measured as shown on the diagram.
Chapter 5 - Jumping Events

The Referee - August 2010
Chapter 5 - Jumping Events

Jumper AA
This jumper took off from the take-off board. The take-off line is extended and the measuring is done perpendicular to this extended line.

Jumper AAA
This jumper took off from the take-off board but touched the ground beyond the take-off line in the process of doing so. The trial is a failure and therefore would not be measured.

2. Jumper B
He took off before reaching the board at B. His jump is considered as “good”. It is measured as far as the take-off line and not to point B.

3. Jumper C
He took off after the take-off line and the trial is a failure and therefore would not be measured.

4. Jumper D
He took off beside the take-off board, outside the runway. His jump is a failure and therefore would not be measured.

Jumper DD
This jumper took off from the side of the take-off board but some part of his shoe is touching the board. There is no contact beyond the take-off line. The take-off line is extended and the measuring is done perpendicular to this extended line.

5. Jumper E
On landing, his left hand touches the ground outside the landing zone E1, nearer to the take-off line than the break in the landing zone. His jump is a failure and therefore would not be measured.

6. Jumper F
On landing, his right hand touches the ground outside the landing zone F1, further from the take-off line than the break in the landing zone. His jump is valid. The take-off line is extended and measuring is done perpendicular to this extended line.

7. Jumper X
After landing, his first contact with the pit border or ground outside upon leaving is closer to the take-off line than the break in the sand. His jump is a failure and therefore would not be measured.

Measurement Judge (Scientific)

Rule 137
One (or more) Measurement Judge(s) shall be appointed when Electronic or Video Distance Measurement or other scientific measurement device is to be used.

Before the start of the competition, 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 in conjunction with the Judges and under the supervision of the Referee (and if possible, the ITO assigned to the event), to confirm agreement with results achieved using a calibrated certified steel tape. A form of conformity shall be issued and signed by all those involved in the test and attached to the results card.

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.
Wind Measurement

Rule 184

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 the same as described in Rule 163.11. It shall be operated and read as described in Rules 163.12 and 163.10 respectively.

Rule 163

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.

All wind gauge equipment shall have been certified by the IAAF and the accuracy of the gauge used shall have been verified by an appropriate organisation accredited by the national measurement authority, such that all measurements can be traced back to national and international measurement standards.

Wind Gauge Operator

Rule 136

The Wind Gauge Operator shall ensure that the gauge is placed in accordance with 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.

Qualifying Competition (Preliminary Round)

Rule 180

7. A preliminary 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 preliminary round shall not be considered as part of the final.

8. The athletes shall normally 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 its warm-up immediately after the previous group has finished.

10. 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 competitions under Rules 1.1(a), (b), (c) and (f), there should be at last 12 athletes in the final.

11. 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. 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. In the case of the last qualifying place, if two
or more athletes have the same best distances or heights in the overall results of the competition. Rule 180.19 or Rule 181.8 as appropriate shall be applied. If it is thus determined that there has been a tie, the tying athletes shall be placed in the final.

**Results**

**Rule 180**

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

**Ties**

**Rule 180**

19. Except for the High Jump and Pole Vault, the second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. Except in Vertical Jumps, in the case of a tie for any place, including first place, the tie shall remain.

It should be noted that as from 1 November 2009 there is no longer a jump-off for first place if the athletes remained tied after the full application of the count-back rules.

**Records**

**Rule 260**

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.

   (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.

**Protests**

**Rule 146**

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

**Team of Officials**

Whether for the Long Jump or the Triple Jump, the officials must be placed in a discreet manner so as not to inconvenience either the athletes or the spectators.

- The Chief Judge, must supervise the whole of the event and verify the measurements.

- A Judge (1) checking whether the take-off has been conducted properly and measuring the jump. In a large number of national competitions this position is assumed by the Chief Judge of the event. He must be equipped with flags in order to indicate whether the jump is valid (white flag) or whether the Judge is a failure (red flag).

When the jump has been measured, it is advised that the judge stands in front of the take-off board, holding the red flag, while the landing area is being smoothed and, if relevant, while the plasticine board is being replaced. A plastic cone may be used as well.
A Judge at the landing point (2) will hold the tape on the 0, with a marker planted in the sand at the point of the nearest break in the sand to the take-off line. When an optic system of measuring is being used, two judges are needed at the landing point, one to plant the marker in the sand, the other one to read the result on the optic apparatus.

- A Recorder (3) keeping the results sheet and calling the athletes.
- A Judge in charge of the scoreboard (4) for the results [trial-number-result].
- A Judge in charge of the wind-gauge (5) who must operate from a point 20 metres from the take-off board [see note below].
- One or more judges or assistants in charge of levelling the landing zone after each trial (6).
- A Judge or assistant in charge of replacing the plasticine (7).
- A Judge in charge of the clock indicating to the athletes that they have a certain time to take their trial (8).
- A Judge in charge of the athletes (9).

Note (i): This is the traditional setting-up of the team of officials. In major competitions, where a data system and electronic scoreboards are available, a specialised personnel is certainly required as well as extra judges. Indeed, the situation in a field event is followed by both the Recorder and by the data system.

Note (ii): You are reminded that a space must be reserved for a wind-sock to indicate the wind direction.

Note (iii): It has been found, through experience, that for the smooth organisation of a Long Jump and Triple Jump event, it is preferable that the person in charge of the wind gauge is also responsible for calling the athletes to jump, since he is closest to the non-competing athletes. However, he must maintain visual contact with the Chief Judge and, after the first three trials note the 8 athletes who have qualified for the 3 extra trials, and the order for the 4th and 5th trial, and then for the last trial.

**Triple Jump**

**Rule 186**

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

**Take-off Board**

3. The distance between the take-off line for men and the far end of the landing area shall be at least 21m.

4. For International Competitions, 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 ± 0.01m wide providing firm and uniform footing.

**Note:** for all tracks constructed before 1 January 2004 this take-off area may have a width of maximum 1.25m.

**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.

It should be noted that it is not a failure (for that reason alone) if the athlete:

(a) touches the white lines or the ground outside between the take-off line and the landing area; or

(b) if the athlete lands in the pit in the step phase through no fault of his own (i.e. the judges incorrectly indicated the take-off board)

It is however a failure if the landing of the jump is not within the landing area.
Chapter 6

Throwing Events
Official Implements

Rule 187

1. In all International Competitions, 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:

<table>
<thead>
<tr>
<th>Implement</th>
<th>Women</th>
<th>Men</th>
<th>Men</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Youth/Junior/Senior</td>
<td>Youth</td>
<td>Junior</td>
<td>Senior</td>
</tr>
<tr>
<td>Shot</td>
<td>4.000kg</td>
<td>5.000kg</td>
<td>6.000kg</td>
<td>7.260kg</td>
</tr>
<tr>
<td>Discus</td>
<td>1.000kg</td>
<td>1.500kg</td>
<td>1.750kg</td>
<td>2.000kg</td>
</tr>
<tr>
<td>Hammer</td>
<td>4.000kg</td>
<td>5.000kg</td>
<td>6.000kg</td>
<td>7.260kg</td>
</tr>
<tr>
<td>Javelin</td>
<td>600g</td>
<td>700g</td>
<td>800g</td>
<td>800g</td>
</tr>
</tbody>
</table>

2. Except as provided below, all such implements shall be provided by the Organising Committee. The Technical Delegate(s) may, based on the relevant regulations of each competition, allow athletes to use their own implements or those provided by a supplier, provided that such implements are IAAF certified, checked and marked as approved by the Organising Committee before the competition and made available to all athletes. Such implements will not be accepted if the same model is already on the list of those provided by the Organising Committee.

3. No modification shall be made to any implements during the competition.

Shot Put

Facilities

Throwing Circle

Rule 187

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 ground surrounding the circle may be concrete, synthetic, asphalt, wood or any other suitable material.

The interior of the circle may be constructed of concrete, asphalt or some other firm but slippery material. The surface of this interior shall be level and 2cm±6mm lower than the upper edge of the rim of the circle.

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

6. The inside diameter of the circle shall be 2.135m (±5mm) in the Shot Put.

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

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 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 or roughen the surface of the circle.
Comment tracer un secteur de 34,92° - How to lay out a 34.92° sector

DISQUE (intérieur du cercle)
DISCUS (inside diameter) = 2.500m (±5mm),

MARTEAU et POIDS (intérieur du cercle)
HAMMER and SHOT PUT (inside diameter) = 2.135m (±5mm),

- Pour tout mètre de différence à partir du centre du cercle (b ou b'), la distance entre les deux lignes de secteur (intérieur) variera de 0,60m.

- Thus for every 1 metre from the centre of the circle (b or b'), the distance across (inside) should be 0.60m.
Chapter 6 - Throwing Events

Diagram: Diagram showing dimensions and specifications for shot put and discus throwing events.

Notes:
- Dimensions and specifications must comply with the latest IAAF standards.
- Markings must be clearly visible from the field of play.
- Wind and other environmental conditions must be considered.

Diagram: Diagram showing the area and dimensions for the shot put and discus events.

Note:
- The area must be free of obstructions and must be marked clearly.
- The area must be within the specified dimensions for the event.
The Stop Board

Rule 188

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 surface aligns with the inner edge of the rim of the circle and is perpendicular to the surface of the circle. It shall be placed so that its centre coincides with the centre line of the landing sector (see Rule 187.6, Figure 12), and shall be firmly fixed to the ground or to the concrete surrounding the circle.

3. Measurements. The board shall measure 11.2cm to 30cm wide, with a chord of 1.21m ±0.01m for an arc of the same radius as the circle and 10cm ±0.2cm high in relation to the level of the inside of the circle.

Note: Stop boards to the 1983/84 IAAF specifications remain acceptable.

Landing Sector

Rule 187

10. The landing sector shall consist of cinders or grass or other suitable material on which the implement makes an imprint.

11. The maximum overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000.

12. 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 (20 x 0.60m) apart. Thus for every 1m from the centre of the circle, the distance across should be 60cm.

The landing sector shall be of an even surface soft enough to ensure that the place of the initial fall of the implement can be clearly established by the judges. The landing surface may not allow the implement bounce backwards, thus creating a risk that the measuring point is obliterated.

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 Area, National or Meeting Record.

The Shot

Rule 188

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 1.6μm, i.e. a roughness number N7 or less.
5. It shall conform to the following specifications:

Official Implements

<table>
<thead>
<tr>
<th>Shot</th>
<th>Women</th>
<th>Youth Men</th>
<th>Junior Men</th>
<th>Senior Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimum weight for admission to competition and acceptance of a record:</td>
<td>4.000kg</td>
<td>5.000kg</td>
<td>6.000kg</td>
<td>7.260kg</td>
</tr>
</tbody>
</table>

Information for manufacturers

Range for supply of implement for competition

| Minimum | 4.005kg | 5.005kg | 6.005kg | 7.265kg |
| Maximum | 4.025kg | 5.025kg | 6.025kg | 7.285kg |
| Minimum Diameter | 95mm | 100mm | 105mm | 110mm |
| Maximum Diameter | 110mm | 120mm | 125mm | 130mm |

The Competition

Warm-up at the Competition Area

Rule 180

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:
   (b) implements;
   (c) the circles or the ground within the sector with or without implements.

Markers

3. (b) For throws made from a circle, an athlete may use one marker only. This marker may be placed only on the ground in the area immediately behind or adjacent to the circle. It must be temporary, in position only for the duration of each athlete’s own trial, and shall not impair the view of the judges. No personal markers [other than those under Rule 187.21] may be placed in or beside the landing area.

Assistance

Rule 187

4. (a) An athlete shall not use any device of any kind - e.g. the taping of two or more fingers together or using weights attached to the body - which in any way provides assistance when making a trial. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts.

(b) An athlete shall not use gloves.

(c) In order to obtain a better grip, athletes may use a suitable substance on his hands only and in the Shot on their neck. In addition, in the Shot Put athletes may place chalk or a similar substance on the implement.
Trials

Rule 187

13. In the Shot Put, implements shall be thrown from a circle.
   In the case of trials made from a circle, an athlete shall commence his trial from a stationary position inside the circle. An athlete is allowed to touch the inside of the rim. In the Shot he is also allowed to touch the inside of the stop board described in Rule 188.2.

Rule 188

1. The shot shall be put from the shoulder with one hand only. At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.

Note: Cartwheeling techniques are not permitted.

Rule 187

14. It shall be a failure if an athlete in the course of a trial:
   (a) improperly releases the shot,
   (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 rim or the ground outside the circle,
   (c) in the Shot Put, touches with any part of his body the top of the stop board,

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 and may leave it.

When leaving the circle he shall step out as required in Rule 187.17 before returning to the circle 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 180.16.

16. It shall be a failure if the shot in contacting the ground when it first lands touches the sector line or the ground outside the sector line.

17. An athlete shall not leave the circle 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 rim 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.

Note: the first contact with the top of the rim or the ground outside the circle is considered leaving.

18. After each throw, implements shall be carried back to the area next to the circle or runway and never thrown back.

Completion of Trials

Rule 180

6. The judge shall not raise a white flag to indicate a valid trial until a trial is completed.

   The completion of a valid trial shall be determined as follows:
   (c) in the case of throwing events, once the athlete leaves the circle in accordance with Rule 187.17.
Delay

16. **Note (i):** 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.

The following times should not normally be exceeded:

- 1 minute for the Shot Put.
- In the case of consecutive trials by the same athlete, the delay will be 2 minutes.

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

Measurements

**Rule 187**

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 trial:

(a) from the nearest mark made by the fall of the shot, to the inside of the circumference of the circle along a line to the centre of the circle.

**Rule 148**

For track and field events in competition under Rules 1.1(a), (b), (c) and (f), all measurements shall be made with a calibrated certified steel tape or with a scientific measuring device. The steel tape or scientific measuring apparatus shall have been certified by the IAAF and the accuracy of the measuring equipment used in the competition shall have been verified by an appropriate organisation accredited by the national measurement authority, such that all measurements can be traced back to national and international measurement standards.

At other competitions fibreglass tapes may be used.

**Measurement Judge (Scientific)**

**Rule 137**

One (or more) Measurement Judge(s) shall be appointed when Electronic or Video Distance Measurement or other scientific measurement device is to be used.

Before the start of the competition, 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 in conjunction with the Judges and under the supervision of the Referee (and if possible, the ITO assigned to the event), to confirm agreement with results achieved using a calibrated certified steel tape. A form of conformity shall be issued and signed by all those involved in the test and attached to the results card.

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.
Qualifying Competition (Preliminary Round)

Rule 180

7. A preliminary 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 preliminary round shall not be considered as part of the final.

8. The athletes shall normally 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 its warm-up immediately after the previous group has finished.

10. 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 competitions under Rules 1.1(a), (b), (c) and (f), there should be at least 12 athletes in the final.

11. 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. 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. In the case of the last qualifying place, if two or more athletes have the same best distances or heights in the overall results of the competition Rule 180.19 or Rule 181.8 as appropriate shall be applied. If it is thus determined that there has been a tie, the tying athletes shall be placed in the final.

Results

Rule 180

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

Ties

Rule 180

19. Except for the High Jump and Pole Vault, the second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. Except in Vertical Jumps, in the case of a tie for any place, including first place, the tie shall remain.

It should be noted that as from 1 November 2009 tie-break trials for first place are no longer required if the athletes remained tied after the full application of the count-back rules.

Records

Rule 260

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.

(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.
Protests
Rule 146

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

Team of Officials

It is advised that the officials be placed according to the diagram below. The officials must be placed in a discreet manner so as not to inconvenience either the athletes or the spectators.

- The Chief Judge must supervise the whole of the event and check the measurements. He must be equipped with flags in order to indicate as quickly as possible, after the thrower has left the circle, whether the throw is “good” (white flag) or a “failure” (red flag).
- Two judges checking that the throw has been made correctly and measuring the throw.
- A Judge (2) holding the measuring apparatus in such a way that it passes through the centre of the circle.
- A Judge (3) placing, immediately after the throw, a marker enabling the throw to be measured.
- A Judge (4) holding the measuring apparatus on the zero mark on the point where the marker has been placed.
- A Judge (5) in charge of placing the small flags indicating each athlete’s best throw. The small flag is placed along a strip or line outside the sector in order to avoid it being hit by an implement. In important competitions, we advise, in order to inform the public, to place a brightly marker next to the marker of the athlete about to make a throw.
- A Recorder (6) keeping the results sheet and calling the athletes.
- A Judge (7) in charge of the results score-board (trial - number - result).
- A Judge in charge of the clock indicating to the athletes that they have a certain time to take their trial [8].
- A Judge in charge of the athletes [9].

Note (i): This is a traditional setting-up of the team of officials. In major competitions, where a data system and electronic scoreboards are available, a specialised personnel is certainly required as well as extra judges. Indeed, the situation in a field event is followed by the Recorder and by the data system.

**Discus Throw**

**Facilities**

**Throwing Circle**

**Rule 187**

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 ground surrounding the circle may be concrete, synthetic, asphalt, wood or any other suitable material.

The interior of the circle may be constructed of concrete, asphalt or some other firm but slippery material. The surface of this interior shall be level and 2cm±6mm lower than the upper edge of the rim of the circle.

6. The inside diameter of the circle shall be 2.50m (±5mm).

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

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 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 or roughen the surface of the circle.

**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) 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 (20x0.60m) apart. Thus for every 1m from the centre of the circle, the distance across should be 60cm.

The landing sector shall be of an even surface soft enough to ensure that the place of the initial fall of the implement can be clearly established by the judges. The landing surface may not allow the implement bounce backwards, thus creating a risk that the measuring point is obliterated.

**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 Area, National or Meeting Record.
Discus Cage

Rule 190

1. All discus throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and athletes. The cage specified in this Rule is intended for use when the event takes place in the arena with other events taking place at the same time or when the event takes place outside the arena with spectators present.

Where this does not apply, and especially in training areas, a much simpler construction may be satisfactory. Advice is available, on request, from national organisations or from the IAAF Office.

Note: The hammer cage specified in Rule 192 may also be used for Discus Throw, 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 end points of the 6m wide mouth shall be the inner edge of the cage netting. The height of the netting panels or draped netting at their lowest point should be at least 4m.
Pour un concours de disque, les panneaux mobiles de protection (utilisés au cours du lancer de MARTEAU) sont alors ouverts et respectent l'ouverture permise (6m) pour la sortie des engins. **Discus Throw**, **movables panels are OPEN**

**IAAF Rule 192-3** : "La hauteur des panneaux de filet ou du filet tombant au point le plus bas sera d'au moins 7m..." (10m pour partie "P")

**IAAF Rule 192-4** : "Deux panneaux mobiles de filet de 2m de large seront prévus sur le devant de la cage; seul l'un d'entre eux sera utilisé pour un lancer donné. La hauteur minimale des panneaux de filet devra être 10m."

**Les panneaux mobiles ne sont utilisés que pour le lancer de Marteau.** The movable panels are only used for Hammer Throw.

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**CAGE MARTEAU et DISQUE** (IAF Hjustement année 2004)

**CAGE HAMMER and DISCUS** (IAF 2004)

**SITUATION Pour LE DISQUE**

**DISCUS Configuration**
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.

Notes:
(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.
(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.
(iii) The cage side particularly alongside the track may be lengthened and/or increased in height so as to provide greater protection to athletes competing on the adjoining track during a discus competition.

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 44 mm for cord netting and 50 mm for steel wire.

Note: Further specifications for the netting and safety inspection procedures are set out in the IAAF Track and Field Facilities Manual.

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

The netting must be fixed in a way that the width of the mouth is the same at each height of the netting. This applies also for the panels when put into a position according to 192.4(Note ii).

The Discus

Rule 189

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 6 mm. 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 25 mm to 28.5 mm 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 28.5 mm 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:

<table>
<thead>
<tr>
<th>Discus</th>
<th>Women</th>
<th>Youth Men</th>
<th>Juniors Men</th>
<th>Seniors Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimum weight for admission to competition and acceptance of a record:</td>
<td>1.000kg</td>
<td>1.500kg</td>
<td>1.750kg</td>
<td>2.000kg</td>
</tr>
</tbody>
</table>

Information for manufacturers

<table>
<thead>
<tr>
<th>Range for supply of implement for competition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimum :</td>
</tr>
<tr>
<td>Maximum :</td>
</tr>
</tbody>
</table>

Outside diameter of metal rim

| Minimum diameter | 180mm | 200mm | 210mm | 219mm |
| Maximum diameter | 182mm | 202mm | 212mm | 221mm |

Diameter of metal plate or flat centre area

| Minimum diameter | 50mm | 50mm | 50mm | 50mm |
| Maximum diameter | 57mm | 57mm | 57mm | 57mm |

Thickness of metal plate or flat centre area

| Minimum diameter | 37mm | 38mm | 41mm | 44mm |
| Maximum diameter | 39mm | 40mm | 43mm | 46mm |

Thickness of rim (6mm from edge)

| Minimum diameter | 12mm | 12mm | 12mm | 12mm |
| Maximum diameter | 13mm | 13mm | 13mm | 13mm |

The Competition

Warm-up at the Competition Area

Rule 180

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,
   - (b) implements;
   - (c) the circles or the ground within the sector with or without implements.

Markers

3. (b) For throws made from a circle, an athlete may use one marker only. This marker may be placed only on the ground in the area immediately behind or adjacent to the circle. It must be temporary, in position only for the duration of each athlete’s own trial, and shall not impair the view of the judges. No personal markers (other than those under Rule 187.21) may be placed in or beside the landing area.

Assistance

Rule 187

4. (a) An athlete shall not use any device of any kind - e.g. the taping of two or more fingers together or using weights attached to the body - which in any way provides assistance when making a trial. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts.
The use of the gloves is not allowed.

In order to obtain a better grip, an athlete may use a suitable substance on his hands only. In addition, in the Discus Throw, athletes may place chalk or a similar substance on the implement.

**Trials**

**Rule 187**

13. In the Discus Throw, implements shall be thrown from a circle. In the case of trials made from a circle, an athlete shall commence his trial from a stationary position inside the circle. An athlete is allowed to touch the inside of the rim.

14. It shall be a failure if an athlete in the course of a trial:
   - after he has stepped into the circle and begun to make a throw, touches with any part of his body the top of the rim or the ground outside the circle.

**Note:** It will not be considered a failure if the discus strikes the cage after release provided that no other Rule is infringed.

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 and may leave it. When leaving the circle he shall step out as required in Rule 187.17 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 180.16.

16. It shall be a failure if the discus in contacting the ground when it first lands touches the sector line or the ground outside the sector line.

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, an athlete’s first contact with the top of the rim 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.

**Note:** the first contact with the top of the rim or the ground outside the circle is considered leaving.

18. After each throw, implements shall be carried back to the area next to the circle and never thrown back.

**Completion of Trials**

**Rule 180**

6. The judge shall not raise a white flag to indicate a valid trial until a trial is completed.
   - The completion of a valid trial shall be determined as follows:
     - in the case of throwing events, once the athlete leaves the circle in accordance with Rule 187.17.

**Delay**

16. **Note** (i): 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.

**The following times should not normally be exceeded:**
- 1 minute for the Discus Throw.
- In the case of consecutive trials by the same athlete, the delay will be 2 minutes.

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

Rule 187

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 trial:
   (a) from the nearest mark made by the fall of the discus, to the inside of the circumference of the circle along a line to the centre of the circle.

Rule 148

For track and field events in competition held under Rules 1.1(a), (b), (c) and (f), all measurements shall be made with a calibrated certified steel tape or with a scientific measuring device. The steel tape, or scientific measuring apparatus shall have been certified by the IAAF and the accuracy of the measuring equipment used in the competition shall have been verified by an appropriate organisation accredited by the national measurement authority, such that all measurements can be traced back to national and international measurement standards.

At other competitions fibreglass tapes may also be used.

Measurement Judge (Scientific)

Rule 137

One (or more) Measurement Judge(s) shall be appointed when Electronic or Video Distance Measurement or other scientific measurement device is to be used.

Before the start of the competition, 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 in conjunction with the Judges and under the supervision of the Referee (and if possible, the ITO assigned to the event), to confirm agreement with results achieved using a calibrated certified steel tape. A form of conformity shall be issued and signed by all those involved in the test and attached to the results card.

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.

Qualifying Competition (Preliminary Round)

Rule 180

7. A preliminary 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 preliminary round shall not be considered as part of the final.

8. The athletes shall normally 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 its warm-up immediately after the previous group has finished.

10. 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 competitions under Rules 1.1(a), (b), (c) and (f), there should be at least 12 athletes in the final.
11. 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. 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. In the case of the last qualifying place, if two or more athletes have the same best distances or heights in the overall results of the competition Rule 180.19 or Rule 181.8 as appropriate shall be applied. If it is thus determined that there has been a tie, the tying athletes shall be placed in the final.

Results
Rule 180
20. Each athlete shall be credited with the best of all his trials, including those achieved in resolving a tie for the first place.

Ties
Rule 180
19. Except for the High Jump and Pole Vault, the second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. Except in Vertical Jumps, in the case of a tie for any place, including first place, the tie shall remain.

It should be noted that as from 1 November 2009 tie-break trials for first place are no longer required if the athletes remained tied after the full application of the count-back rules.

Records
Rule 260
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.
(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.

Protests
Rule 146
4. (b) In a field event, if an athlete makes an immediate oral protest against having a trial judged as a failure, the Referee of the event may, at his discretion, order that the trial be measured and the result recorded, in order to preserve the rights of all concerned.

Team of Officials
It is advised that the Officials be placed according to the diagram on the next page. The Officials must be placed in a discreet manner so as not to inconvenience either the athletes or the spectators.
- The Chief Judge must supervise the whole of the event and check the measurements.
Near the circle:
- Two judges checking that the throw has been made correctly and measuring the throw. In a large number of national competitions the Chief Judge, takes on this duty. He must be equipped with flags in order to indicate as quickly as possible, after the thrower has left the circle, whether the throw is "good" (white flag) or "failed" (red flag).
- A Judge (2) placed opposite judge (1) checking from his side that the throw is correct.
- A Judge (3) holding the tape measure so that it is held taut and passes through the centre of the circle.

At the landing:
- A Judge (4) responsible for the landing zone and indicating with the help of flags whether the throw is valid or not.
- Two Judges (5 and 6) who will watch the exact place of landing will have a marker which he will place in the ground to enable the measuring of the throw.
- A Judge (7) who will hold the tape measure on the zero mark at the spot where the marker has been placed.
- A Judge (8) in charge of placing the small flags indicating each athlete’s best throw along a strip or line outside the sector in order to avoid them being hit by an implement. In important competitions, we advise, in order to inform the public, placing a brightly coloured marker next to the flag of the athlete about to make a throw.
- At the landing, one person or two responsible for sending back the discus that has been thrown.

Near the circle:
- A Recorder (9) keeping the results sheet and calling the athletes.
- A Judge (10) in charge of the results scoreboard (trial-number-result).
- A Judge in charge of the clock indicating to the athletes that they have a certain time to take their trial.
- A Judge in charge of the athletes and of the discus near the circle.
Half-way between the circle and the landing zone:
- A Judge will make sure that the tape measure is taut in order to ensure a correct measurement
  [14].

Note: This is the traditional setting-up of the team of officials. In major competitions, where a data
system and electronic scoreboards are available, a specialised personnel is certainly required as
well as extra judges. Indeed, the situation in a field event is followed by both the Recorder and by the
data system.

Hammer Throw

Facilities
Throwing Circle

Rule 187
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 ground surrounding the circle may be concrete,
synthetic, asphalt, wood or any other suitable material.

The interior of the circle may be constructed of concrete, asphalt or some other firm but slippery
material. The surface of this interior shall be level and 2cm±6mm lower than the upper edge of
the rim of the circle.

6. The inside diameter of the circle shall be 2.135m (±5mm) in Hammer 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 diameter of this circle is reduced
from 2.50m to 2.135m by placing a circular ring inside.

Note: The circular ring should preferably be coloured other than white so that the white lines required
by Rule 187.7 be clearly visible.

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 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 or roughen the
surface of the circle.

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 overall downward inclination of the landing sector, in the throwing direction, shall
not exceed 1:1000.

12. (a) 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 (20x0.60m) apart. Thus for every 1m from
the centre of the circle, the distance across should be 60cm.

The landing sector shall be of an even surface soft enough to ensure that the place of the initial fall
of the implement can be clearly established by the judges. The landing surface may not allow the
implement bounce backwards, thus creating a risk that the measuring point is obliterated.
Chapter 6 - Throwing Events

- Le panneau mobile de gauche est utilisé pour un lanceur droitier. (Foncé et versatilité comme indiqué au schéma)
- Le panneau mobile de droite est utilisé pour un lanceur gauche. (Foncé et versatilité comme indiqué au schéma)

- The left hand panel is used for a right handed thrower (exactly in the position shown and locked)
- The right hand panel is used for a left handed thrower (exactly in the position shown and locked)

IAAF Rule/Rule 192:3."La hauteur des panneaux de filet ou du filet tombant au point le plus bas sera d'au moins 7m...[10m partie/part "P"]
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 2.5m panels to the gate pivot points.

IAAF Rule/Rule 192:4."Deux panneaux mobiles de filet...[M]...de 2m de large seront prévus sur le devant de la cage, seul l'un d'entre eux sera utilisé pour un lanceur donné. La hauteur minimale des panneaux de filet...[M]...devra être 10m."
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.

CAGE MARTEAU et DISQUE. (IAAF Ajustement année 2004).

SITUATION Pour LE MARTEAU
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 Area, National or Meeting Record.

Hammer Cage

Rule 192

1. All hammer throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and athletes. The cage specified in this Rule is intended for use when the event takes place in the arena with other events taking place at the same time or when the event takes place outside the arena with spectators present.

Where this does not apply, and especially in training areas, a much simpler construction may be satisfactory. Advice is available on request from national organisations or from the IAAF Office.

2. The cage should be designed, manufactured and maintained so as to be capable of stopping a 7.26kg 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 end points of the 6m wide mouth shall be the inner edge of the pivoted netting.

The height of the netting panels or draped netting at their lowest point shall be at least 7m for the panels/netting at the rear of the cage and at least 10m for the last 2.80m panels to the gate 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.

(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.

(iii) When in operation, the movable panel shall be exactly in the position shown. Provision shall therefore, be made in the design of the movable panels to lock them in the operative position. It is recommended to mark (either temporarily or permanently) the operative positions of the panels on the ground.

(iv) The construction of these panels and their operation depends on the overall design of the cage and can be sliding, hinging on a vertical or horizontal axis or dismounting. The only firm requirements are that the panel in operation shall be fully able to stop any hammer striking it and...
there shall be no danger of a hammer being able to force its way between the fixed and movable panels.

(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 44mm for cord netting and 50mm for steel wire.

Note: Further specifications for the netting and safety inspection procedures are set out in the IAAF Track and Field Facilities Manual.

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 2.135/2.5m 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 Throw and Discus Throw 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.

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.

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.

The netting must be fixed in a way that the width of the mouth is the same at each height of the netting. This applies also for the panels when put into a position according to 192.4 [Note ii].

The Hammer

Rule 191

4. Construction. The hammer shall consist of three 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 rigid and without hinging joints of any kind. The total deformation of the handle under a tension load of 3.8kN shall not exceed 3mm

It shall be attached to the wire in such a manner that it cannot be turned within the loop of the wire to increase the overall length of the hammer.

The handle shall have a symmetric design and may have a curved or straight grip and/or brace with a maximum length inside of 110mm. The minimum handle breaking strength shall be 8kN.

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:

<table>
<thead>
<tr>
<th>Hammer</th>
<th>Women</th>
<th>Youth Men</th>
<th>Juniors Men</th>
<th>Seniors Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimum weight for admission to competition and for acceptance of a record:</td>
<td>4.000kg</td>
<td>5.000kg</td>
<td>6.000kg</td>
<td>7.260kg</td>
</tr>
</tbody>
</table>

Information for manufacturers

| Range for supply of implement for competition | Minimum | 4.005kg | 5.005kg | 6.005kg | 7.265kg |
| Range for supply of implement for competition | Maximum | 4.025kg | 5.025kg | 6.025kg | 7.285kg |

Length of Hammer measured from inside to grip

| Minimum | 1160mm | 1165mm | 1175mm | 1175mm |
| Maximum | 1195mm | 1200mm | 1215mm | 1215mm |

Diameter of head

| Minimum | 95mm | 100mm | 105mm | 110mm |
| Maximum | 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.

The Competition

Warm-up at the Competition Area

Rule 180

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,
   (b) implements;
   (c) the circles or the ground within the sector with or without implements.

Markers

3. (b) For throws made from a circle, an athlete may use one marker only. This marker may be placed only on the ground in the area immediately behind or adjacent to the circle. It must be temporary, in position only for the duration of each athlete’s own trial, and shall no impair the view of the judges. No personal markers (other than those under Rule 187.21) may be placed in or beside the landing area.

Assistance

Rule 187

4. (a) An athlete shall not use any device of any kind - e.g. the taping of two or more fingers together or using weights attached to the body - which in any way provides assistance when making a trial. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts.
[b] An athlete shall not use gloves except in the Hammer Throw. In this case, the gloves shall be smooth on the back and on the front and the tips of the glove fingers, other than the thumb, shall be open.

c] In order to obtain a better grip, an athlete may be use a suitable substance on their hands only. In addition, hammer throwers may use such substances on their gloves.

**Trials**

**Rule 191**

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 rim. The athlete may stop and begin the throw again, provided no other rule has been breached.

3. If the hammer breaks during a throw or while in the air, it shall not count as a failure, provided the trial was made in accordance with this Rule. Nor shall it count as a failure if an athlete thereby loses his balance and as a result contravenes any part of this Rule. In both cases the athlete shall be awarded a new trial.

**Rule 187**

13. In the Hammer Throw, implements shall be thrown from a circle. In the case of trials made from a circle, an athlete shall commence his trial from a stationary position inside the circle. An athlete is allowed to touch the inside of the rim.

14. It shall be a failure if an athlete in the course of a trial:

   (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 rim or the ground outside the circle.

**Note:** It will not be considered a failure if any part of the hammer strikes the cage after release provided that no other Rule is infringed.

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 and may leave it.

   When leaving the circle he shall step out as required in Rule 187.17 before returning to the circle 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 180.16.

16. It shall be a failure if the hammer head in contacting the ground when it first lands touches the sector line or the ground outside the sector line.

17. An athlete shall not leave the circle 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 rim 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.

   **Note:** the first contact with the top of the rim or the ground outside the circle is considered leaving.

18. After each throw, implements shall be carried back to the area next to the circle or runway and never thrown back.
Completion of Trials

Rule 180

6. The judge shall not raise a white flag to indicate a valid trial until a trial is completed. The completion of a valid trial shall be determined as follows:

(c) in the case of throwing events, once the athlete leaves the circle in accordance with Rule 187.17.

Delay

16. Note: (i) 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.

The following times should not normally be exceeded:

- 1 minute for the Hammer Throw.

- In the case of consecutive trials by the same athlete, the delay will be 2 minutes.

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

Measurements

Rule 187

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 trial:

(a) from the nearest mark made by the fall of the hammer head, to the inside of the circumference of the circle along a line to the centre of the circle.

Measurement Judge (Scientific)

Rule 137

One (or more) Measurement Judge(s) shall be appointed when Electronic or Video Distance Measurement or other scientific measurement device is to be used.

Before the start of the competition, 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 in conjunction with the Judges and under the supervision of the Referee (and if possible, the ITO assigned to the event), to confirm agreement with results achieved using a calibrated certified steel tape. A form of conformity shall be issued and signed by all those involved in the test and attached to the results card.

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.

Qualifying Competition (Preliminary Round)

Rule 180

7. A preliminary 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 preliminary round shall not be considered as part of the competition proper.

8. The athletes shall normally 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 its warm-up immediately after the previous group has finished.

10. 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 competitions under Rules 1.1(a), (b), (c) and (f), there should be at least 12 athletes in the final.

11. 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. 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. In the case of the last qualifying place, if two or more athletes have the same best distances or heights in the overall results of the competition Rule 180.19 or Rule 181.8 as appropriate shall be applied. If it is thus determined that there has been a tie, the tying athletes shall be placed in the final.

Results

Rule 180

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

Ties

Rule 180

19. Except for the High Jump and Pole Vault, the second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. Except in Vertical Jumps, in the case of a tie for any place, including first place, the tie shall remain.

It should be noted that as from 1 November 2009 tie-break trials for first place are no longer required if the athletes remained tied after the full application of the count-back rules.

Records

Rule 260

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.

(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.

Protests

Rule 146

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

It is recommended that the officials be placed according to the following diagram. The officials must place themselves in a discreet manner so as not to inconvenience either the athletes or the spectators.

Initial note: the control of the landing point is done a lot more easily than for the discus throw, whilst the throw stage, in the circle, is more difficult to watch. Consequently, the officials for the hammer throw will be the same as for the discus taking these characteristics into account.

- **The Chief Judge**, must supervise the whole event and check the measurements.

Near the circle:

- Two judges checking that the throw has been made correctly and measuring the throw. In a large number of national competitions the Chief Judge, takes on this duty. He must be equipped with flags in order to indicate as quickly as possible, after the thrower has left the circle, whether the throw is “good” (white flag) or “failed” (red flag).
- Three Judges (1), (2) and (3) placed around the cage to check that the throw, at the start, is correct.
- A Judge (4) holding the tape-measure so that it is held taut and passes through the centre of the circle.

At the landing:

- A Judge (5) responsible for the landing zone and indicating with the help of flags whether the throw is valid or not.
- A Judge (6) who will watch the exact place of the landing. He will have a marker which he will place in the ground to enable the measuring of the throw.
- A Judge (7) who will hold the tape measure on the zero mark at the spot where the marker has been placed.
- A Judge (8) in charge of placing the small flags indicating each athlete’s best throw along a strip or line outside the sector in order to avoid them being hit by an implement. In important competitions, we advise, in order to inform the public, placing a brightly coloured marker next to the flag of the athlete about to make a throw.
- At the landing one person (or two) responsible for sending back the hammer that has been thrown (13).

Near the circle:

- A Recorder (9) keeping the results sheet and calling the athletes.
- A Judge (10) in charge of the results scoreboard (trial-number-result).
- A Judge in charge of the clock indicating to the athletes that they have a certain time to take their trial (11).
- A Judge in charge of the athletes and of the hammers placed near the circle (12).

Half-way between the circle and the landing zone:

- A Judge will make sure that the tape measure is taut in order to ensure a correct measurement (14).

Note: This is the traditional setting-up the team of officials. In major competitions, where a data system and electronic scoreboards are available, a specialised personnel is certainly required as well as extra judges. Indeed, the situation in a field event is followed by both the Recorder and by the data system.
**Javelin Throw**

**Facilities**

**Javelin Runway**

**Rule 187**

9. In the Javelin Throw the minimum length of the runway shall be 30m. 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 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 lateral inclination of the runway shall be 1:100 and in the last 20m of the runway the overall downward inclination in the direction of running shall not exceed 1:1000.

**Landing Sector**

**Rule 187**

10. The landing sector shall consist of cinders or grass or other suitable material on which the implement makes an imprint.

11. The maximum overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000.

12. (b) In the Javelin Throw, 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°.

The landing sector shall be of an even surface soft enough to ensure that the place of the initial fall of the implement can be clearly established by the judges. The landing surface may not allow the implement bounce backwards, thus creating a risk that the measuring point is obliterated.

**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 Area, National or Meeting Record.

**The Javelin**

**Rule 193**

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 pimplles, grooves or ridges, holes or roughness, and the finish shall be smooth (see Rule 188.4) 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.
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:

<table>
<thead>
<tr>
<th>Javelin</th>
<th>Women</th>
<th>Youth</th>
<th>Men</th>
<th>Sen./Jun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimum weight for admission to competition and for acceptance of a record :</td>
<td>600g</td>
<td>700g</td>
<td>800g</td>
<td></td>
</tr>
<tr>
<td>Information for manufacturers Range for supply of implement for competition Minimum :</td>
<td>605g</td>
<td>705g</td>
<td>805g</td>
<td></td>
</tr>
<tr>
<td>Maximum :</td>
<td>625g</td>
<td>725g</td>
<td>825g</td>
<td></td>
</tr>
<tr>
<td>Overall length Minimum</td>
<td>2.20m</td>
<td>2.30m</td>
<td>2.60m</td>
<td></td>
</tr>
<tr>
<td>Maximum</td>
<td>2.30m</td>
<td>2.40m</td>
<td>2.70m</td>
<td></td>
</tr>
<tr>
<td>Length of metal head Minimum</td>
<td>250mm</td>
<td>250mm</td>
<td>250mm</td>
<td></td>
</tr>
<tr>
<td>Maximum</td>
<td>330mm</td>
<td>330mm</td>
<td>330mm</td>
<td></td>
</tr>
<tr>
<td>Distance from tip of metal head to centre of gravity Minimum</td>
<td>0.80m</td>
<td>0.86m</td>
<td>0.90m</td>
<td></td>
</tr>
<tr>
<td>Maximum</td>
<td>0.92m</td>
<td>1.00m</td>
<td>1.06m</td>
<td></td>
</tr>
<tr>
<td>Diameter of shaft at thickest point Minimum</td>
<td>20mm</td>
<td>23mm</td>
<td>25mm</td>
<td></td>
</tr>
<tr>
<td>Maximum</td>
<td>25mm</td>
<td>28mm</td>
<td>30mm</td>
<td></td>
</tr>
<tr>
<td>Width of cord grip Minimum</td>
<td>140mm</td>
<td>150mm</td>
<td>150mm</td>
<td></td>
</tr>
<tr>
<td>Maximum</td>
<td>150mm</td>
<td>160mm</td>
<td>160mm</td>
<td></td>
</tr>
</tbody>
</table>
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.

The Competition

Warm-up at the Competition Area

Rule 180

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 ground within the sector with or without implements.

Markers

3. [a] In all field events where a runway is used, markers shall be placed alongside it. 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.

Assistance

Rule 187

4. [a] An athlete shall not use any device of any kind - e.g. the taping of two or more fingers together or using weights attached to the body - which in any way provides assistance when making a trial. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts.
   [b] The use of the gloves is not allowed.
   [c] In order to obtain a better grip, athletes are permitted to use a suitable substance on their hands only.

Trials

Rule 193

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) Until the javelin has been thrown an athlete shall not at any time turn completely around, so that his back is towards the throwing arc.

Rule 187

13. Implements shall be thrown in the Javelin Throw, from a runway.

14. It shall be a failure if an athlete in the course of a trial:
   (a) improperly releases the javelin,
   (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 runway and may leave it. When leaving the runway he shall step out as required in Rule 187.17 before returning to the 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 180.16.

16. It shall be a failure if the tip of the javelin in contacting the ground when it first lands touches the sector line or the ground outside the sector line.

17. An athlete shall not leave the runway until the implement has touched the ground.
   (b) In the case of the Javelin Throw, 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. Once the implement has touched the ground an athlete will also be considered to have left the runway, upon making contact with or, behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway four metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, he shall be considered to have left the runway correctly.

18. After each throw, implements shall be carried back to the area next to the runway and never thrown back.

It should be noted that the additional sentences in Rule 187.17(b) relating to javelin are designed to speed up the judging process and not to create an additional method of calling a foul on the athlete. The purpose of the “4m marks” is solely to enable the judges to raise the white flag and begin measuring the trial once the athlete retreats behind this point (in the same way as they would do if he had otherwise correctly left the runway). The only requirement is that there is no other reason for calling a failure and that the implement has touched the ground before the white flag is raised. Necessarily, if the athlete for whatever reason never progresses past the “4m marks” when making his throw then the flag can be raised once the implement has landed.

Completion of Trials

Rule 180

6. The judge shall not raise a white flag to indicate a valid trial until a trial is completed. The completion of a valid trial shall be determined as follows:
   (c) in the case of throwing events, once the athlete leaves the runway in accordance with Rule 187.17.
Delay
16. Note: (i) 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.

The following times should not normally be exceeded:
- 1 minute for the Javelin Throw.
- In the case of consecutive trials by the same athlete, the delay will be 2 minutes.

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

Rule 193
2. If the javelin breaks during a throw or while in the air, it shall not count as a failure, provided the trial was made in accordance with this Rule. Nor shall it count as a failure if an athlete thereby loses his balance and as a result contravenes any part of this Rule. In both cases the athlete shall be awarded a new trial.

Measurements
Rule 187
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 trial:
   (b) in the Javelin Throw, 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.

Rule 148
For field events in competition held under Rules 1.1(a), (b), (c) and (f), all measurements shall be made with a calibrated certified steel tape with a scientific measuring device. The steel tape, or scientific measuring apparatus shall have been certified by the IAAF and the accuracy of the measuring equipment used in the competition shall have been verified by an appropriate organisation accredited by the national measurement authority, such that all measurements can be traced back to national and international measurement standards.
At other competitions fibreglass tapes may also be used.

Measurement Judge (Scientific)
Rule 137
One [or more] Measurement Judge[s] shall be appointed when Electronic or Video Distance Measurement or other scientific measurement device is to be used.

Before the start of the competition, 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 in conjunction with the Judges and under the supervision of the Referee (and if possible, the ITO assigned to the event), to confirm agreement with results achieved using a calibrated certified steel tape. A form of conformity shall be issued and signed by all those involved in the test and attached to the results card. 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.
Qualifying Competition (Preliminary Round)

Rule 180

7. A preliminary 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 preliminary round shall not be considered as part of the competition proper.

8. The athletes shall normally 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 its warm-up immediately after the previous group has finished.

10. 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 competitions under Rules 1.1(a), (b), (c) and (f), there should be at last 12 athletes in the final.

11. 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. 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. In the case of the last qualifying place, if two or more athletes have the same best distances or heights in the overall results of the competition Rule 180.19 or Rule 181.8 as appropriate shall be applied. If it is thus determined that there has been a tie, the tying athletes shall be placed in the final.

Results

Rule 180

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

Ties

Rule 180

19. Except for the High Jump and Pole Vault, the second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. Except in Vertical Jumps, in the case of a tie for any place, including first place.

It should be noted that as from 1 November 2009 tie-break trials for first place are no longer required if the athletes remained tied after the full application of the count-back rules.

Records

Rule 260

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.

(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.
Protests

Rule 146

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

Team of Officials

It is recommended that the Officials be placed according to the diagram on the next page. The officials must place themselves in a discreet manner so as not to inconvenience either the athletes or the spectators.

- The Chief Judge, must supervise the whole event and check the measurements.

Near the runway:

- One judge (1) checking that the throw has been made correctly and measuring the throw. In a large number of national competitions the Chief Judge, takes on this duty. He must be equipped with flags in order to indicate as quickly as possible, after the thrower has left the runway, whether the throw is “good” (white flag) or “failed” (red flag).

- A judge (2) holding the tape-measure so that it passes through the centre of the arc of the circle.

At the landing:

- A judge (3), responsible for the landing zone, and indicating with the whether the throw is valid or not.

- Two Judges (4) and (5) who watch the place where the tip of the metal head touched the ground. They do not deal with the validity of the throw. It is a very difficult duty; the javelin does not always “plant” itself in the ground and, although valid, slides on the ground without leaving a trace. It is, therefore, up to these judges to determine very quickly the point of impact of the tip of the metal head with the ground. One of these judges holds a marker which he pushes in the ground.

- A Judge (6) who will hold the tape-measure and who must place the zero point on the spot where the marker has been placed.

- A Judge (7) in charge of placing the small flags indicating each athlete’s best throw. These flags must be placed along a strip or line outside the sector in order to avoid them being hit by a javelin. In important competitions, we advise, in order to inform the public to place a brightly coloured marker next to the marker of the athlete about to make a throw.

- one person (or two) responsible for sending back the javelins that have been thrown (12).

Near the runway zone:

- A Recorder (8) keeping the results sheet and calling the athletes.

- A Judge (9) in charge of the results scoreboard (trial-number-result).

- A Judge in charge of the clock indicating to the athletes that they have a certain delay to take their trial (10);

- A Judge in charge of the athletes and of the javelins placed near the runway (11).

Half-way between the runway and the landing zone:

- A judge will make sure that the tape-measure is taut in order to ensure a correct measurement [13].

Note: This is the traditional setting-up of the jury. In major competitions, where a data system and electronic scoreboards are available, a specialised personnel is certainly required as well as extra judges. Indeed, the situation in a field event is followed by both the Recorder and by the data system.
Chapter 7

Combined Events
**Combined Events**

**The Referee**

**Rule 125**

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.

The Combined Events Referee shall ensure that the rules are observed in each event. If an athlete must be penalised in one of the events, the Chief Judge of that event shall inform the Combined Events Referee who shall take the decision.

**The Competition**

**Rule 200**

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.

Changes in the number of days in the Combined Events competition are not allowed except for special cases [e.g. weather conditions]. Such decisions are matters for the Technical Delegates and/or Referees in the particular circumstances of each case.

8. In each separate event, except the last, of a Combined Event competition, the heats and groups shall be arranged by the Technical Delegate(s) or Combined Events Referee, as applicable, so that the athletes with similar performances in each individual event during a predetermined period, shall be placed in the same heat or group. Preferably five or more, and never less than three, athletes shall be placed in each heat or group.

When this cannot be achieved because of the timetable of events, the heats or groups for the next event should be arranged as and when athletes become available from the previous event.

In the last event of Combined Event Competition, the heats should be arranged so that one contains the leading athletes after the penultimate event.

The Technical Delegate(s) or the Combined Events Referee, shall have the authority to rearrange any group if, in 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 Fully Automatic Timing is not available, each athlete’s time shall be taken by three Timekeepers independently.
   [c] in the Track Events, only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible further false starts in the race shall be disqualified [see also Rule 162.7].

Rule 130.5

In case of a false start, the Starter’s Assistants shall proceed in accordance with Rule 162.8.

Rule 181.4

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

Delay

Rule 180

16. 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:

<table>
<thead>
<tr>
<th></th>
<th>HIGH JUMP</th>
<th>POLE VAULT</th>
<th>OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>More than 3 athletes</td>
<td>1 min</td>
<td>1 min</td>
<td>1 min</td>
</tr>
<tr>
<td>left in the competition</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 or 3 athletes</td>
<td>1.5 min</td>
<td>2 min</td>
<td>1 min</td>
</tr>
<tr>
<td>left in the competition</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 or consecutive trials</td>
<td>2 min</td>
<td>3 min</td>
<td>2 min</td>
</tr>
</tbody>
</table>

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

**Note (ii):** In the High Jump and Pole Vault, any change in the time period allowed for a trial shall not be applied until the bar is raised to a new height, except that where applicable the time specified for consecutive trials shall be applied.

**Note (iii):** For the first trial of any athlete upon entering the competition, the time allowed for such trial will be one minute.

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

**Rule 200**

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. If two or more athletes achieve an equal number of points for any place in the competition, the procedure to determine whether there has been a tie is the following:

   (a) The athlete who, in the greater number of events, has received more points than the other athlete(s) concerned shall be awarded the higher place.

   (b) If the athletes are equal following the application of Rule 200.13(a) the athlete who has the highest number of points in any one event shall be awarded the higher place.

   (c) If the athletes are still equal following the application of Rule 200.13(b) the athlete who has the highest number of points in a second event, etc. shall be awarded the higher place.

An international scoring table is being used, solely for combined events.

There are separate tables for all the events in the men’s decathlon and pentathlon and the women’s heptathlon. The score for any performance on the track or in the field can be found in the appropriate table. In many events, all possible times or distances are not given in the table. In such cases, the score for the nearest lesser performance should be taken into account.

The same tables are used for each event even when for the younger age groups the height of the hurdles and/or the weight of the implement is less than that used for Senior competition. The Boys Youth 1000m points are taken from the Men’s Indoor 1000m table.
Example
In the women’s throwing the javelin there is no entry for a distance of 45.82 m. The nearer shorter
distance given in the table is 45.78 for a score of 779 points.

Two systems of timekeeping are recognised:
- exclusively hand time-keeping, shown by the time being recorded to 1/10 seconds using either a
  1/10 sec or 1/100 sec stopwatch (electronic or mechanical) in accordance with Rule 165.10 and11,
- exclusively fully automatic electrical time-keeping or photo-finish shown by the time being
  recorded to 1/100 seconds.

Another problem arises in the timing of track events. Unfortunately the two systems of time-keeping
would produce slightly different times for shorter races (400m and less) for the same athlete. Thus
it is also impossible to compare directly the scores in the two systems for the same time: one by hand
time and the other automatic electrical.

1/10 second scoring tables are included for all the events where a correction is necessary (100m,
200m, 400m and 110m H for men, 100m, 200m, 400m and 100m H for women). In these tables, the
time scale has been adjusted by the required correction factor. For the longer races (800m and
1500m) no correction is necessary and the 1/100 second tables should be used at the full 1/10 second
intervals. With these corrections, the results for competitions timed electrically and timed by hand
are strictly comparable. But remember that under Rule 200.10, only one system of timing may be
applied throughout any single event in a competition.

Absence during Competition
Rule 180
17. In Field Events, an athlete may, with the permission of, and accompanied by, an official leave
the immediate area of the event during the progress of the competition.

Combined Events Competitions
Rule 222
Please refer to the Indoor Athletics Section

For World Records in Combined Events
Rule 260
27. The conditions shall have been complied with in each of the individual events, except that, in
events where wind velocity is measured, the average velocity (based on the algebraic sum of the
wind velocities, as measured for each individual event, divided by the number of such events)
shall not exceed plus 2 metres per second.

1. For Entry Standards for IAAF Competitions in Combined Events

At its meeting in March 2010, the IAAF Council decided that the previous wording of Rule 260.27 that
applied prior to the above rule change which took effect on 1 November 2009, would still apply in case
of validating entry standards for IAAF events and the Olympic Games. Therefore in such cases, the
following should be applied solely for the purpose of determining whether an athlete has achieved
the entry standard:
27. 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.

2. If, for any reason, the competition is held for a longer period than according to Rule 200.1-200.6 and Rule 222, then the record in Combined Events (total number of points) cannot be ratified.
Chapter 8

Indoor Competitions
Indoor Competitions

GENERAL RULES

Applicability of Outdoor Rules to Indoor Competitions

Rule 210

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

The Indoor Stadium

Rule 211

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. All the facilities should conform to the specifications in the IAAF Track and Field Facilities Manual.

3. All the tracks, runways or take-off surface areas shall be covered with a synthetic material that should preferably be able to accept 6mm spikes in running shoes. Alternative thicknesses may be provided by the stadium management, who will notify athletes of the permissible length of spikes. [See Rule 143.4].

Indoor Track and Field competitions under Rule 1.1 (a), (b), (c), and (f) should be held only on facilities that hold a current valid IAAF Indoor Athletics Facility Certificate.

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

4. The foundation on which the synthetic surface of the tracks, runways and take-off areas is laid shall be either solid e.g. concrete or, if of suspended construction [such as wooden boards or plywood sheets mounted on joists], without any special sprung sections and, as far as technically possible, each runway shall have a uniform resilience throughout. This shall be checked, for the take-off area for the jumps, before each competition.

Note (i): A “sprung section” is any deliberately engineered or constructed section designed to give extra assistance to an athlete.

Note (ii): The IAAF Track and Field Facilities Manual, which is available from the IAAF Office, or may be downloaded from the IAAF website, contains more detailed and defined specifications for planning and construction of indoor stadia including diagrams for track measurement and marking.

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

1. The difficulties most often met are produced by the lighting. A covered stadium must have a lighting which allows a correct display of activities but, besides, if it is built for competition, the lighting illumination level must be higher especially for TV coverage. Finally the finish line(s) must have its (their) own lighting for the electric timing.

2. In view of the experience of many competitions, it is necessary for the Shot Put facilities to be able to be dismantled readily.
Rule 212
The Straight Track
1. The 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 (± 0.01m) wide including the lane line on the right.

Note: For all tracks constructed before 1 January 2004 the lanes may have a width of maximum 1.25m

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 finishing 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 finishing line should be 15m.

The straight track can measure 50m or 60m. In major competitions, it is necessary that the events take place over a distance of 60m.

If you are asked for advice, it is necessary to insist on the area which must be free at the start and at the finish.

Experience has proved that, behind the starting line, the free zone cannot be more than 2 metres. This distance is sufficient to place the starting-blocks with false start apparatus and the lane boxes indicating the lanes.

On the other hand, after the finish line, it is necessary to have a free zone (including the circular track) measuring 20m, even 25m.

The Oval Track and Lanes
Rule 213
1. The nominal length should preferably be 200m. It shall consist of two parallel 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 nominal width of the lanes shall be between 0.90m and 1.10m including the lane line on the right. All lanes shall be of the same nominal width with a tolerance of ±0.01m to the selected width. The lanes shall be separated by white lines 5cm wide.

Banking
3. The angle of banking in all the lanes should be the same at any cross section of the track. The straight may be flat or have a maximum lateral inclination of 1:100 towards the inside lane. In order to ease the change from the straight to the banked bend, the change may be made with a smooth gradual horizontal transition which may be extended up to 5m into the straight. In addition there should be a vertical transition.
Marking of the Inside Edge

4. Where the inside edge of the track is bordered with a white line, it shall be marked additionally with cones or flags on the bends and optionally on the straights. 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 60° with the ground away from the track. 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.

The rules given above are only an indication. It is quite certain that, according to the radius of the bend, the gradient of the bend and the length of the straights on the circular track, the performances achieved, especially in the 200m, even 400m, will vary.

An oval track may be longer than 200m but any records for 200m or longer races would not be ratified. On the other hand, it is now certain that the development of a 200m track is more advantageous than that of 166m tracks. Depending on the use of the facilities, it will be necessary to foresee the number of lanes required. If one wishes to organise top level competitions, it will be useful to have a 6 lane track. The ideal width of the lanes of an oval track should be 1m.

As for the gradient, experience has shown (combination of the constant radius and gradient) that the ideal solution for sprinters is a maximum gradient of 20 %, e.g. 11° to 11°5, when the circular track has 6 lanes.

The IAAF Track and Field Facilities Manual suggests that the bend radii be between 15m and 19m with the optimum running line radius being 17.5m. Other bend radii are allowed.

Cones must be placed not only along the bends, but along the whole of the oval track.

For the positions of the flags or cones, remember that the white line on the inside edge of lane 1 does not belong to the runner drawn in that lane.

The use of covered tracks enables us to say that it is more sensible to use cones rather than flags and that they must have a maximum height of 30cm. Besides, so as not to hinder or cause apprehension to the athletes it is recommended that the base of the cones is cut obliquely.

Markings for Start and Finish on the Oval Track

Rule 214

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 steepest part of the banking.
Chapter 8 - Indoor Competitions

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, 300m shall be run entirely in lanes. Races over 300m, 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 up to two athletes may be assigned per lane, or a group start, preferably commencing in lanes 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), (c) and (f), the Members concerned may agree not to use lanes for the 800m event.

Note (ii): On tracks with less than six lanes a group start as in Rule 162.10 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 (400m races, see Rule 214.9) should be in a position where the angle of the banking should not be more than 12 degrees.

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, the line of position to be measured shall be drawn 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 Rule 214.8).

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 starting 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 break line 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.

To assist athletes identify the break line small cones or prisms, 5cm x 5cm and no more than 15cm high, preferably of different colour from the break line and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline.

**Track markings**

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

In summary, all the lines are 50mm wide with the following colours:
- lines separating the lanes and finish lines: white
- 50m, 60m start lines (at right angles across the width of the track): white
- 800m start lines (in each lane with stagger): white with green on the centre 1/3
- 200m start lines (in each lane with stagger): white
- 400m start lines (in each lane with stagger): white sometimes mixed in with the 200m start lines, especially in lanes 2 and 3 and a blue extra line then on the centre 1/3; for lanes 4, 5 and 6, white with blue on the centre 1/3
- 1500m, Mile, 3000m (a compensated curve across the whole width of the track): white
- lines for moving inside (breakline) at the start of the back straight (moving on the inside for the 800 m) as well as the start of the finishing straight (moving on the inside for the 400 m): green
- 60m Hurdles (10cm both sides): women: yellow; men: blue

**Rounds and 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, i.e. those to advance by place (P) and time (T), for each round of track events:

### 60m, 60m H

<table>
<thead>
<tr>
<th>Declared Entries</th>
<th>First Round Heats</th>
<th>P</th>
<th>T</th>
<th>Second Round Heats</th>
<th>P</th>
<th>T</th>
<th>Semi-Finals Heats</th>
<th>P</th>
<th>T</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-16</td>
<td>2</td>
<td>3</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17-24</td>
<td>3</td>
<td>2</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>25-32</td>
<td>4</td>
<td>3</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td>2</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>33-40</td>
<td>5</td>
<td>4</td>
<td>4</td>
<td>3 2 2</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>41-48</td>
<td>6</td>
<td>3</td>
<td>6</td>
<td>3 2 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>49-56</td>
<td>7</td>
<td>3</td>
<td>3</td>
<td>3 2 2</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>57-64</td>
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<td>2</td>
<td>8</td>
<td>3 2 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65-72</td>
<td>9</td>
<td>2</td>
<td>6</td>
<td>3 2 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>73-80</td>
<td>10</td>
<td>2</td>
<td>4</td>
<td>3 2 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### 200m, 400m, 800m, 4x200m, 4x400m

<table>
<thead>
<tr>
<th>Declared Entries</th>
<th>First Round Heats</th>
<th>Second Round Heats</th>
<th>Semi-Finals Heats</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>P</td>
<td>T</td>
<td>P</td>
</tr>
<tr>
<td>7-12</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>13-18</td>
<td>3</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>19-24</td>
<td>4</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>25-30</td>
<td>5</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>31-36</td>
<td>6</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>37-42</td>
<td>7</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>43-48</td>
<td>8</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>49-54</td>
<td>9</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>55-60</td>
<td>10</td>
<td>2</td>
<td>4</td>
</tr>
</tbody>
</table>

### 1500m

<table>
<thead>
<tr>
<th>Declared Entries</th>
<th>First Round Heats</th>
<th>Second Round Heats</th>
<th>Semi-Finals Heats</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>P</td>
<td>T</td>
<td>P</td>
</tr>
<tr>
<td>12-18</td>
<td>2</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>19-27</td>
<td>3</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>28-36</td>
<td>4</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>37-45</td>
<td>5</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>46-54</td>
<td>6</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>55-63</td>
<td>7</td>
<td>2</td>
<td>4</td>
</tr>
</tbody>
</table>

### 3000 m

<table>
<thead>
<tr>
<th>Declared Entries</th>
<th>First Round Heats</th>
<th>Second Round Heats</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>P</td>
<td>T</td>
</tr>
<tr>
<td>16-24</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>25-36</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>37-48</td>
<td>4</td>
<td>2</td>
</tr>
</tbody>
</table>

**Note:** The above qualifying procedures are only valid for 6 lanes oval and/or 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, three draws for lanes will be made:
   
   (a) one for the two highest ranked athletes or teams to determine placings in the outer two lanes;
   
   (b) another for the third and fourth ranked athletes or teams to determine placings in the next two lanes;
   
   (c) another for the other athletes or teams to determine placings in any remaining inner lanes.
   
   The ranking referred to shall be determined as follows:
   
   (d) for the first round, from the relevant list of valid performances achieved during the predetermined period.
   
   (e) after the first round, in accordance with the procedures identified in Rule 166.3(a).

12. For all other races the lane order shall be drawn by lot in accordance with Rule 166.4 and 166.8.
Hurdle Races

Rule 216

1. Hurdle races shall be conducted over distances of 50m or 60m on the straight track.

2. Layout of the hurdles for races:

<table>
<thead>
<tr>
<th></th>
<th>Youth Boys</th>
<th>Junior Men</th>
<th>Men</th>
<th>Youth Girls</th>
<th>Jr. Women/ Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height of hurdle</td>
<td>0.914m</td>
<td>0.991m</td>
<td>1.067m</td>
<td>0.762m</td>
<td>0.838m</td>
</tr>
<tr>
<td>Distance</td>
<td>50m/60m</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of hurdles</td>
<td>4/5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Start line to first hurdle</td>
<td>13.72m</td>
<td></td>
<td></td>
<td>13.00m</td>
<td></td>
</tr>
<tr>
<td>Between hurdles</td>
<td>9.14m</td>
<td></td>
<td></td>
<td>8.50m</td>
<td></td>
</tr>
<tr>
<td>Last hurdle to finish line</td>
<td>8.86m/9.72m</td>
<td>11.50m/13.00m</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Relay Races

Rule 217

Conduct of the Races

1. In the 4x200m relay race all the first leg and the first bend of the second leg 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.

2. 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.

3. In the 4x800m relay race, the first bend shall be run in lanes. Thus the same break line, scratch lines etc. will be used as for the individual 800m race.

4. In relay 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.

5. The waiting athletes in the third and fourth legs of the 4x200m relay race, in the second, third and fourth legs of the 4x400m and 4x800m 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 enter the last bend. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange their positions at the beginning of the take-over zone. If an athlete does not follow this Rule, his team shall be disqualified.

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.

High Jump

Rule 218

The Runway and Take-Off Area

1. If portable mats are used, all references in the Rules to the level of the take-off area must be construed as referring to the level of the top surface of the mat.
2. An athlete may start his approach on the banking of the oval track provided that the last 15m of his run up is on a runway complying with Rules 182.3, 182.4 and 182.5.

Pole Vault
Rule 219
The Runway
An athlete may start his approach on the banking of the oval track provided that the last 40m of his run-up is on a runway complying with Rules 183.6 and 183.7.

Horizontal Jumps
Rule 220
The Runway
An athlete may start his approach on the banking of the oval track provided that the last 40m of his run-up is on a runway complying with Rules 184.2 and 184.3.

Shot Put
Rule 221
Shot Landing Sector
1. The landing sector shall consist of some suitable material on which the shot will make an imprint, but which will minimise any bounce.
2. The landing sector shall be enclosed 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 and protective netting of approximately 4m height which should stop a shot whether in flight or bouncing from the landing surface.
3. 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 may either run radially from the centre of the Shot Put circle including a full 34.920 sector, 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
4. Depending on the type of landing area (see Rule 221.1) 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
5. These shall comply with Rules 188.4 and 188.5, for the Shot Put outdoors.

Plastic or Rubber Cased Shot
6. The shot shall have a soft plastic or rubber case with a suitable filling such that no damage shall be caused when landing on a normal sports hall floor. It shall be spherical in shape and its surface shall have no roughness and the finish shall be smooth.
The shot shall conform to the following specifications:

<table>
<thead>
<tr>
<th>Specification</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimum weight for admission</td>
<td>4.00kg</td>
<td>7.26kg</td>
</tr>
<tr>
<td>Range for supply of implement for competition - Minimum</td>
<td>4.005kg</td>
<td>7.265kg</td>
</tr>
<tr>
<td>Range for supply of implement for competition - Maximum</td>
<td>4.025kg</td>
<td>7.285kg</td>
</tr>
<tr>
<td>Minimum diameter</td>
<td>95mm</td>
<td>110mm</td>
</tr>
<tr>
<td>Maximum diameter</td>
<td>130mm</td>
<td>145mm</td>
</tr>
</tbody>
</table>

**Clothing, Shoes and Athlete Bibs**

**Rule 215**

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) subject always to the maxima provided in Rule 143.4.

**Combined Events Competitions**

**Rule 222**

**Men (Pentathlon)**

1. The Pentathlon consists of five events, which shall be held on one day in the following order: 60m Hurdles, Long Jump, Shot Put, High Jump, 1000m.

**Men (Heptathlon)**

2. 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)**

3. The Pentathlon consists of five events and shall be held on one day in the following order: 60m Hurdles, High Jump, Shot Put, Long Jump, 800m.

**Heats and Groups**

4. Preferably four or more, and never less than three athletes shall be placed in each heat or group.
Chapter 9

World Records
World Records

Rule 260

3. When a World Record is set the 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 to the IAAF Office within thirty days. Forms are available, on request, from the IAAF Office, or may be downloaded from the IAAF website. 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 competition,
   - 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, to be conducted in accordance with the IAAF Rules and Procedural Guidelines currently in force. In the case of a Relay Record, all members of the team must be tested. The sample(s) collected shall be sent for analysis to a WADA-accredited laboratory and the result(s) sent to the IAAF to be added to the other information required by the IAAF for the ratification of the record. If such testing results in a doping violation, or if such a testing 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 be bona fide competitors in the event.

10. The records shall be better than or equal to the existing World Record for that event, as accepted by IAAF. If a record is equalled it shall have same status as the original record.

11. Records made in preliminary rounds, in deciding ties, in any event which is subsequently decreed void under the provisions of Rule 125.6 and Rules 146.4(a) and (b), or in individual events in Combined Events competitions, regardless of whether or not the athlete completes the whole Combined Events competition, may be submitted for ratification.

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 World Records in Running and Race Walking Events, the following conditions for the timing must be respected:
   (a) The Records shall be timed by official Timekeepers by an approved Fully Automatic Photo Finish System or Transponder System (see Rule 165).
   (b) For races up to and including 800m (including 4x200m and 4x400m), only performances timed by an approved Fully Automatic Photo Finish System conforming to the relevant sections of Rule 165 shall be accepted.
   (c) In the case of a track record where Fully Automatic Timing was in operation the photo finish image and the zero control test 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 to 163.11 inclusive, 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) For all Records up to and including 400 metres (including 4x200m and 4x400m) under Rule 261 and 263, starting blocks linked to an IAAF approved false start control apparatus under Rule 161.2 must have been used and have functioned correctly so that the reaction times were obtained.

24. For World Records in Relay Events:
   (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 Records in Race Walking Events:
   At least three 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, 184.5 and 184.6 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, the average velocity (based on the algebraic sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed plus 2 metres per second.

28. For World Records in Road Running Events:

(a) The course must be measured by an “A” or “B” grade IAAF/AIMS approved measurer as defined in Rule 117.

(b) The start and finish points of a course, measured along a theoretical straight line between them, shall not be further apart than 50% of the race distance.

(c) The overall 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 (i.e. re-measured) as late as possible before the race, 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) World Records in Road Running Events set at intermediate distances within a race must comply with the conditions set under Rule 260. The intermediate distances must have been measured and marked during the course measurement and must have been verified in accordance with Rule 260.28(e).

(g) For the Road Relay, the race should be run in stages of 5km, 10km, 5km, 10km, 5km, 7.195km. The stages must have been measured and marked during the course measurement with a tolerance of ±1% of the stage distance and must have been verified in accordance with Rule 260.28(e).

29. For World Records in Road Race Walking Events:

(a) The course must be measured by an “A” or “B” grade IAAF/AIMS approved measurer as defined in Rule 117.

(b) The circuit shall be no shorter than 1 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” grade 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 verified (i.e. re-measured) as late as possible before the race, on the day of the race or as soon as practical after the race, preferably by a different “A” or “B” grade 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 Automatically Timed performances (F.A.T.)
Hand Timed performances (H.T.)

Men
F.A.T. only: 100m; 200m; 400m; 800m
110m Hurdles; 400m Hurdles;
4x100m Relay; 4x200m Relay; 4x400m Relay; Decathlon
F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m;
5000m; 10,000m; 20,000m; 1 Hour; 25,000m;
30,000m; 3000m Steeplechase.
Relays: 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 Throw; Hammer Throw; Javelin Throw.

Women
F.A.T. only: 100m; 200m; 400m; 800m
110m Hurdles; 400m Hurdles;
4x100m Relay; 4x200m Relay; 4x400m Relay; Heptathlon; Decathlon
F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m;
5000m; 10,000m; 20,000m; 1 Hour; 25,000m;
30,000m; 3000m Steeplechase.
Relays: 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 Throw; Hammer Throw; Javelin Throw.

Rule 262

Events for which World Junior Records are Recognised

Fully Automatically Timed performances (F.A.T.)
Hand Timed performances (H.T.)

Junior Men
F.A.T. only: 100m; 200m; 400m; 800m
110m Hurdles; 400m Hurdles;
4x100m Relay; 4x400m Relay; Decathlon
F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m;
5000m; 10,000m; 3000m Steeplechase;
Race Walking [Track]: 10,000m.
Race Walking [Road]: 10km
Jumps: High Jump; Pole Vault; Long Jump; Triple Jump.
Throws: Shot Put; Discus; Hammer Throw; Javelin Throw.

**Junior Women**

**F.A.T. only:** 100m; 200m; 400m; 800m; 100m Hurdles; 400m Hurdles; 4x100m Relay; 4x400m Relay; Heptathlon; Decathlon*

**F.A.T. or H.T.:** 1000m; 1500m; 1 Mile; 3000m; 5000m; 10,000m; 3000m Steeplechase; Race Walking (Track): 10,000m; Race Walking (Road): 10km.

Jumps: High Jump; Pole Vault; Long Jump; Triple Jump.
Throws: Shot Put; Discus Throw; Hammer Throw; Javelin Throw.

*Only ratified if over 7300 points.

**Rule 263**

Events for which World Indoor Records are Recognised

Fully Automatically Timed performances (F.A.T.)
Hand Timed performances (H.T.)

**Men**

**F.A.T. only:** 50m; 60m; 200m; 400m; 800m; 50m Hurdles; 60m Hurdles; 4x200m Relay; 4x400m Relay; Heptathlon

**F.A.T. or H.T.:** 1000m; 1500m; 1 Mile; 3000m; 5000m Relay; 4x800m.
Race Walking: 5000m.

Jumps: High Jump; Pole Vault; Long Jump; Triple Jump.
Throws: Shot Put.

**Women**

**F.A.T. only:** 50m; 60m; 200m; 400m; 800m; 50m Hurdles; 60m Hurdles; 4x200m Relay; 4x400m Relay; Pentathlon

**F.A.T. or H.T.:** 1000m; 1500m; 1 Mile; 3000m; 5000m Relay; 4x800m.
Race Walking: 3000m.

Jumps: High Jump; Pole Vault; Long Jump; Triple Jump.
Throws: Shot Put.
Chapter 10

Anti-Doping
Anti-Doping

The International Association of Athletics Federation has established Anti-Doping Rules and Anti-Doping Regulations. These can be found in the IAAF Competition Rules Chapter 3 and in the IAAF Anti-Doping Regulations booklet. These documents are available for downloading from the IAAF Website at the following addresses:


Our purpose is not to copy these booklets but to provide information for the Federations’ officials who will be involved in the doping control implementation and/or responsible for assisting the IAAF Doping Control Delegates (where appropriate) on the main elements of the organisation and the procedures of a doping control.

If you are appointed as the Doping Control Delegate for a meeting it is imperative that you read the latest edition of the “IAAF Anti-Doping Regulations” so as to understand the more detailed requirements.

An IAAF or Area representative designated as Doping Control Delegate shall be present at those international and other meetings as determined by Council.

In all other cases (except where doping control is carried out under the rules of another sporting body), the Member Federation in charge of the controls or the authorised testing authority will be responsible for the doping control organisation where appropriate.

Where testing is the responsibility of, or is carried out by a Member Federation, that Member should adhere, as far as is possible under the given circumstances, to the recommended procedures contained in the "IAAF Anti-Doping Regulations”.

Doping Control Delegate

Rule 114

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 supervising all matters relating to doping control.

Doping Control during competition

Installations and Equipment

The Doping Control Station must ensure the athlete’s privacy and is to be used solely as a Doping Control Station for the duration of the competition. It should consist of:

- An adequate waiting room equipped with a sufficient number of seats, and in which the athletes will find a selection of non-alcoholic drinks in sealed containers;
- A working room, with tables and chairs, separate toilets for men and women;
- Toilets [separate for men and women].

The Doping Control station should be clean and fully equipped with all necessary approved materials for doping control, e.g. collection vessels, sealed sampling kits, fridges ... to be provided by the competition organiser and/or the national testing authority. It is recommended that a security officer be positioned immediately outside the Doping Control Station in order to monitor the flow of personnel in and out of the station and to prevent any unauthorised access.
Sample Collection Personnel

The appointment of sample collection personnel in the form of well trained Doping Control Officers (DCOs) and Chaperones must be organised well in advance. A sufficient number of DCO’s and Chaperones must be recruited for the number of samples to be collected. They must be familiar with the relevant procedures set out in the IAAF Anti-Doping Regulations.

All sample collection personnel must have some official identification showing that they are authorised to assist/conduct the doping control. The competition organiser must ensure that the DCO’s and Chaperones are given unrestricted access to the areas where the athletes may be located for testing.

Selection of Athletes to be Tested

The athletes will be selected on a final position basis and/or at random under the control of the Anti-Doping Delegate, in cooperation with the relevant DCO.

Furthermore, other athletes may be selected for testing at the discretion of the official in charge of Doping Control or the Delegate by any method they may choose, including the use of target testing. The details of the selection should remain fully confidential.

An athlete who has broken or equalled an Area and/or World Record must be tested for doping. An athlete who has broken or equalled an Area and/or World Record in a running event, race walking event or combined event shall be tested for rh-EPO. In such cases, a blood sample should be taken if it is practicable to do so, in addition to the urine sample.

Notification of the Athletes

The athletes selected for doping control shall receive a notice as soon as their event is over, indicating that they are required to undergo a sample collection and have the right for a representative to accompany them to the Doping Control Station. They remain within direct observation of the DCO/Chaperone at all times from the point of notification until the completion of the sample collection procedure.

The Notification form shall be established in duplicate; the athlete shall acknowledge reception on the relevant section of the form. This notice shall include: the name of the athlete, his bib number, the event and the time of receipt of the notice. The top copy shall be given to the official in charge of the doping control; the second copy shall be given to the athlete. If the athlete refuses to sign the notice or seeks to evade the notification, the DCO/Chaperone shall inform the athlete of the consequences of his refusal or failure to comply.

If the athlete fails to report, the DCO or Chaperone shall make every effort to contact the athlete and inform him of his obligation to undergo doping control, explaining that refusal to provide a sample constitutes an anti-doping violation.

The athlete has to report immediately after notification to the Doping Control Station, where he shall be expected to remain until the procedure is completed. He may delay reporting or leave that station only with permission for exceptional circumstances, and only if accompanied by a Chaperone. Also, there must always be an official steward in the waiting room.

Collection of Urine Samples

Only one athlete (and his accompanying person) shall be present at any time in the working room of the Doping Control Station.

Only the DCO or assistant (of the same gender as the athlete) can be present in the WC to witness the athlete’s sample collection. The official may require such disrobing as is necessary to confirm that the urine has been correctly issued by the athlete: This means exposure of the body from the middle of the back to below the knees.
The athlete can only be considered to have satisfied his obligation towards the doping control after having provided the required quantity of urine, regardless of the time it takes to do so. The athlete is required to provide a minimum of 90 ml of urine. If he is unable to provide the required amount, the sample shall be sealed and kept secure in the working room. The athlete must return to the waiting room until he is able to provide a further sample which shall be added to the sample already provided.

The athlete shall select one sample collection kit (containing two bottles marked “A” and “B”) from a selection of sealed kits.

The athlete shall pour the minimum volume of urine into the “B” bottle (30ml) as directed by the DCO, and shall then fill the “A” bottle as much as possible (but to a minimum of 60 ml). Once the “A” bottle has been filled, if more than the minimum suitable volume of urine for analysis has been provided, the athlete shall use any remaining urine to fill the “A” bottle as much as possible, and then the eventual remainder in the “B” bottle whilst ensuring that a small amount of urine is retained in the collection vessel in order to determine if the sample has a suitable specific gravity for analysis.

**Samples that do not meet the required Specific Gravity**

If a sample does not meet the IAAF specifications (a specific gravity of 1.010 or higher is recommended or 1.005 if a refractometer is used), a further sample should be taken in accordance with the procedures set out in the Anti-Doping Regulations and no earlier than one hour after the first one. However, before returning to the waiting room pending the 2nd sample, the athlete must return to the toilet to completely empty the bladder and be advised not to drink while waiting. The athlete shall have fulfilled his duty to submit to doping control only after having delivered the required volume of acceptable urine, irrespective of the time and number of attempts necessary for this. The first sample should still be processed, sealed and documented in the usual manner and sent to the laboratory together with the second or further sample(s).

**Post-Sample Collection Procedure**

The athlete shall seal the bottles as directed by the DCO.

The athlete shall ensure that the code written on each bottle correspond to the one written by the DCO on the Doping Control Form and declare on it any medication and supplements taken over the last 7 days.

The athlete and the DCO shall check all the information on the form before signing it and thus confirming that the sample collection was conducted in accordance with the procedures. If the athlete has any concerns regarding the procedure, he may indicate this on the “Comments” section of the form.

Following collection, a complete record of the handling of the samples has to be indicated on the Chain of Custody Form. Finally, the samples must be transported to the designated WADA accredited anti-doping laboratory in the appropriate and secure conditions as quickly as possible.

**Collection of Blood Samples**

As part of the IAAF Medical and Anti-Doping Commission’s testing plan blood samples may be collected at some competitions. The requirements for the facilities, the selection of the athletes and notification of athletes is quite similar to the procedure given above. The specificities of the collection of blood samples are detailed in the IAAF Blood Testing Protocol and in the Anti-Doping Regulations.