

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

2. (f) Any kind of personal safeguard (e.g. bandage, tape, belt, support, etc.) for protection and/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.)
- (g) Devices carried personally by athletes during a race such as heart rate or speed distance monitors or stride sensors, provided that such device cannot be used to communicate with any other person.

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 number of officials appointed in each category, how, when and by whom they shall be appointed, shall be indicated in the current IAAF (or Area Association) Technical Regulations.

For competitions organised under Rule 1.1(a) and (e), the 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 competitions under 1.1(d),(h) and (i), by the relevant IAAF Member.

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

The travelling and accommodation expenses of each individual appointed by the IAAF or an Area Association under this Rule or under Rule 3.2 shall be paid to the individual by the organisers of the competition according to the relevant Regulations.

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 written reports as appropriate on the preparations for the competition and shall cooperate with the Organisational Delegate(s).

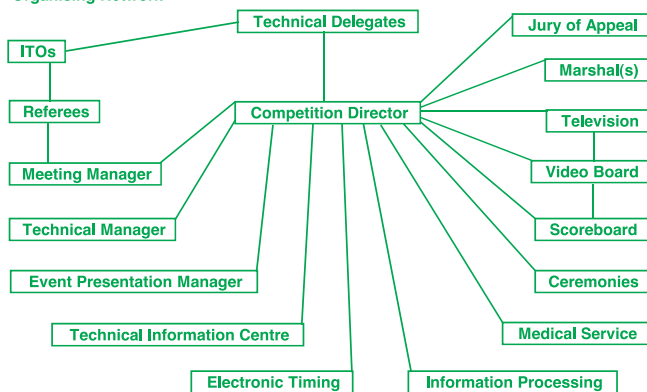
In addition, the Technical Delegates shall:

- (a) submit to the appropriate body proposals for the timetable of events and the entry standards.
- (b) determine the list of implements to be used and whether athletes may use their own implements or those provided by a supplier.
- (c) ensure that the Technical Regulations are issued to all competing Members in good time before the competition.
- (d) be responsible for all other technical preparations necessary for the holding of the athletics events.
- (e) control the entries and have the right to reject them for technical reasons or in accordance with the Rule 146.1. (Rejection for reasons other than technical must result from a ruling of the IAAF or appropriate Area Council.)
- (f) determine the qualifying standards for the Field Events, and the basis on which preliminary rounds shall be arranged for Track Events.
- (g) arrange preliminary rounds and the groups for the Combined Events competitions.
- (h) in competitions under Rules 1.1(a), (b), (c) and (f), chair the Technical Meeting and brief the Technical Officials.



The tasks and duties of the Technical Delegates can be found in the IAAF Competition Rules and are summarised as outlined above. According to Rule 112, the Technical Delegates are mainly concerned with technical matters related to the competition itself. However Technical Delegates will become involved in tasks which are not directly competition issues. This situation shall not be regarded as overstepping their functions, as most matters have a bearing on the competition itself. This emphasises the general need for co-operation between all officials involved in arranging a competition.

Organising Network



Rule 112 states the following duties (in a more concise manner following the revision in 2011):

- 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.

Other duties and responsibilities arise from specific references in other Rules.

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 requirement for all of 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 and the appointing body. 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 as well as 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 Organising Committee.

During the competition itself, they also have a control function to ensure 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 and where possible also taking into account a spread of participation of local athletes. 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 stadium 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

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. The different seasons for the south and the north parts of the globe should be taken into account. The qualification period may be different for different events, with a longer period being appropriate for events that afford fewer competitive opportunities for athletes.

In this connection 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.

Automatic Qualifying Standards

Qualifying rounds for Field Events are a method of selecting the best athletes for the final. 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. As a guide, for outdoor competitions, where the final should normally have 12 athletes, a statistical analysis should enable the setting of a standard that will produce 6 to 8 automatic qualifiers.

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.

During the competition proper the Technical Delegates shall constantly keep an eye on the conduct of the competition and be ready to intervene if necessary. 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.

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 and other governing bodies rely 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 appointed Delegates. The success of the Technical Delegates' efforts depends 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.

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 by the relevant body. 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 the 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, and be responsible for officiating courses in their

country. They must also know the duties of the Meeting Manager and, in principle, they should be familiar 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 (or ATOs.)

Level III Finally, only those holding the grade of Area Technical Officials will be eligible to take the assessment 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 Course 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).

Whilst it is desirable that the same course measurer who originally measured the course, witnesses the conduct of the race, this is not essential. Where it is not possible another A or B measurer in possession of the complete measurement data and maps and riding in the lead car can ensure the correct course is followed.



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 Area) 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

6. 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 the athlete, by someone acting on his behalf or an official representative of a team and shall be accompanied by a deposit of USD100, or its equivalent,

which will be forfeited if the appeal is not allowed. Such athlete or team may appeal only if they are competing in the same round of the event to which the appeal relates (or are competing in a competition on which a team points score is being conducted).

Note: The relevant Referee shall, after 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.

7. 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.
8. The Jury of Appeal may reconsider a decision if new conclusive evidence is presented, provided the new decision is still applicable. Normally, such re-consideration may be undertaken only prior to the Victory Ceremony for the applicable event, unless the relevant governing body determines that circumstances justify otherwise.
9. 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.
10. 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.

The changes made to this Rule in 2011 were designed to ensure that where appropriate the Rules relating to protests and appeals were the same as well as to provide a guide as to a time limit for reconsiderations.

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 competition 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 Competitions. 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, an adequate number of assistants and five Judges for each Track Race Walking Event
- One Chief Judge, an adequate number of assistants 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 assistants
- One Chief Transponder Timing Judge and an adequate number of assistants
- 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 Media

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. Assuring safety is of the utmost importance – it is even more important than strict compliance with the Rules of Competition. In the rare event when there is a conflict, the concern for safety must prevail. 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).

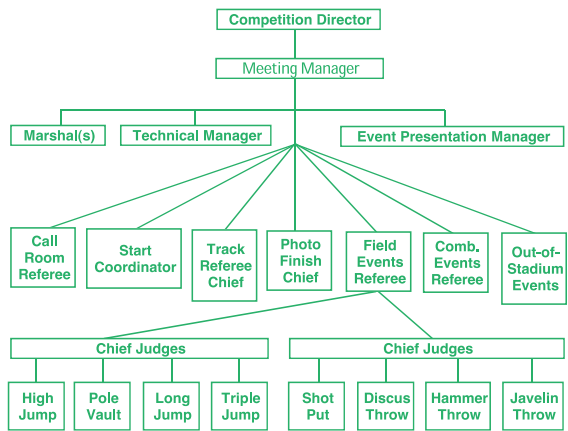
He shall direct the interaction between the participants in the competition and, through the communication system, shall be in contact with all the officials.

Meeting Manager

Rule 122

The Meeting Manager shall be responsible for the correct conduct of the Competition. 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 sometimes rather simple in wording and, in reality, hide very heavy responsibilities if we consider the duty of the Competition Director or Meeting Manager at any competition, but particularly those the size of 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 competitions like 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:

- (a) ensuring that the track, runways, circles, arcs, sectors, landing areas for Field Events and all equipment and implements are in accordance with the Rules.
- (b) the placement and removal of equipment and implements according to the technical organisational plan for the competition as approved by the Technical Delegates.
- (c) ensuring the technical presentation of the competition areas is in accordance with such plan.
- (d) checking and marking any personal implements permitted for the competition according to Rule 187.2.
- (e) ensuring that he has received the necessary certification under Rule 135 before the competition.

This Rule was intentionally expanded in content in 2011 not to change the role of the Technical Manager and his team but to more fully reflect on and explain the importance and the breadth of duties and responsibilities that they undertake.

The Technical Manager acts under the authority of the Competition Director or the Meeting Manager but of course an experienced Technical Manager will undertake much of his role without any direction supervision. 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.

It must be remembered that 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 in presentation terms 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 informative, 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 including but not limited to the Announcers, Scoreboard and Videoboard Operators, Audio and Video Technicians and Victory Ceremony officials.

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 Rules and Regulations 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 and Technical Information Centre (TIC)

Rule 132

1. 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.



References in this and other Rules to the Chief Photo Finish Judge should be read as also applying to the Chief Transponder Timing Judge, where relevant.

2. 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 Warm-up Area, Call Room and, after the competition, up to and including the Victory Ceremony) and for which provision has not been made in these Rules (or any applicable Technical Regulations).

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

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 but may take any action or decision according to the Rules based on his own observations.

At meetings where sufficient officials are available so that more than one Referee is appointed for the races, it is strongly recommended that one of them is appointed as the Start Referee. To be clear the Start Referee in such circumstances should exercise all the powers of the Referee in relation to the start and is not required to report to or act through any other track Referee when doing so.

However, 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 easier 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 may be to have the Start Coordinator (who should have an extensive experience as a starter) being appointed to also act as Start Referee.

Note that the 2011 Congress altered the rules regarding 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 Victory Ceremonies etc.). Previously responsibility rested with the Technical Delegate(s) but now it is clear that the applicable Referee has jurisdiction.

3. The appropriate Referee shall check all final results, shall deal with any disputed points and in conjunction with the 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 conveyed 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 and communicated to the Competition Secretary and to the other Referees.
6. The Referee may reconsider a decision (whether made in the first instance or in considering a protest) on the basis of any available evidence, provided the new decision is still applicable. Normally, such re-consideration may be undertaken only prior to the Victory Ceremony for the relevant event or any applicable decision by the Jury of Appeal.
7. 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.
8. 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.
9. 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.

The introduction of the new Rule 125.6 in 2011 was designed to make it clear that as with the Jury of Appeal, a Referee can reconsider a decision and may do so equally whether this was a decision by himself in the first instance or one made when considering a protest made to him. It is suggested that this option be considered, especially when new evidence of information comes to hand quickly as it could avoid the need for a more complicated or involved appeal to the Jury of Appeal. But note the effective time limitations on such a reconsideration.

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 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 may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates (or are competing in a competition in which a team points score is being conducted). To arrive at a fair decision, the Referee should consider any available evidence which 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. In a Track Event:

- (a) 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.
- (b) 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.

Whether or not there may be any disqualification, 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 in (b) 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 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. But to be clear, the Referee should not allow an athlete to compete under protest if the false start has been detected by a false start control apparatus that appears to be working properly.

This rule was very intentionally re-structured in 2011 to make it clear that the situations covered by (a) and (b) are indeed different and may be dealt with in quite different ways, for example as outlined in the note which applies only to the situations in (b).

In cases where the Starter failed to recall a false start, 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.

5. In a Field Event, if an athlete makes an immediate oral protest against having a trial judged as a failure, the Referee of the event may, 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:
 - (a) 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
 - (b) 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 by him 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 Event 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.

It is recommended that for each Field Event only one set of white and red flags is used in order to reduce the possibility of any confusion about the validity of trials. It is considered that it is never necessary to use more than one set of flags in a jumping event. Where a specific scoreboard is not available to indicate the wind reading in horizontal jumps, some form of indication other than a red flag should be used to indicate an excessive reading.

In the case of throwing events, with respect to:

- (a) indications by other circle judges to the judge with the flags that a failure has been made, it is recommended that an alternate form of indication to flags is used such as a small red card held in that judge's hand;
- (b) the landing of an implement on or outside the sector line, it is recommended that an alternate form of indication to a flag is used - such as a judge's outstretched arm parallel to the ground;
- (c) a judgment in the javelin throw that the tip of the metal head has not touched the ground before any other part of the javelin, it is recommended that an alternate form of indication to a flag is used - such as the pushing of the open hand of the judge towards the ground.

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

Therefore, he will:

- (a) Manage the control for the entrance into the arena of:
 - the athletes
 - the officials
 - the electronic measurement and other specialist staff
 - the accredited press photographers and the TV crews accredited to enter the arena. At each competition, the number of such accreditations is agreed beforehand and all these persons must wear a special bib.
- (b) Manage the control at the point where the athletes leave the arena when they have finished their event.
- (c) In fact, the Marshal 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 163.10 (Track Events) and 184.11 (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

8. 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.

9. 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.

11. The wind gauge may be started and stopped automatically and/or remotely, and the information conveyed directly to the competition computer.
12. The periods for which the wind velocity shall be measured from the flash / smoke of the Starter's gun 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.

10. 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.

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

Rule 184

10. The wind velocity shall be measured for a period of 5 seconds from the time an athlete passes a mark placed alongside the runway, for the Long Jump 40m from the take-off line and for the Triple Jump 35m. If an athlete runs less than 40m or 35m, as appropriate, the wind velocity shall be measured from the time he commences his run.

Records

Rule 260

22. (d) For all Records made outdoors up to and including 200m, information concerning wind velocity, measured as indicated in Rule 163.8 to 163.13 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 conducted outdoors, information concerning wind velocity, measured as indicated in Rule 184.10, 184.11 and 184.12 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.

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, distances and points) 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 Competition Director and if appointed, the Event Presentation 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.

Historically, different types of competitions required quite different type of presentation – an Olympic, World or Area Championship meeting previously demanded more formal announcing, combined with a speedy information service. A Track and Field “spectacular”, on the other hand, required atmosphere, presentation build-up to big races and some form of race commentary. This now has become the norm for all forms of competition, even the biggest and most important.

As a general guide:

- For a minimum amount of pre-presentation and starter sending the athletes on their way, allow 2 to 3 minutes per event, depending on whether each athlete is to be introduced individually (which is normal in the case of semi-finals and finals at major competitions) or just a few notable contenders are to be mentioned (a more common practice in the first round).
- For a flash winning time and the result to come through, and for the quickest possible podium presentation to be made, allow 5 minutes.

General presentation

1. A presentation team is only able to operate within the constraints imposed upon them by the organising committee or the promoters. Absolutely essential is the provision of an efficient communication service, either “walkie-talkie” or field telephone or where possible on line data communication system. 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);
 - one (or more) event spotters, who assist the Announcer in keeping up to date with progress in Field Events where there is no data system or assist him in pointing out when matters of interest may be occurring on the arena;
 - 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, statistics, 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, meeting and other relevant 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 sometimes not 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 or displayed 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 a 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 formal announcements.
- Consider those times when it might be appropriate. Avoid speaking when an athlete is jumping or throwing. If necessary interrupt an announcement to allow the actual jump or release of a 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 but feel free to consider an appropriate call of what is occurring especially to assist spectators in identifying the athletes. Previous approaches to this matters have changed quite a bit in recent years.
3. Don't pre-judge events.
4. Don't tell the crowd what they have witnessed, e.g. "Bronowski goes clear at 2.10m", unless combined with some other relevant information or if it may have occurred whilst other performances may have been taking place and some or all of the crowd may not have noticed.
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



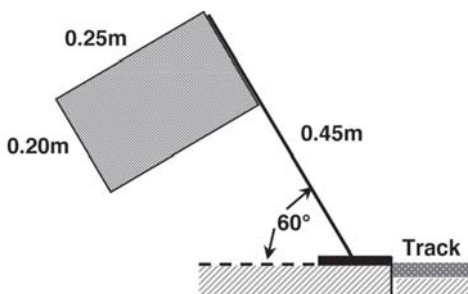
Athletics Track

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 on the surface beneath 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 60° 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 (± 0.01 m), marked by white lines 5cm in width. All lanes shall be the same nominal 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 minimum.
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.

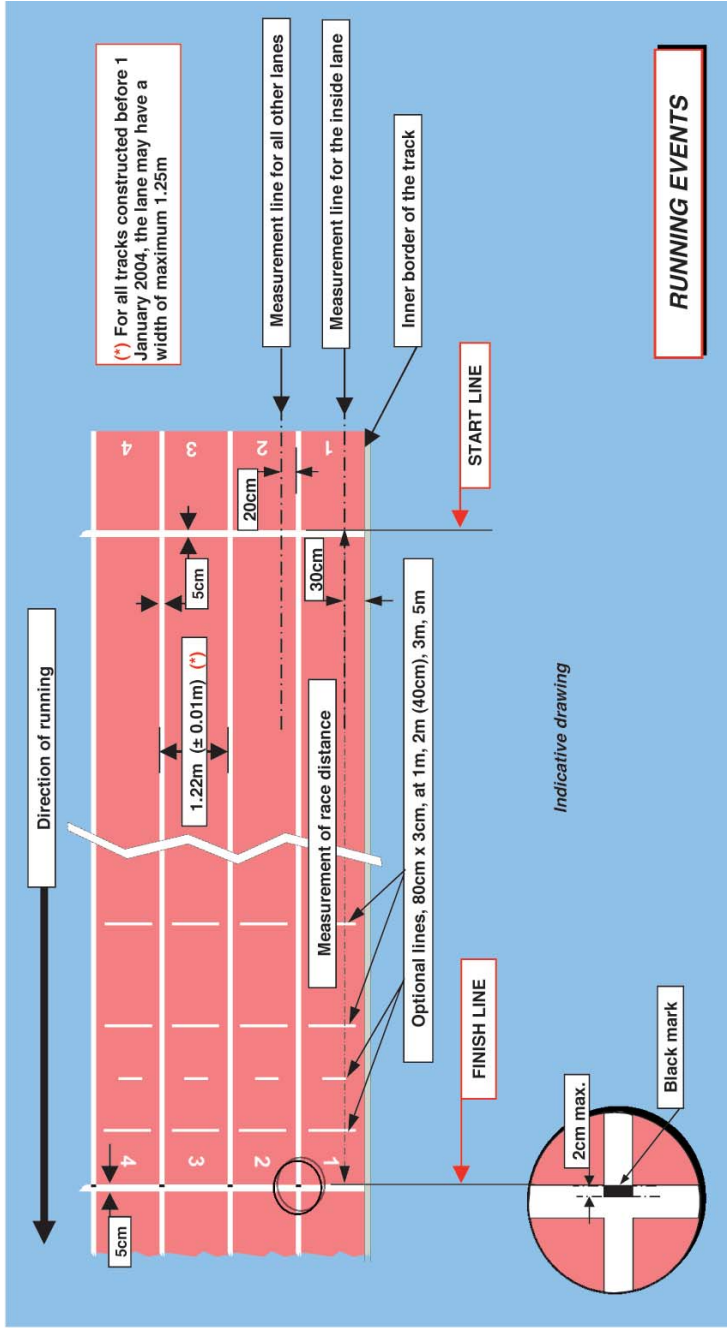
Note: It is recommended that, for new tracks, the lateral inclination should be towards the inside lane.

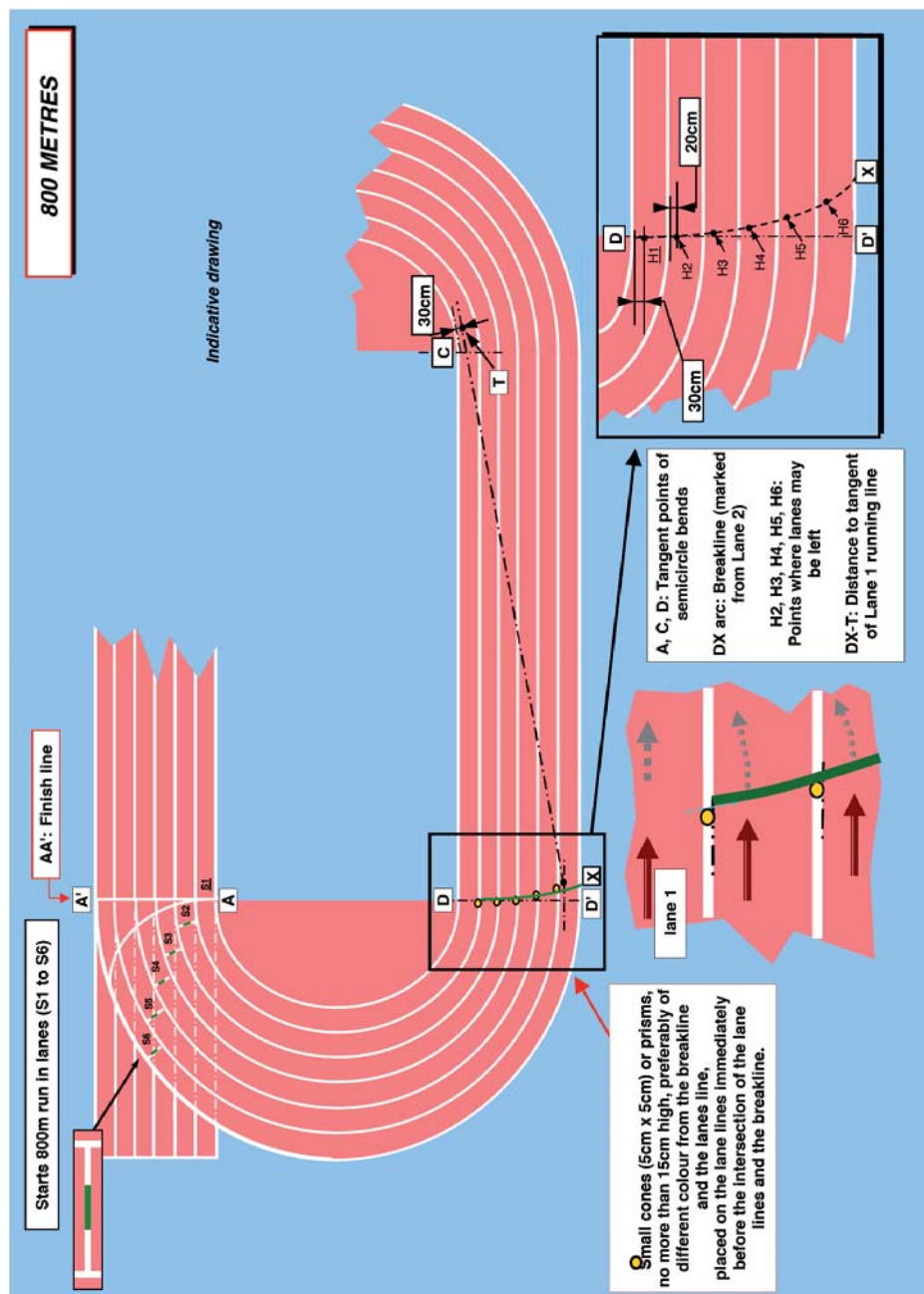
7. Full technical information on track construction, layout and marking is contained in the IAAF Track and Field Facilities Manual. This Rule gives basic principles, which must be followed.

The Race

Rule 163

1. The direction of running and walking on the oval track shall be left-hand inside. The lanes shall be numbered with the left-hand inside lane numbered 1.





The change made in 2011 makes it clear that where conditions permit and the track is properly surveyed, that straight events can be conducted in the opposite direction.

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 where athletes may leave their respective lanes.

The breakline shall be an arced line marked after the first bend, 5cm wide, across all lanes other than lane 1. To assist athletes identify the breakline, small cones or prisms, 5cm x 5cm 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 surveying of 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 shall 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 5cm x 5cm 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.

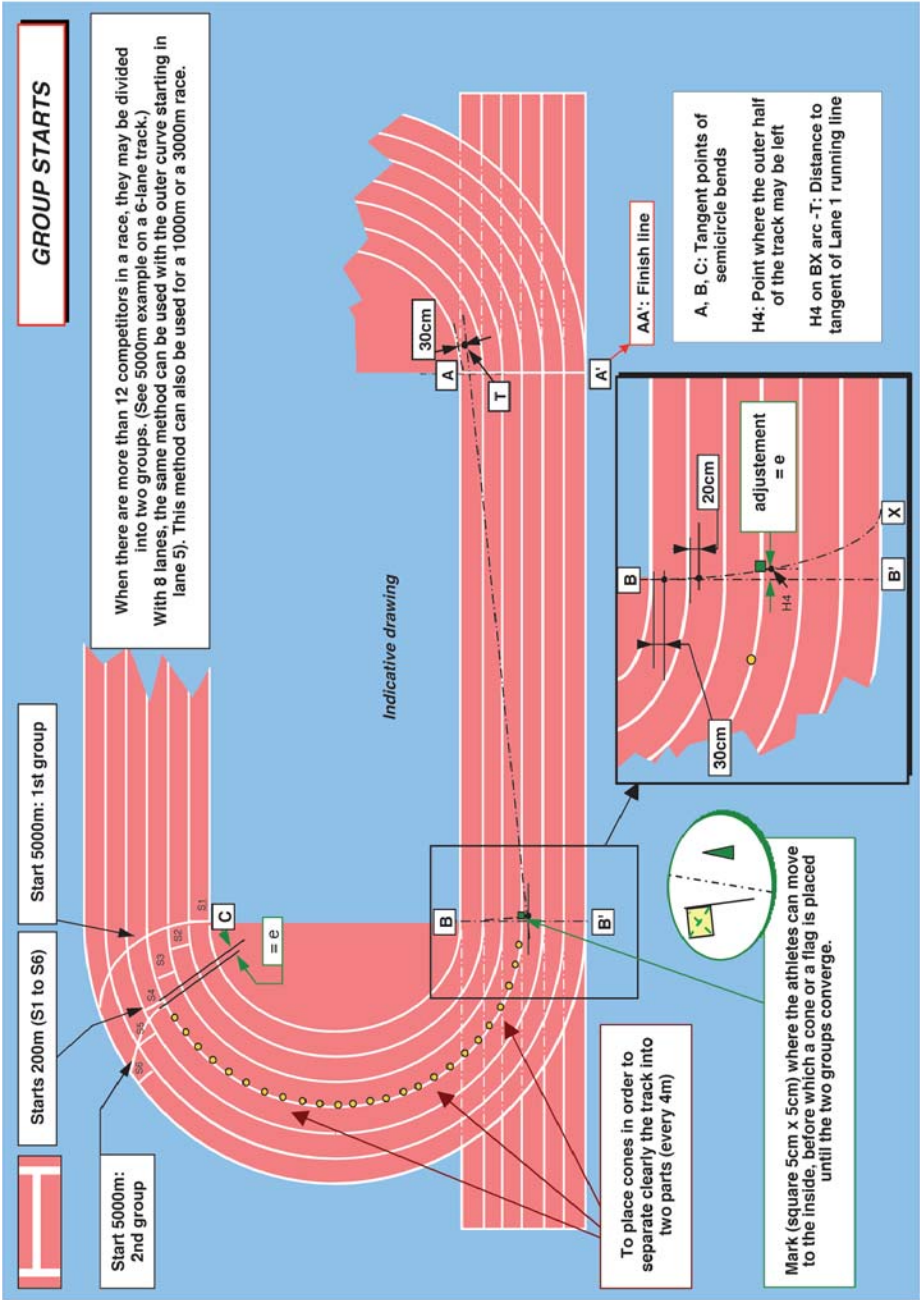
2000m and 10,000m races

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 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 4 x 100m (in each lane with stagger): white
- 800m (in each lane with stagger): white with green on the centre 1/3
- 4 x 400m (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 (12.5cm x 12.5cm): 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. Starting positions in events at all distances shall be numbered from left to right, facing the direction of running.

Note: In the case of events starting outside the stadium, the start line may be up to 30cm in width and maybe of any colour contrasting distinctively with the surface of the start area.

2. At all International Competitions, except as noted below, the commands of the Starter shall be given in his own language, in English or in French.
 - (a) In races up to and including 400m (including 4 x 200m, the Medley Relay as defined in Rule 170.1 and 4 x 400m), the commands shall be "On your marks" and "Set".
 - (b) In races longer than 400m (except 4 x 200m, the Medley Relay and 4 x 400m), the command shall be "On your marks".

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

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

3. In races up to and including 400m (including the first leg of the 4 x 200m, the Medley Relay and 4 x 400m), a crouch start and the use of starting blocks are compulsory. After the "On your marks" command, an athlete shall approach the start line, assume a position completely within his allocated lane and behind the start line. 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. 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. Once the Starter is satisfied that all athletes are steady in the "Set" position, the gun shall be fired.
4. In races longer than 400m (except 4 x 200m, the Medley Relay and 4 x 400m), all starts shall be made from a standing position. After the "On your marks" command, an athlete shall approach the start line and assume a starting position behind the start line (completely within his allocated lane in races started in lanes). An athlete shall not touch any part of the ground with his hand or hands and/or the start line or the ground in front of it with his feet when on his marks. Once the Starter is satisfied that all athletes are steady in the correct starting position, the gun shall be fired.
5. On the command "On your marks" or "Set", as the case may be, all athletes shall at once and without delay assume their full and final starting position. If, for any reason, the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks, he shall order all athletes to withdraw from their marks and the Starter's Assistants shall assemble them again [See also Rule 130].

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 this case or when an extraneous reason was considered to be the cause for aborting the start, or the Referee does not agree with the Starter's decision, a green card shall be shown to all the athletes to indicate that a false start was not committed by any athlete.

Starting Blocks

Rule 161

1. Starting blocks shall be used for all races up to and including 400m (including the first leg of the 4 x 200m, the Medley Relay and 4 x 400m) and shall not be used for any other race. When in position on the track, no part of the starting block shall overlap the start line or extend into another lane.

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.

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

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 and the start and any recall signals to all athletes at the same time.

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 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, 4 x 100m, 4 x 200m, the Medley Relay and 4 x 400m 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.

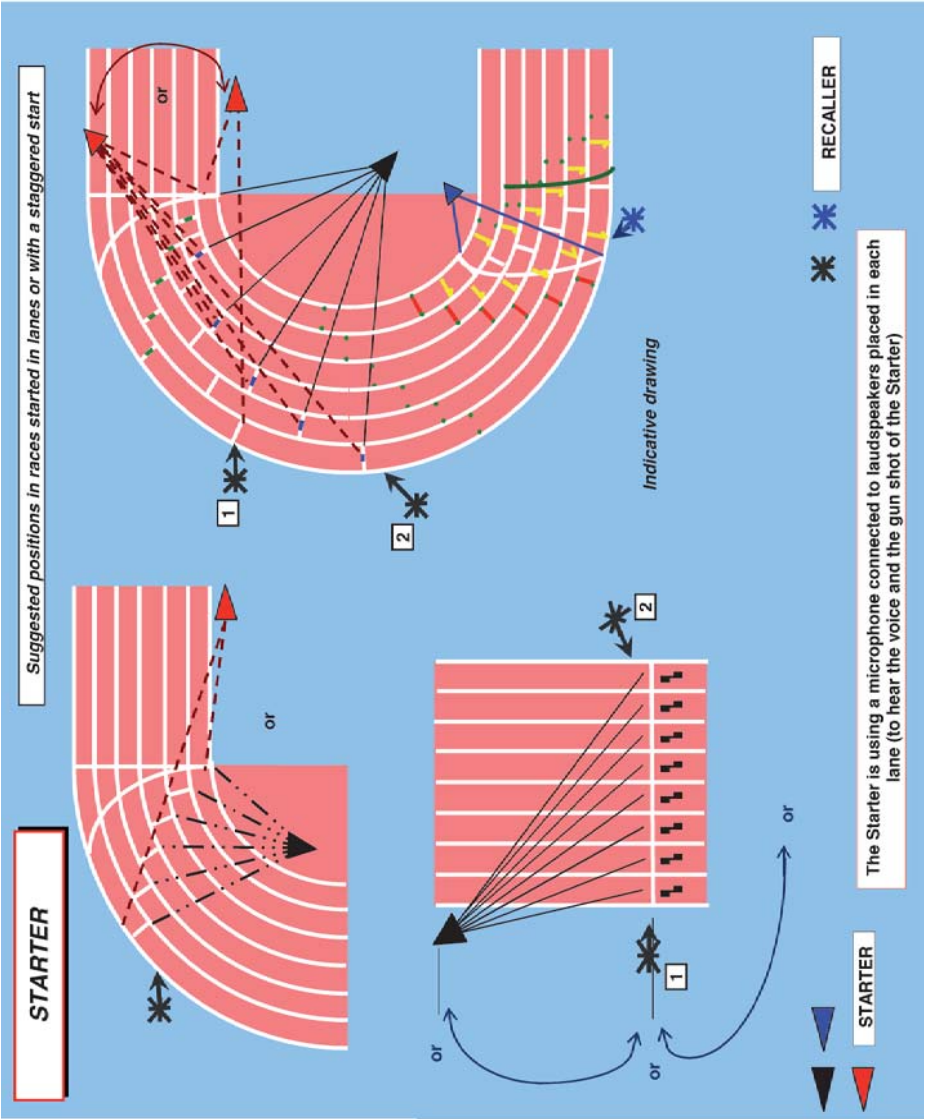
It is important to read and take into account Rule 125.2 when interpreting the above rules, for in effect it is both the Starter and the Referee responsible for the starts who can determine whether a start is fair. On the other hand a Recaller has no such power and whilst he may recall a start, he cannot act unilaterally thereafter and must simply report his observations to the Starter.

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 and black diagonally halved 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 and black diagonally halved 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 and black diagonally halved 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 and black diagonally halved 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.

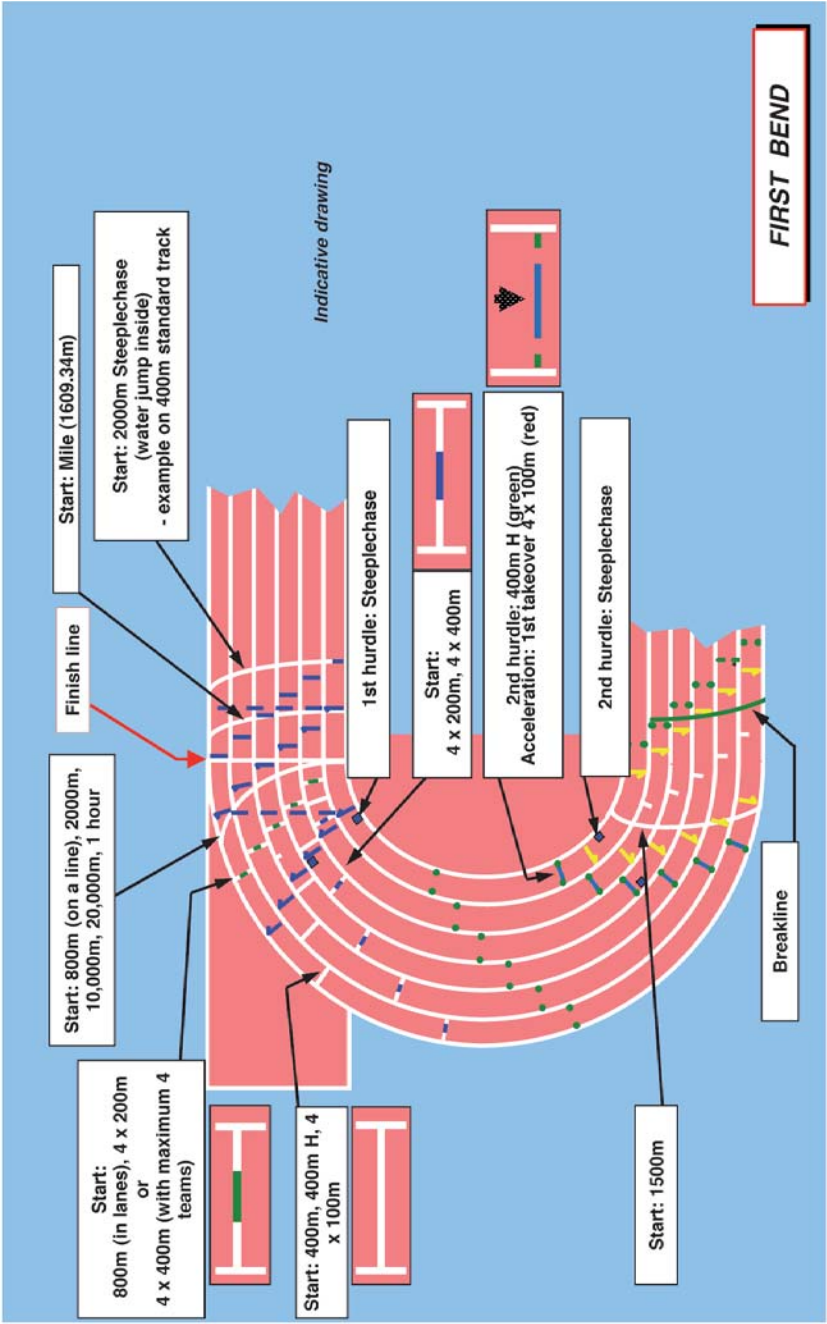
The reason for the introduction of the diagonally halved cards in 2011 was to provide a distinction between cards given for this purpose and those (the traditional all yellow or all red) cards given for disciplinary reasons – as each of these can be used in the start area. With this difference the reason for the card should be clearer both to the athletes as well as those observing the start, particularly those in need of immediate information such as the Announcer or television or radio commentators.

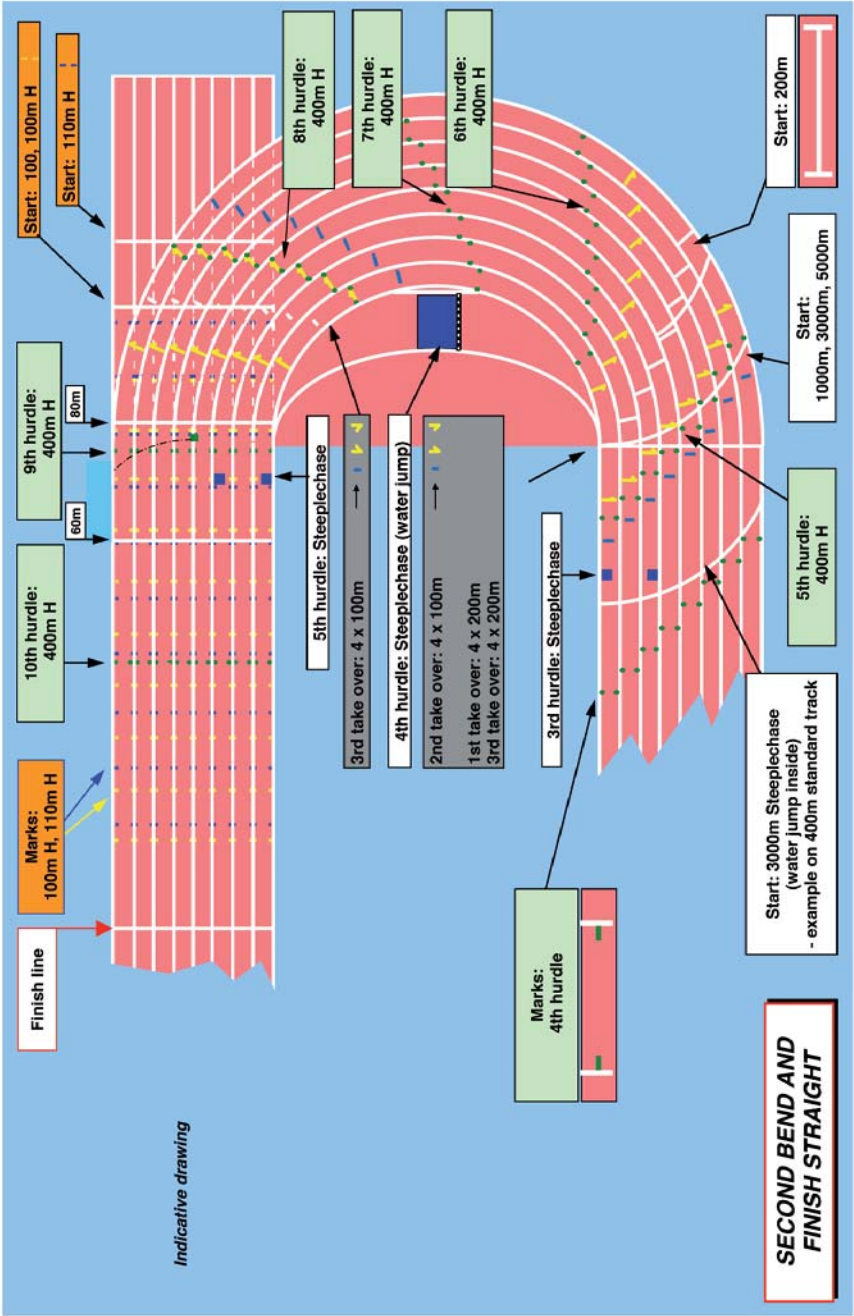
It is recommended that the size of the diagonally halved cards be A5 and that they be doubled sided. Note that the corresponding indication on the lane marker(s) may remain yellow and red as previously, in order to avoid unnecessary expense in modifying existing equipment.

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 bibs are worn correctly.
2. They must place each athlete in his correct lane or position, 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.





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

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 4 x 200m, the Medley and 4 x 400m 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 in the correct starting position. 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 become still and that by doing so he disturbs his opponents, the Referee can give him a warning after, of course, having ordered all the competitors to stand up.

Under the IAAF Rules which began 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 electronic timing and in races up to and including 200m, the Wind Gauge Operator.

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 electronic 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.

What constitutes the commencement of the start?

After discussion by the Technical Committee and the International Starters’ Panel the following interpretation was implemented by the IAAF Council in March 2012. This wording is to assist starters and other officials in correctly applying Rule 162.5:

“Motion by an athlete that does not include or result in the athlete’s foot/feet losing contact with the footplate/plates of the starting block, or the athlete’s hand/hands losing contact with the ground, shall not be considered the commencement of the start. Such motion may, however, constitute a violation of Rule 162.5(b) or (c).”

That is, no false start should be charged if the athlete has not lost contact with the ground or foot plates. If a runner move his hips up, but then moves them down without his hands or feet ever losing contact with the ground or foot plates, that may be a reason to warn the athlete for improper conduct, but it should not result in being charged with a false start. Similarly, if the starter sees the runner’s hips moving up before the gun is fired, the starter may abort the start and the Referee warn the athlete for improper conduct (or disqualify him if there has been a previous warning).

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 intention 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 himself 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 4 x 400 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 4 x 400m.



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

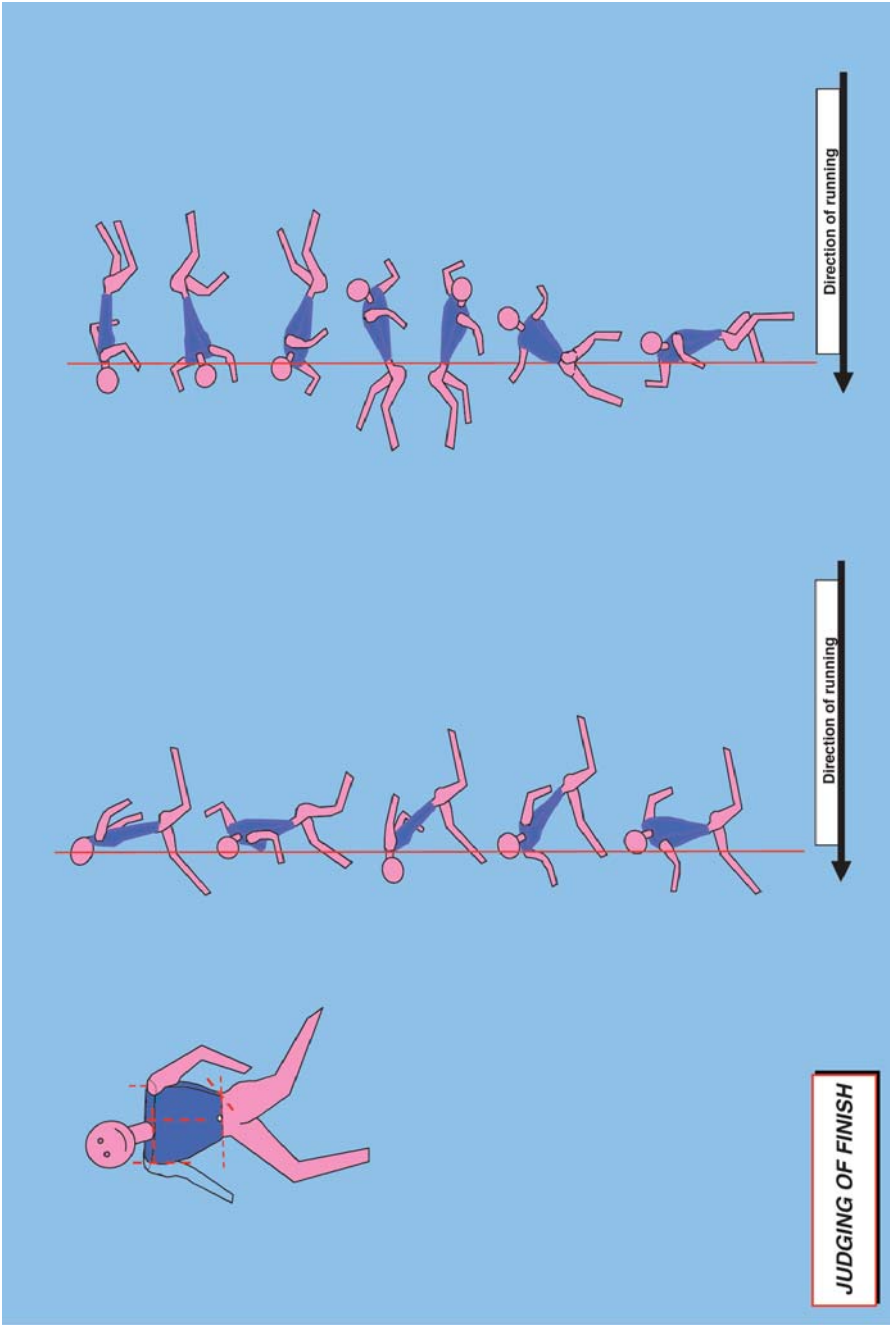
Rule 164

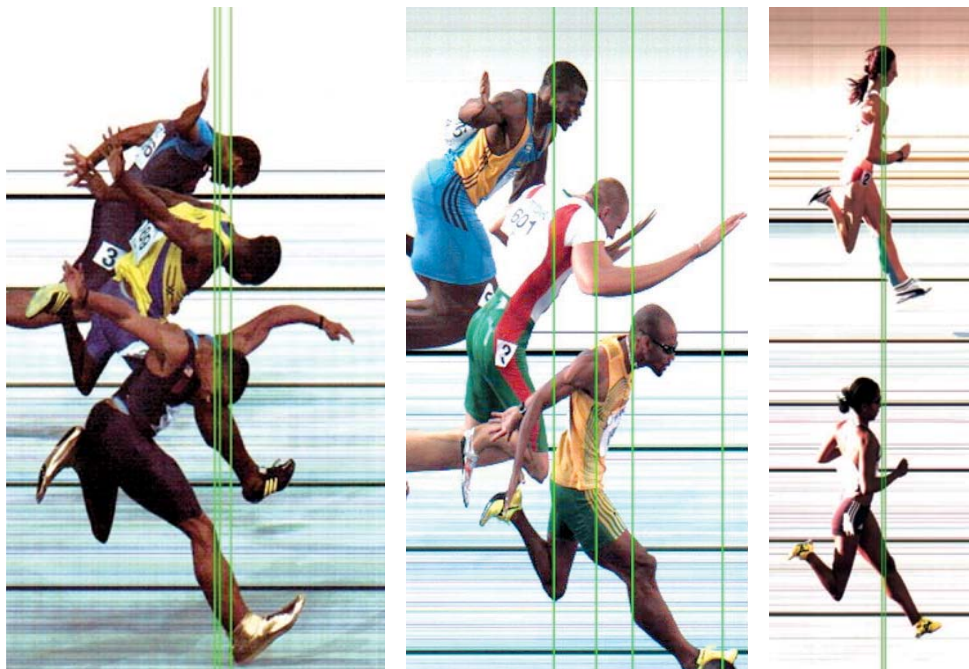
1. The finish of a race shall be denoted by a white line 5cm wide.

Note: In the case of events finishing outside the stadium, the finish line may be up to 30cm in width and maybe of any colour contrasting distinctively with the surface of the finish area.

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.





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.
- It is common to announce that the event will take place over 20,000m 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 should include:

- a timekeeper equipped with two double-action stopwatches;
- a lap scorer who will mark the scoring sheet. 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 for the 20,000m aspect of the race. 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 longer 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 20,000m 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 other communication, 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. Everyone 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 WALK on the grass between the 58th and the 59th minute 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.

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 if it has a kerb, and 20cm if it does not, (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.

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.

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.

Timekeepers, Photo Finish Judges and Transponder Timing Judges

Rule 128

1. In the case of hand timing, a sufficient number of timekeepers for the number of athletes entered shall be appointed. One of them shall be designated the Chief Timekeeper. He shall allocate duties to the Timekeepers. These Timekeepers shall act as back-up Timekeepers when Fully Automatic Photo Finish or Transponder Timing Systems are in use.
2. Timekeepers, Photo Finish and Transponder Timing Judges shall act in accordance with Rule 165.
3. When a Fully Automatic Photo Finish System is used, a Chief Photo Finish Judge and an adequate number of assistants shall be appointed.
4. When a Transponder Timing System is used, a Chief Transponder Timing Judge and an adequate number of assistants shall be appointed.

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. (For Combined Events, see Rule 200.9(b)). 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 0.1 second, the time shall be converted and recorded to the next longer 0.1 second, e.g. 10.11 shall be recorded as 10.2.



- (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. 2:09:44.3 shall be recorded as 2:09:45.
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.

SUMMARY SHEET

(To be filled in by the Chief Timekeeper)

Example of times recorded by digital stopwatches

EVENT: 400m	TIME FROM EACH TIMEKEEPER								FINAL
Finishing Order									Official Times
	Chief	1	2	3	4	5	6	7	
1	47.24	47.28	47.32						47.3
2				47.31	47.35	47.39			47.4
3		48.19					47.98	48.09	48.1
4			47.99	48.08	48.27				48.1
5						49.17	49.04		49.2
6								49.49	49.5

Advice to hand timekeepers

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

Timekeepers’ qualities

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.



Rules and Best Practices for Timekeepers

Timekeepers must react to the finish of the athlete being timed. They should not try to anticipate the finish. The watch must be stopped when the timekeeper sees that the athlete has reached the finish line.

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 convert 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.

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.

Consider whether to organise a progress chart with times recorded lap after lap for those long-distance events in which record times or other special performances may be anticipated and such information may be interesting for research, statistical or historical purposes.

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 40 m – Event 5000m – Anticipated time: 13:25

100m	16.10	400m 1:04.40
200m	32.20	500m 1:20.50
300m	48.30	1000m 2:41.00

Laps		Distance run (m)	Locations before finish line (m)	Progress Chart		Athlete's Bib	Intermediate time
Completed	Remaining				Finish line		
0	12	200			00:32.2		
		500	100	01:20.5			
1	11	600			01:36.6		
2	10	1000			02:41.0		
3	9	1400			03:45.4		
		1500	300	04:01.5			
4	8	1800			04:49.8		
		2000	200	05:22.0			
5	7	2200			05:54.2		
		2500	100	06:42.5			
6	6	2600			06:58.6		
7	5	3000			08:03.0		
8	4	3400			09:07.4		
		3500	300	09:23.5			
9	3	3800			10:11.8		
		4000	200	10:44.0			
10	2	4200			11:16.2		
		4500	100	12:04.5			
11	1	4600			12:21.0		
12	0	5000			13:25.0		

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 0.01, notes them, converts them to 0.1 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 0.2 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.

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 equal to or less than 0.001 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 0.01second.

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.

If we want to define a minimum in order to achieve the accuracy required in Rule 165.23, a composite of at least 100 component images per second is required. To achieve the accuracy demanded in Rule 167.2 for determining fastest losers by reference to times read to 0.001 second where times achieved by athletes are identical to 0.01 second then a composite of at least 1000 component images per second would be 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. equal to or less than 0.001 second). He shall supervise the testing of the equipment and ensure that the camera(s) is (are) 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 an adequate number of 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 the Photo Finish System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up timekeepers, if possible adjusted based on information on time intervals obtained from the photo finish image, shall be official. Such back-up timekeepers must be appointed where any possibility exists of failure of the timing system.
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 0.01second. Unless the time is an exact 0.01second, it shall be read and recorded to the next longer 0.01second.
 - (b) For all races on the track longer than 10,000m, the time shall be read to 0.01 second and recorded to 0.1 second. All read times not ending in zero shall be converted and recorded to the next longer 0.1 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 0.01 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

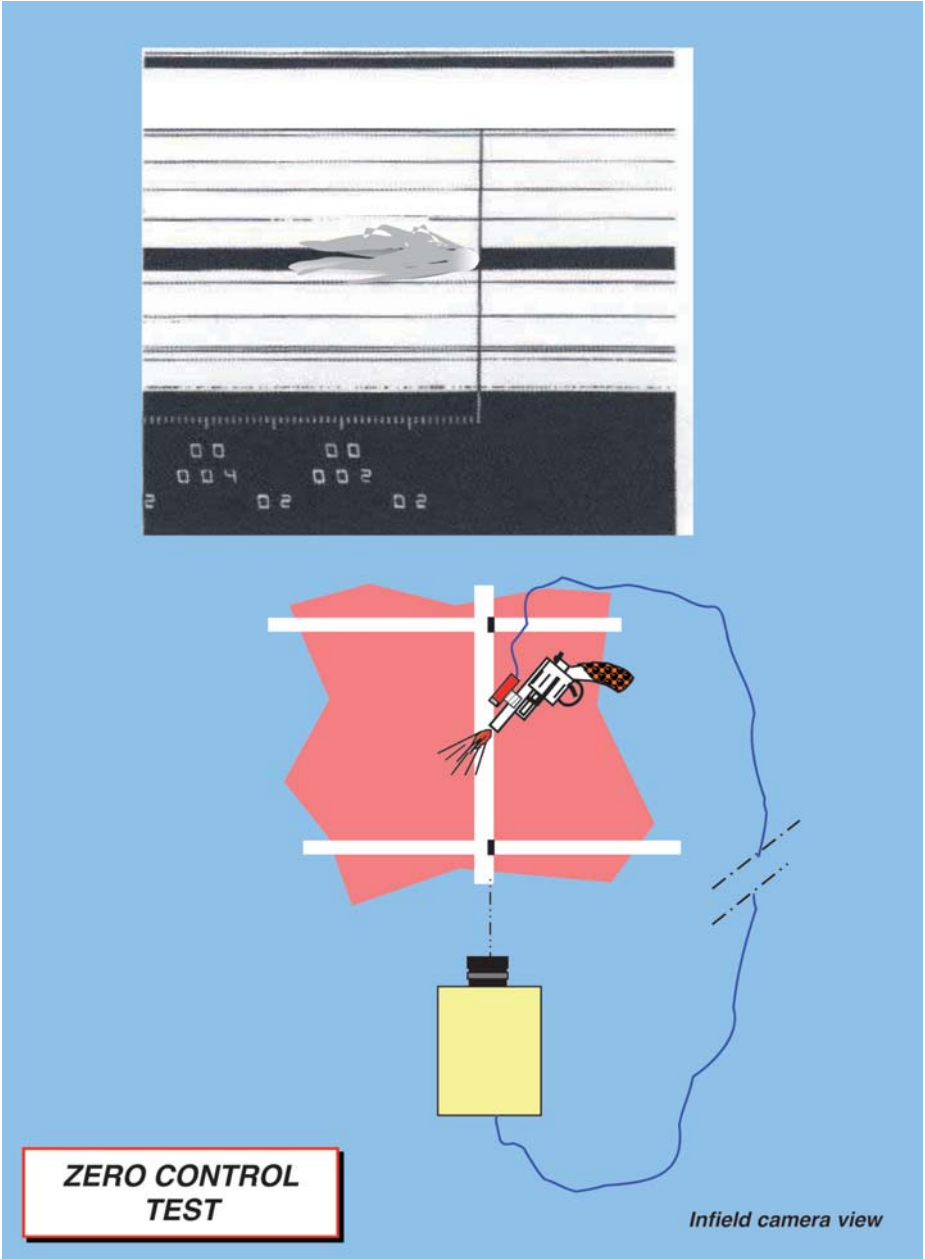
He must be precise. A person who only reads the Photo Finish image does not have all the qualifications to be a Chief Photo Finish Judge. Indeed, it is necessary to be able to set up the equipment and to check if it works properly. It would be wrong to believe that by turning up at the stadium and talking 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.)

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 Media, 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 and Lap Scorers

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.

Rule 126

1. Lap Scorers shall keep a record of the laps completed by all athletes in races longer than 1500m. Specifically, for races of 5000m and longer, and for Race Walking events, a number of Lap Scorers under the direction of the Referee shall be appointed and provided with lap scoring cards on which they shall record the times over each lap (as given to them by an official Timekeeper) of the athletes for whom they are responsible. When such a system is used, no Lap Scorer should record more than four athletes (six for Race Walking events). Instead of manual lap scoring, a computerised system, which may involve a transponder carried or worn by each athlete, may be used.
2. One Lap Scorer shall be responsible for maintaining, at the finish line, a display of the laps remaining. The display shall be changed each lap when the leader enters the finish straight. In addition, manual indication shall be given, when appropriate, to athletes who have been, or are about to be, lapped.

The final lap shall be signalled to each athlete, usually by ringing a bell.

Judging and Lap Scoring

It is recommended that 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, nor 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.



12	11	10	9	8	7	6	5	4	3	2	1	Finish
15	15	15	47	47	47	47	47	47	47	27	27	47
			18	27	27	27	27	27	27	47	47	27
			27	18	18	18	18	16	16	16	16	16
			16	28	34	34	16	18	18	18	18	18
			28	34	28	16	34	34	34	28	28	34
			34	16	16	28	28	28	28	34	34	28
			52	52	52	52	52	52	52	52	52	52
			441	41	41	41	41	41	41	41	41	60
			60	8	60	8	60	60	8	8	60	41
			8	60	8	60	8	8	60	60	8	8
			13	14	14	14	13	14	14	13	13	14
			14	13	13	13	14	13	13	14	14	13
			23	23	23	32	32	32	32	32	32	32
			32	32	32	23	23	23	23			
			57	57	57							
			15	15	15	14	14	14	14	13	13	13

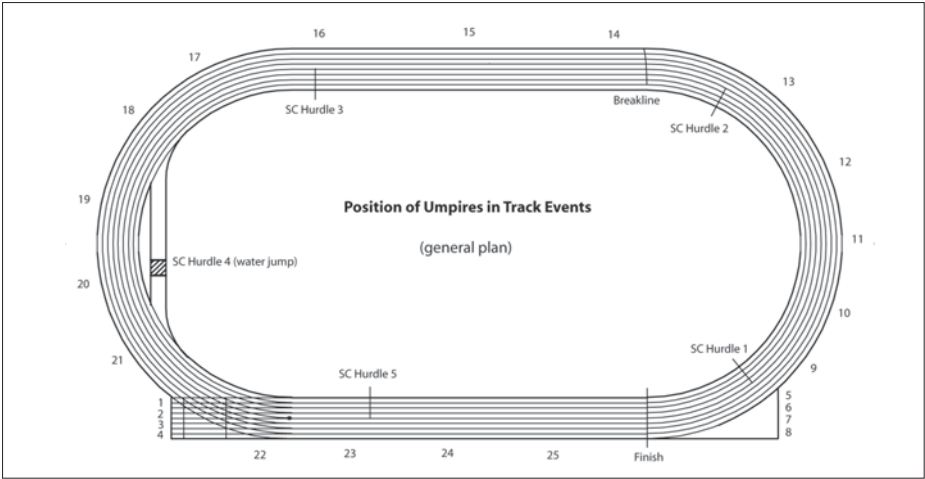
Umpires (Running and Race Walking Events)

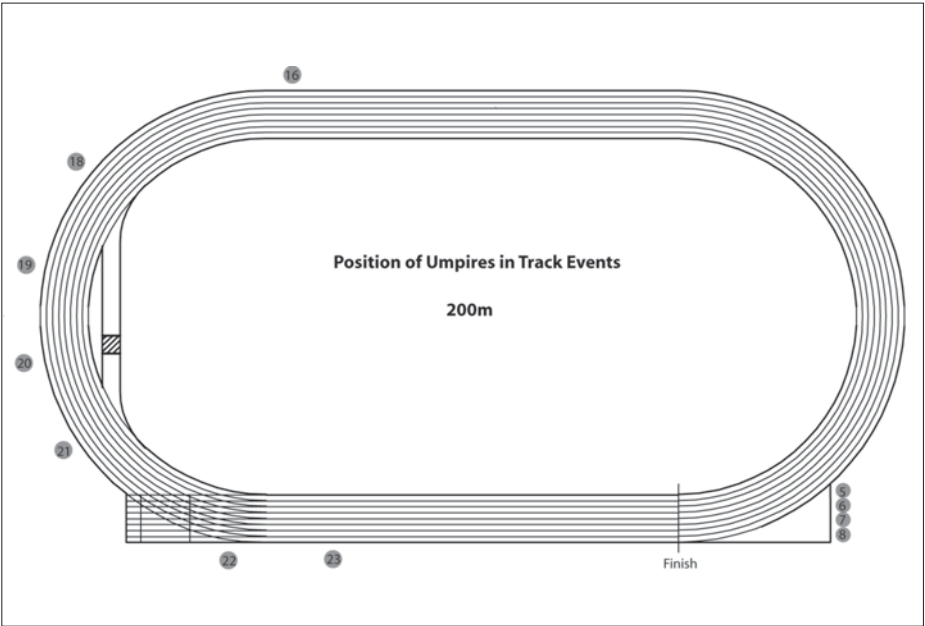
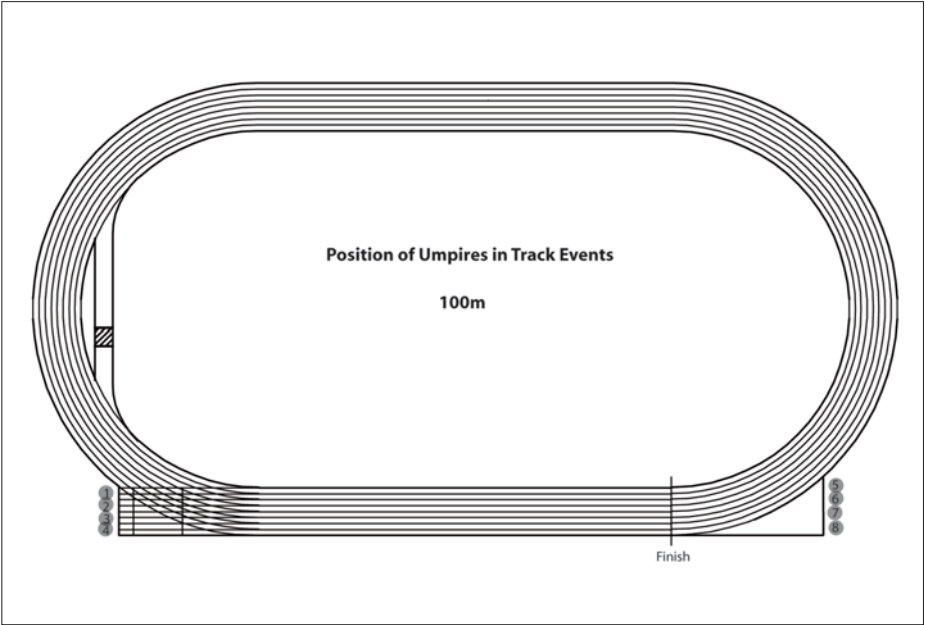
Rule 127

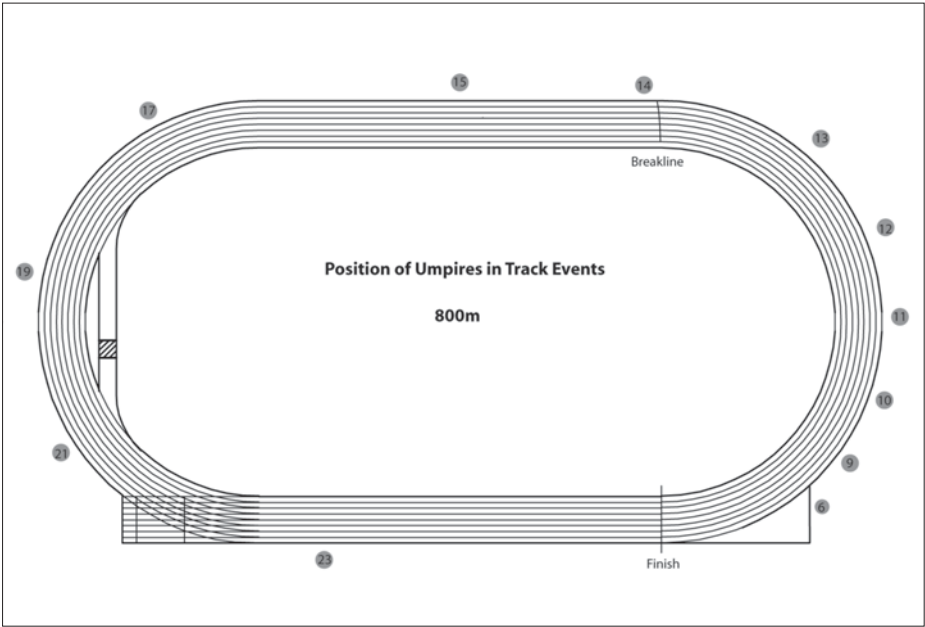
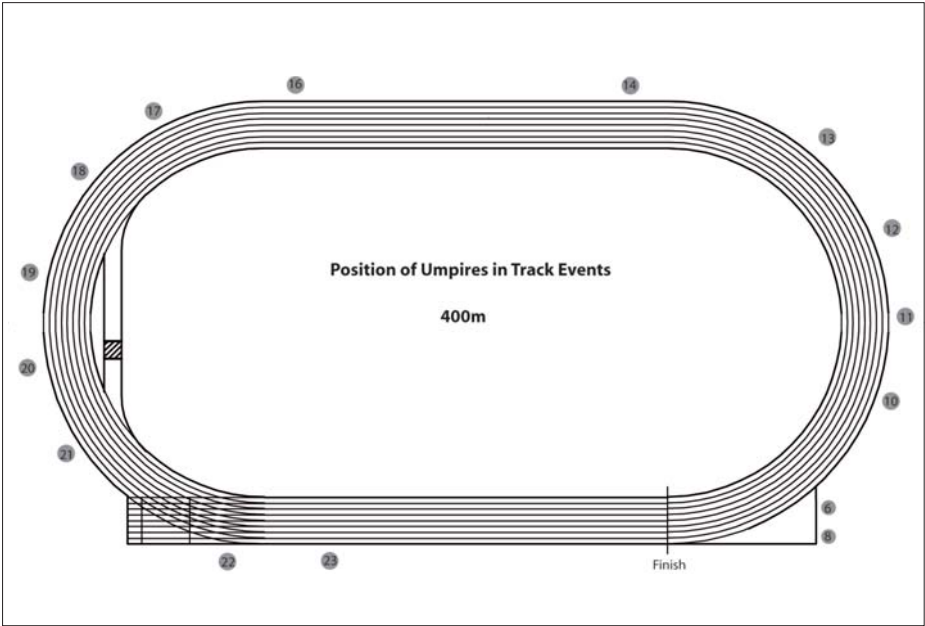
- 1. Umpires are assistants to the Referee, without authority to make final decisions.
- 2. The Umpires shall be placed by the Referee in such a position that they may observe the competition closely and, in the case of a failure or violation of the Rules (other than Rule 230.1) by an athlete or other 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 takeover zones in relay races.

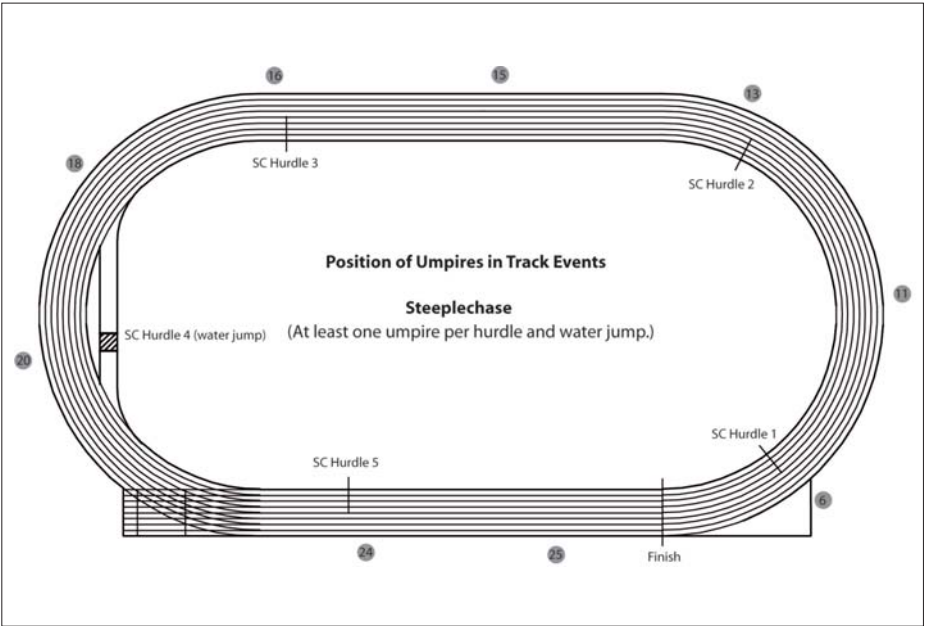
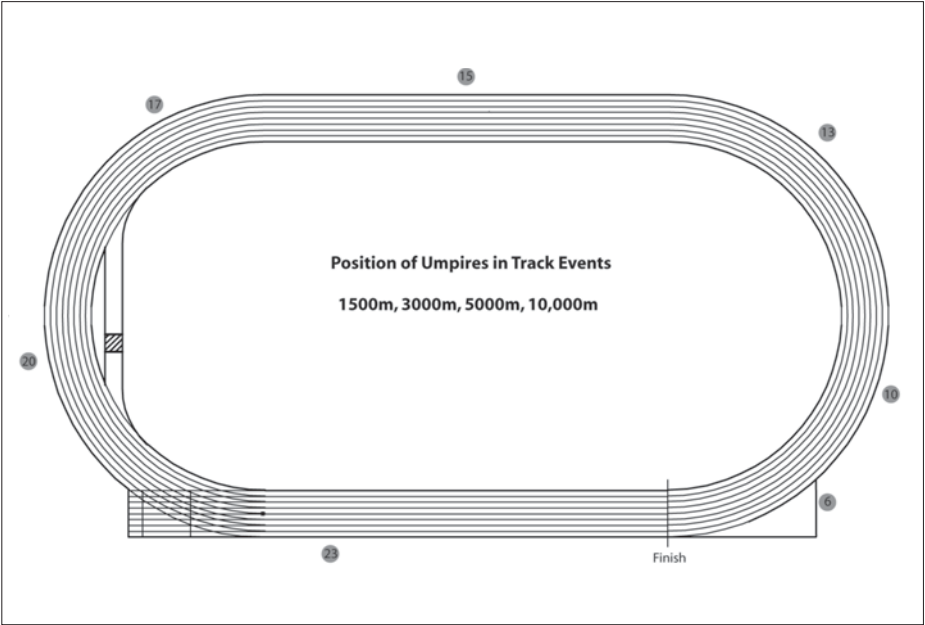
Note (i): When an Umpire observes that an athlete has run in a different lane from his own, or that a relay takeover has taken place outside the takeover zone, he should immediately mark on the track with suitable material the place where the infringement took place.

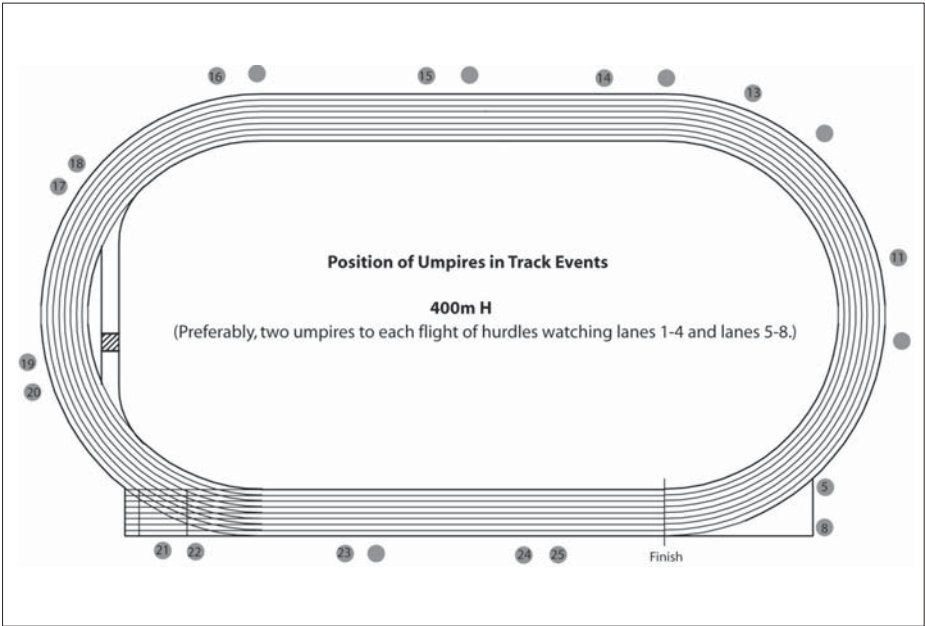
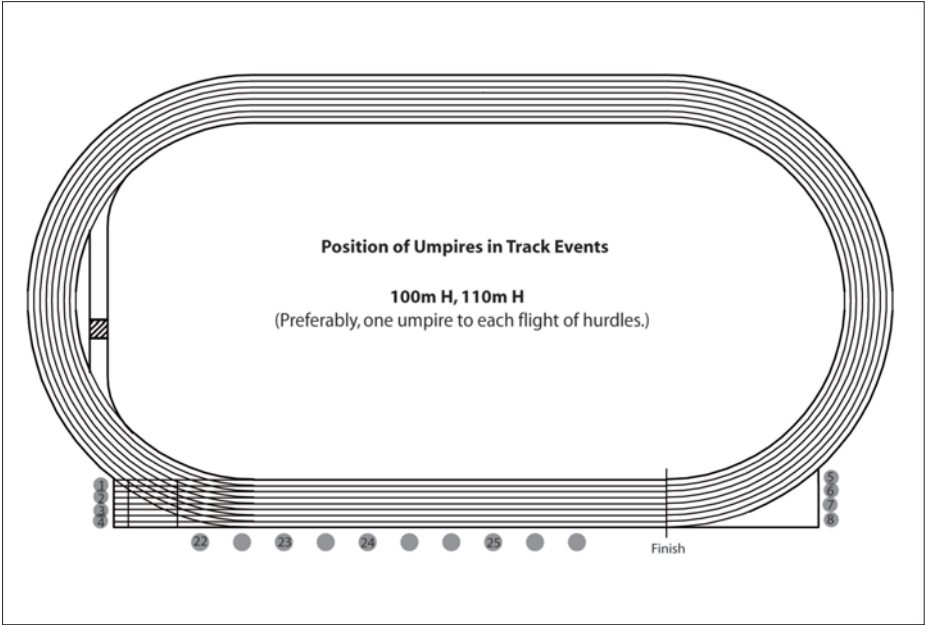
Note (ii): The Umpire(s) shall report to the Referee any breach of the Rules, even if the athlete (or team, for Relay Races) does not finish the race.

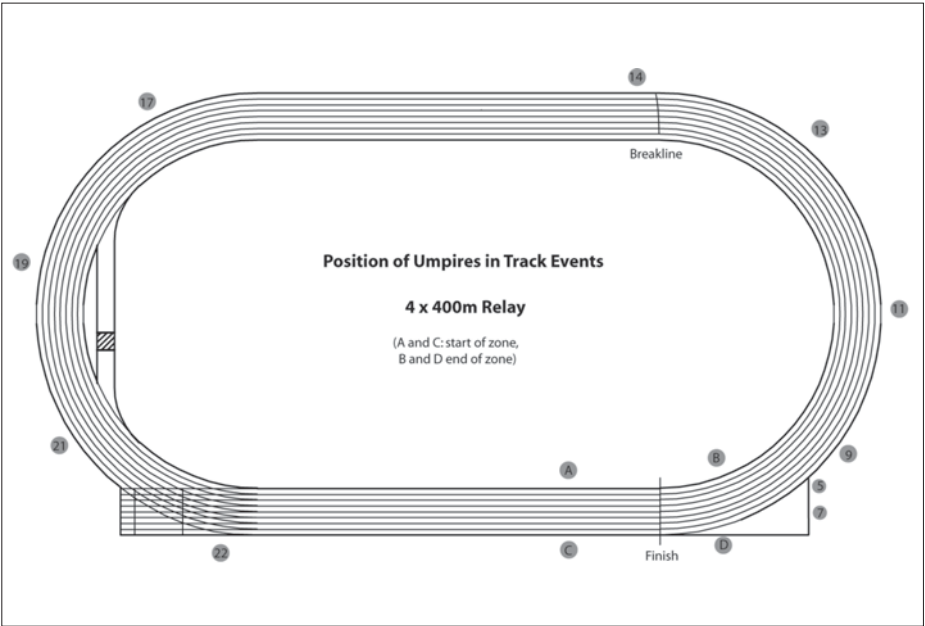
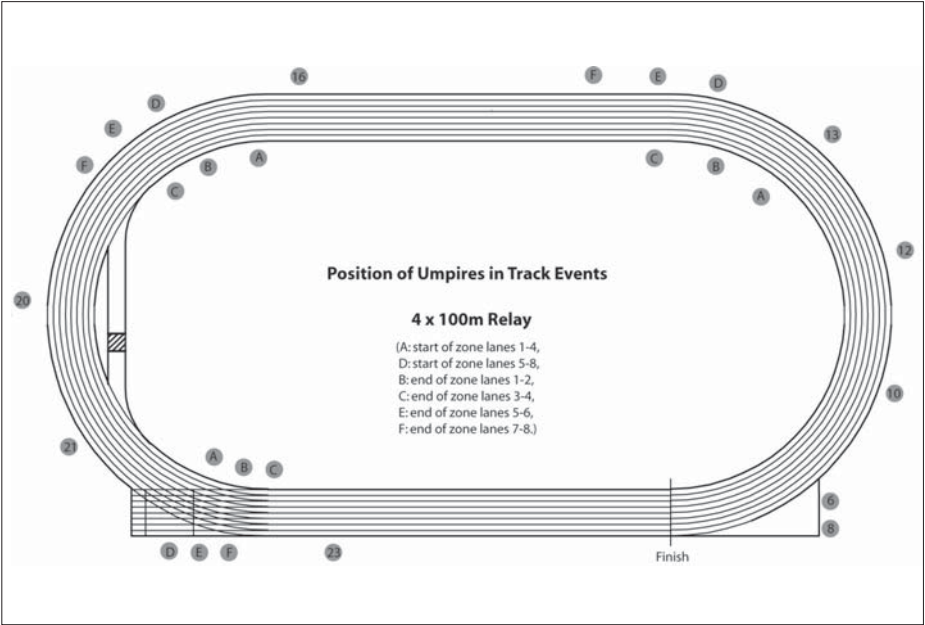


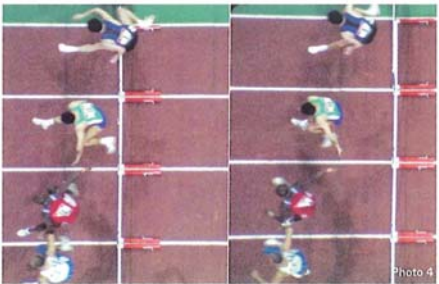












Rule 120, Officials of the Competition, mentions “one Chief Umpire” and an adequate number of Umpires. His role must be explained, as this is not done in the Rules:

- 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.

Infringements in Hurdles Races

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 – usually placed slightly ahead of the hurdles rather than directly in line with it.

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:

- his foot or leg is, at the instant of clearance, beside the hurdle (on either side), below the horizontal plane of the top of any hurdle, or
- in the opinion of the Referee he 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. The Referee should be satisfied that the action of the athlete was to deliberately knock down the hurdle so as to avoid the key requirement of Rule 168.7 that each athlete shall jump each hurdle. The most obvious example is where the athlete uses his hand. In other cases, such as where it appears the foot or the underside of the thigh may have been used deliberately, the Referee must have a high level of certainty that the action was deliberate and in contravention of the intention of the Rule. An example of where the athlete does not raise his lead leg sufficiently high as to clear the hurdle and as a result knocks it down, would be such a case.



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.)

The Competition: The Races

Validity of Performance

Rule 149

1. No performance accomplished by an athlete will be valid unless it is accomplished during an official competition organised in conformity with the Rules.
2. Performances in events normally conducted in the stadium, made outside traditional athletics facilities (such as those held in town squares, other sporting facilities, beaches, etc.) shall be valid and recognised for all purposes, if they are made subject to all of the following conditions:
 - (a) the appropriate governing body as provided in Rules 1 to 3 has issued a permit for the event;
 - (b) a qualified panel of National Technical Officials are appointed to and officiate at the event;
 - (c) where applicable, equipment and implements in conformity with the Rules are used; and
 - (d) the event is conducted on an event site or facility in conformity with the Rules and in respect of which a certificate under Rule 135 is issued by an Official Surveyor based on measurements taken on the day of the event.

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 or lower body. 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.



Lane Infringements

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 step or 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.

It should be carefully noted that it is not necessary for a Referee to have received a report from a Judge or Umpire in order to make a disqualification. He may act at all times by his own direct observation.

4. An athlete shall not be disqualified if he
 - (a) is pushed or forced by another person to step or run outside his lane or on or inside the kerb or line marking the applicable border, or
 - (b) steps or 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 jostled or obstructed so as to impede his progress.

Note: Material advantage includes improving his position by any means, including removing himself from a "boxed" position in the race by having stepped or run inside the inside edge of the track.

The note was added to Rule 163.4, to specifically outlaw the practice of athletes seeking to improve their position in races by moving on to the inside of the track (whether deliberately or after being jostled there by another athlete) and then seeking to get out of a boxed position by running on the inside until clear. Whilst normally running on the inside of lane 1 in the straight (as distinct from doing so on the bend) would not lead to mandatory disqualification, the Referee now has the opportunity to disqualify by his discretion if the situation as described in the note and above arises.

Leaving the Track

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

In this situation it is normal for the athlete to be shown in the results as DNF – did not finish. However in situations where an athlete having infringed this Rule, seeks to continue in the race, he would be

disqualified as shown in the results as DQ – disqualified. An athlete who does not report to take part in an event should be shown as DNS – did not start.

Check-marks

7. Except when all or the first portion of a Relay Race is being run in lanes, athletes may not make check-marks or place objects on or alongside the running track for their assistance.

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 personnel authorised in accordance with the relevant Rules and Regulations.

Giving Assistance

2. 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.

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 (other than those permitted under Rule 144.2(g)).
- (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.

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

- (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 and/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.]
- (g) Devices carried personally by athletes during a race such as heart rate or speed distance monitors or stride sensors, provided that such device cannot be used to communicate with any other person.

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 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 may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates (or are competing in a competition in which a team points score is being conducted). To arrive at a fair decision, the Referee should consider any available evidence which 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. In a Track Event:

- (a) 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.
- (b) 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. Whether or not there may be any disqualification, 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 in (b) 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.

But to be clear the Referee cannot make this decision whether the false start is apparently corrected detected by a false start control apparatus.

This rule was very intentional restructured in 2011 to make it clear that the situations covered by (a) and (b) are indeed different and may be dealt with in quite different ways, for example as outlined in the note which applies only to the situations in (b).

In cases where the Starter failed to recall a false start, 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 except that at the discretion of the body having the control over a competition, under Rule 1.1 (a), (b), (c) and (f), there may be a preliminary qualification round that is limited to athletes who have not met the entry standard(s) for the competition.
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

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

800m, 4 x 100m, Medley Relay, 4 x 400m

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

1500m, 3000m, 2000m SC, 3000m SC

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	P	T	Heats	P	T	Heats	P	T
16-30	2	4	4						
31-45	3	6	6				2	5	2
46-60	4	5	4				2	5	2
61-75	5	4	4				2	5	2

5000m

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	P	T	Heats	P	T	Heats	P	T
20-40	2	5	5						
41-60	3	8	6				2	6	3
61-80	4	6	6				2	6	3
81-100	5	5	5				2	6	3



10,000m

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

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. (a) 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.
- (b) After the first round, the athletes shall be placed in the heats of subsequent rounds in accordance with the following procedures:
 - (i) for events of 100m to 400m inclusive, and relays up to and including 4 x 400m, seeding shall be based upon placings and times of each previous round. For this purpose, athletes shall be ranked as follows:
 - Fastest heat winner
 - 2nd fastest heat winner
 - 3rd fastest heat winner, etc.
 - Fastest 2nd place
 - 2nd fastest 2nd place
 - 3rd fastest 2nd place, etc.
 - (Concluding with)
 - Fastest time qualifier
 - 2nd fastest time qualifier
 - 3rd fastest time qualifier, etc.
 - (ii) 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).
- (c) 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:

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

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 4 x 400m, where there are several successive rounds of a race, lanes will be drawn as follows:
- In the first round the lane order shall be drawn by lot.
 - For the following rounds, athletes shall be ranked after each round in accordance with the procedure shown in Rule 166.3(b)(i) or in the case of 800m, 166.3(b)(iii).

Three draws will then be made:

- one for the four highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6;
- another for the fifth and sixth ranked athletes or teams to determine placings in lanes 7 and 8, and
- 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. 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.

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

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

Up to and including 200m:	45 minutes
Over 200m up to and including 1000m:	90 minutes
Over 1000m:	not on the same day

Single Rounds

8. In competitions under Rules 1.1(a), (b), (c) and (f), for events longer than 800m, relays longer than 4 x 400m and any event where only a single round (final) is required, lanes/starting positions shall be drawn by lot.

How should the heats 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 and eventually the final. This is further emphasised by the words in the concluding paragraph of 166.2, which require those responsible for the seeding to try to avoid the best performed athletes (based generally on performance in the qualification or pre-determined



period but also taking into account such matters as outstanding recent career records) being placed in the same heats, as also applies to athletes from the same team or country.

For major competitions, at least, the basis of the seeding should be the best times achieved by each athlete in valid conditions (i.e. with wind readings not exceeding 2 m/s for races up to and including 200 metres) during the pre-determined period. This period will usually be specified in the technical regulations or in any document setting out the entry conditions and standards for the competition. Where there is no such specification, then the Technical Delegate(s) or the organising committee should decide the basis on which the seeding will be determined.

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

However the revision of the wording of the Rule in relation to the “best performed athletes” does require some deviation from the strict protocol outlined above. For example, an athlete who might normally be seeded in a high position might not have any, or only have a poor, valid performance in the predetermined period (i.e. has been injured, ill or ineligible for some reason or in the case of indoor meetings, only have outdoor results). Whilst he would normally initially be placed at the bottom of the seeding list, adjustment should be considered by the Technical Delegate(s) and made, if appropriate or necessary, once the initial seeding to heats has been made.

Similar principles should be applied to avoid a clash in an preliminary round between athletes considered to be the favourites to win the event, where the results of the previous round would strictly dictate that they should be in the same heat. At this same time any adjustments to ensure as much as possible that athletes from the same nation or team are in different heats should be made.

In all such cases adjustments of the seeding should be made after the initial allocation to the heats but before any draw is made for the lanes or starting positions.

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

- in the first round, between athletes with a similar ranking on the list of best valid performances during the pre-determined period
- in subsequent rounds, between athletes who have a similar ranking based on Rule 166.3

Following these principles is now even more important given that in some competitions, including major ones, the number of rounds has been reduced in some events - making accurate and well considered seeding vital to achieving both a fair and an athletically appealing outcome.

For lower level competitions, the Technical Delegate(s) or the organising committee may consider use different principles to achieve a similar final outcome

Place and Time

Where the tables in Rule 166.2 are adopted, the general principle set out in Rule 166.6 is already universally implemented. Where the tables are not used, the instruction contained in Rule 166.6 should be applied when the Technical Delegates or the organising committee established the specific Technical Regulations and/or the “progression table to be used” for the competition.

There will be occasions when Rule 167 may cause a variation to be applied, particularly where there is a tie for the last qualifying place based on place. In such cases, it may be necessary for one less athlete to progress on time. In circumstances where there are sufficient additional lanes available, or in the case of the 800m (where a lane at the start may be used for more than one athlete) or a non-laned race, the Technical Delegate(s) may be able, and decide, to progress an additional athlete(s).



Because of the provision within Rule 166.6 that when athletes are qualified according to their times, only one system of timing may be applied it is important for back-up timing systems to be available for preliminary rounds in case the primary system (usually photo finish) fails. In the event that only times from different timing systems are available for two or more heats, the Technical Delegates or organising committee, in conjunction with the Track Referee should determine, within the circumstances of the particular competition, the fairest method for determining those athletes who should proceed to the next round. Where additional lanes are available, it is recommended that this option be considered first.

Qualification by times is favoured for the two following reasons:

- it enables the correction of any mistakes that the Technical Delegate(s) or 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 events, a slow tactical race with a final sprint in one heat and a very fast race in another heat.

It is appropriate, however, to mention three points:

- to make use of this option mostly in the heats but a lot less in the semi-finals;
- when it is used, it is better to have electronic timing (but always with a back-up, either a second photo finish system or manual timing);
- whenever possible, the tables in Rule 166.2 should be followed.

Results of the heats and composition of the next round

How to arrange the next rounds?

On the chart, you can see which athletes are qualified by place (Q) and those qualified by time (q). Once this seeding has been undertaken, the lane draws within each "group" should be made - see "Lane draws".

Once the lane draws have been completed, the draw for the order of the heats should be made - see "Heat draws".

Results of the Heats and Composition of the next Round

Results of the 4 Heats of the 400m Round 1

The first 3 of each heat (Q) plus the 4 fastest times (q) advance to the Semi-Finals

Heat 1		Heat 2		Heat 3		Heat 4	
A	45.01 Q	B	46.02 Q	C	45.04 Q	D	46.57 Q
E	45.10 Q	F	46.04 Q	G	45.17 Q	H	46.60 Q
I	45.13 Q	J	46.06 Q	K	45.33 Q	L	46.68 Q
M	45.28 q	N	46.24 q	O	45.48 q	-	46.72
P	45.34 q	-	46.59	-	46.73	-	47.08
-	46.52	-	46.75	-	46.74	-	47.10
-	46.70	-	47.01	-	46.80	-	47.13
-	48.04	-	47.02	-	47.78	-	47.54

Ranking		Semi-F	Lanes
A	45.01 Q	1	3, 4, 5, 6
C	45.04 Q	2	3, 4, 5, 6
B	46.02 Q	2	3, 4, 5, 6
D	46.57 Q	1	3, 4, 5, 6
E	45.10 Q	1	3, 4, 5, 6
G	45.17 Q	2	3, 4, 5, 6
F	46.04 Q	2	3, 4, 5, 6
H	46.60 Q	1	3, 4, 5, 6
I	45.13 Q	1	7, 8
K	45.33 Q	2	7, 8
J	46.06 Q	2	7, 8
L	46.68 Q	1	7, 8
M	45.28 q	1	1, 2
P	45.34 q	2	1, 2
O	45.48 q	2	1, 2
N	46.24 q	1	1, 2

Semi-Final 1		Semi-Final 2	
A	45.01*	C	45.04*
D	46.57*	B	46.02*
E	45.10*	G	45.17*
H	46.60*	F	46.04*
I	45.13	K	45.33
L	46.68	J	46.06
M	45.28	P	45.34
N	46.24	O	45.48

Lane draws

For events 100m to 800m inclusive, and relays up to and including 4 x 400m:

For the 1st round, there will be a completely random draw for the allocation of all lanes in each heat whatever the athletes’ standards. For the 1st round, in order to reduce the number of heats required, it is acceptable and normal for additional available lanes (e.g. a ninth lane on a straight or oval track) to be used in races up to and including 400m and to have more than one athlete in a lane at the start of an 800m race.

For the next rounds, including the final, there will be three 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.

As an example, the chart indicates the athletes qualified by time (q). The athletes drawn by lots for the central lanes (3 to 6) are indicated by an asterisk.

Where a stadium has more than eight lanes available, the Technical Delegate(s) or the organising committee should decide in advance which lanes are to be used for this purpose. For example, in the case of a nine-lane oval track, it is often the case that lane one is not used in cases where less than nine athletes are taking part in a race. In such a case, for the purposes of Rule 166.4, lane 2 is regarded as lane 1, lane 3 and lane 2, etc.



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. The Rules do not specify exactly what to do here because the situations which may give rise to it may vary greatly. However it must be remembered that this issue only affects the running of the first bend of the race and is not as important as the allocation of lanes in a shorter race. Technical Delegate(s) are advised to place the additional athlete(s) in the lane(s) where the "double-up" will cause least inconvenience, usually the outer lanes so that the athletes are not running around a tighter bend together.

In one-day meetings, if there is only a final round but with more than one race, the races should be arranged according to any applicable technical regulations for the meeting or the series of meetings of which it is a part. If there are none then it is usual for allocation of athletes to the various "races" to be undertaken by the meeting organiser, or if not by the appointed Technical Delegate(s).

Similar considerations apply to how the final ranking of the athletes in such events will be made. In some meetings the "race(s)" other than the main race are regarded as separate races and are not considered for the overall ranking but in other meetings the results of more than one race are "combined" to give the overall ranking. But certainly in this case, this decision, whatever it may be, should be clearly advised to athletes in advance as it may affect prize money and other considerations.

In all races with a start in lanes, where there are more lanes available than athletes to be included, lane 1 should not be used.

Heat draws

Attention is drawn to the last paragraph of Rule 166.3 - "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."

Once the heats (of Round 1, Round 2 or the Semi-Finals) are arranged, the order in which they will be run must be drawn - at random. The draw for the heats in order to determine the order in which they are conducted has proved to be absolutely necessary for middle and long 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 should only be due to "chance".

In any case, even with the shorter races, it is fairer to draw lots for the heats. In the case of weather conditions changing (rain suddenly falling or wind increasing from + 1,9m/s to 2,1m/s), only "chance" should have decided which athletes will be so advantaged and which will not.

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), it shall be determined to be a tie and 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 the last qualifying position for a subsequent round based on time, the Chief Photo Finish Judge shall consider the actual times recorded by the athletes to 0.001 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 the last 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 standard distances shall be:
- | | |
|--------------------------------------|------------|
| Men, Junior Men and Youth Boys: | 110m, 400m |
| Women, Junior Women and Youth Girls: | 100m, 400m |
- There shall be ten flights of hurdles in each lane, set out in accordance with the following table:

Men, Junior Men and Youth Boys

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

Women, Junior Women and Youth Girls

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

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:
- | | | |
|--------------|---------------|---------|
| | 100m H/110m H | 400m H |
| Men | 1.067m | 0.914m |
| Junior Men | 0.991m | 0.914m |
| Youth Boys | 0.914m | 0.838 m |
| Women/Junior | 0.838m | 0.762m |
| Youth Girls | 0.762m | 0.762m |

Note: Due 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 was 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 (\pm 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 strong 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:

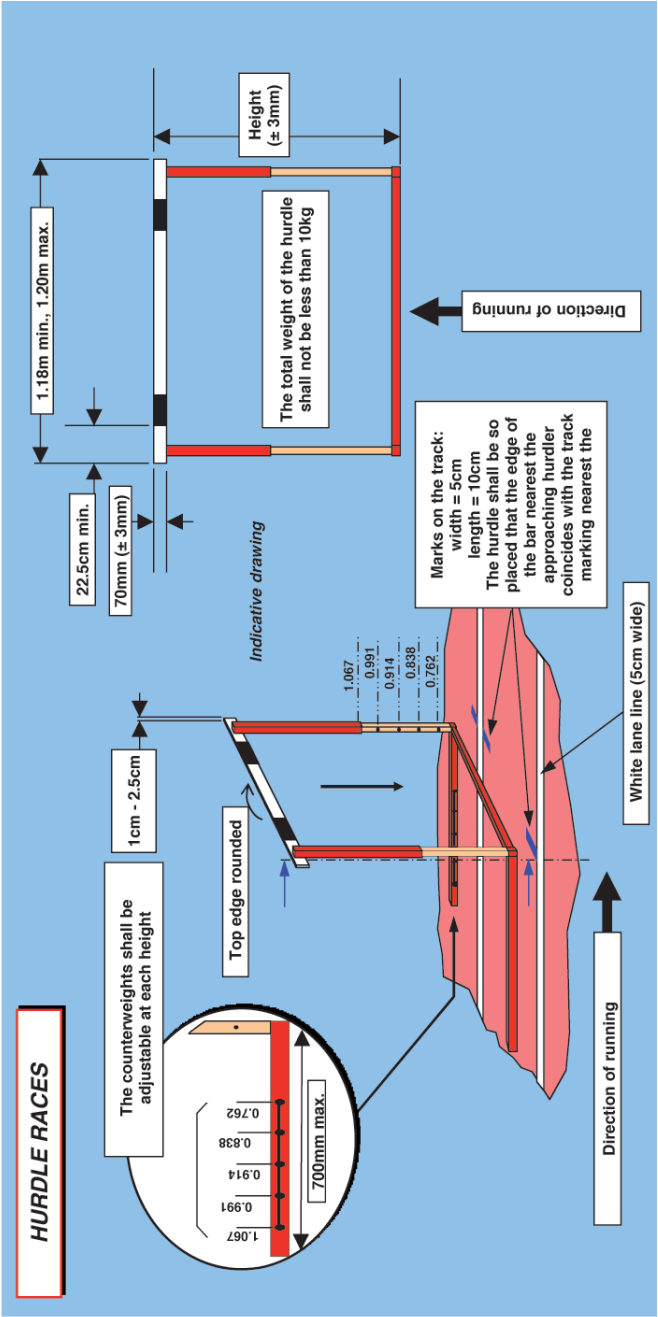
- (a) his foot or leg is, at the instant of clearance, beside the hurdle (on either side), below the horizontal plane of the top of any hurdle; or
- (b) in the opinion of the Referee, he deliberately knocks down any hurdle.

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.

The change in wording to Rules 168.7(a) made in 2011 was designed to more accurately reflect the correct interpretation of the Rule - for example to be clear that the disqualification can be applied in respect of either the lead or the trail leg.

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 ($\pm 3\text{mm}$ 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 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 at the water jump shall be $3.66\text{m} \pm 0.02\text{m}$ wide, and shall be firmly fixed to the ground, so that no horizontal movement is possible.

The top bars should be painted with white and black stripes, or with other strong 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 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 $3.66\text{m} \pm 0.02\text{m}$ in length and the water pit shall be $3.66\text{m} \pm 0.02\text{m}$ in width.

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

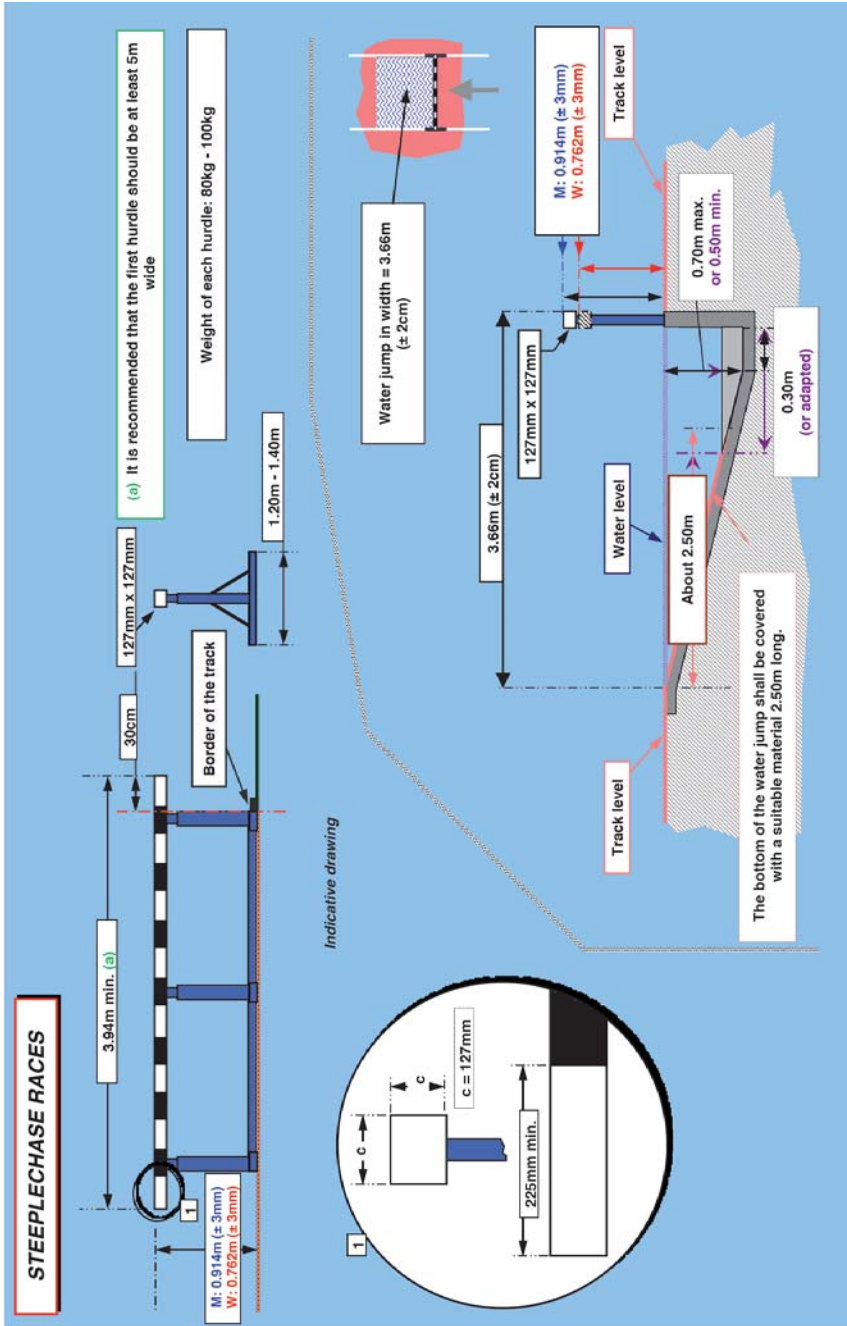
7. Each athlete shall go over or through the water and shall jump each hurdle. Failure to do so will result in a disqualification.

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.





Rule 169.7(b) was not amended in 2011 so as to read in a similar fashion to the wording amendment to Rules 168.7(a). This was by oversight and it should be noted that it is not intended that these two Rules should be interpreted differently. Given that the change to Rule 168.7(a) was basically grammatical, this Rule should be interpreted in the same way in that the Rule should be regarded as applying to both the lead and trail leg, as has always been the interpretation.

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. The standard distances shall be: 4 x 100m, 4 x 200m, 100m-200m-300m-400m Medley Relay (Medley Relay), 4 x 400m, 4 x 800m, 4 x 1500m.
2. Lines 5cm wide shall be drawn across the track to mark the distances of the legs and to denote the scratch line.
3. Each takeover zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.
4. Check Marks: When all or the first portion of a Relay Race is being run in lanes, an athlete may place one check-mark on the track within his own lane, by using adhesive tape, maximum 5cm x 40cm, of a distinctive colour which cannot be confused with other permanent markings. No other check-mark may be used.
5. The relay baton shall be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which shall be 280 to 300mm. The outside diameter shall be 40mm (\pm 2mm) and it shall not weigh less than 50g. It should be coloured so as to be easily visible during the race.
6. The baton shall be carried by hand throughout the race. Athletes are not permitted to wear gloves or to place material (other than those permitted by Rule 144.2(f)) or 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. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after retrieving it, must return at least to the point where it was last in his hand, before continuing in the race. Provided these procedures are adopted where applicable and no other athlete is impeded, dropping the baton shall not result in disqualification. If an athlete does not follow this Rule, his team shall be disqualified.
7. The baton shall be passed within the takeover zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete. In relation to the takeover zone, it is only the position of the baton which is decisive. Passing of the baton outside the takeover zone shall result in disqualification.
8. Athletes, before receiving and/or after handing over the baton, should keep in their lanes or maintain position until the course is clear to avoid obstruction to other athletes. Rules 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.
9. Assistance by pushing or by any other method shall result in disqualification.



10. Each member of a relay team may run one leg only. Any four athletes from among those entered for the competition, whether for that or any other event, may be used in the composition of the relay team for any round. However, once a relay team has started in a competition, 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.
11. 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.
12. The 4 x 100m race shall be run entirely in lanes.
13. The 4 x 200m race may be run in any of the following ways:
 - (a) where possible, entirely in lanes (four bends in lanes),
 - (b) in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (three bends in lanes),
 - (c) in lanes for the first leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (one bend in lanes).

Note: Where not more than four teams are competing, option (c) may be used.
14. The Medley Relay race shall be run in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (two bends in lanes).
15. The 4 x 400m race may be run in either of the following ways:
 - (a) in lanes for the first leg, as well as that part of the second leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (three bends in lanes),
 - (b) in lanes for the first leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (one bend in lanes).

Note: Where not more than four teams are competing, it is recommended that option (b) should be used.
16. The 4 x 800m race may be run in either of the following ways:
 - (a) in lanes for the first leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (one bend in lanes),
 - (b) without the use of lanes.
17. The 4 x 1500m race shall be run without the use of lanes.
18. In the 4 x 100m and 4 x 200m races, athletes other than the first, and in the Medley Relay, the second and third athletes, may commence running not more than 10m outside the takeover zone

(see Rule 170.3). A distinctive mark shall be made in each lane to denote this extended limit. If an athlete does not follow this Rule, his team shall be disqualified.

19. For the final takeover in the Medley Relay and in the 4 x 400m, 4 x 800m and 4 x 1500m races, athletes are not permitted to begin running outside their takeover zones, and shall start within this zone. If an athlete does not follow this Rule, his team shall be disqualified.
20. In the Medley Relay, the athletes running the final leg and in the 4 x 400m race, the athletes running the third and fourth legs shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they enter the last bend. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, his team shall be disqualified.

Note: In the 4 x 200m 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).

21. In any race, when lanes are not being used, including when applicable, in 4 x 200m, the Medley Relay and 4 x 400m, 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 4 x 200m, the Medley Relay and 4 x 400m, waiting athletes shall maintain the order in accordance with Rule 170.20. If an athlete does not follow this Rule, his team shall be disqualified.

Records

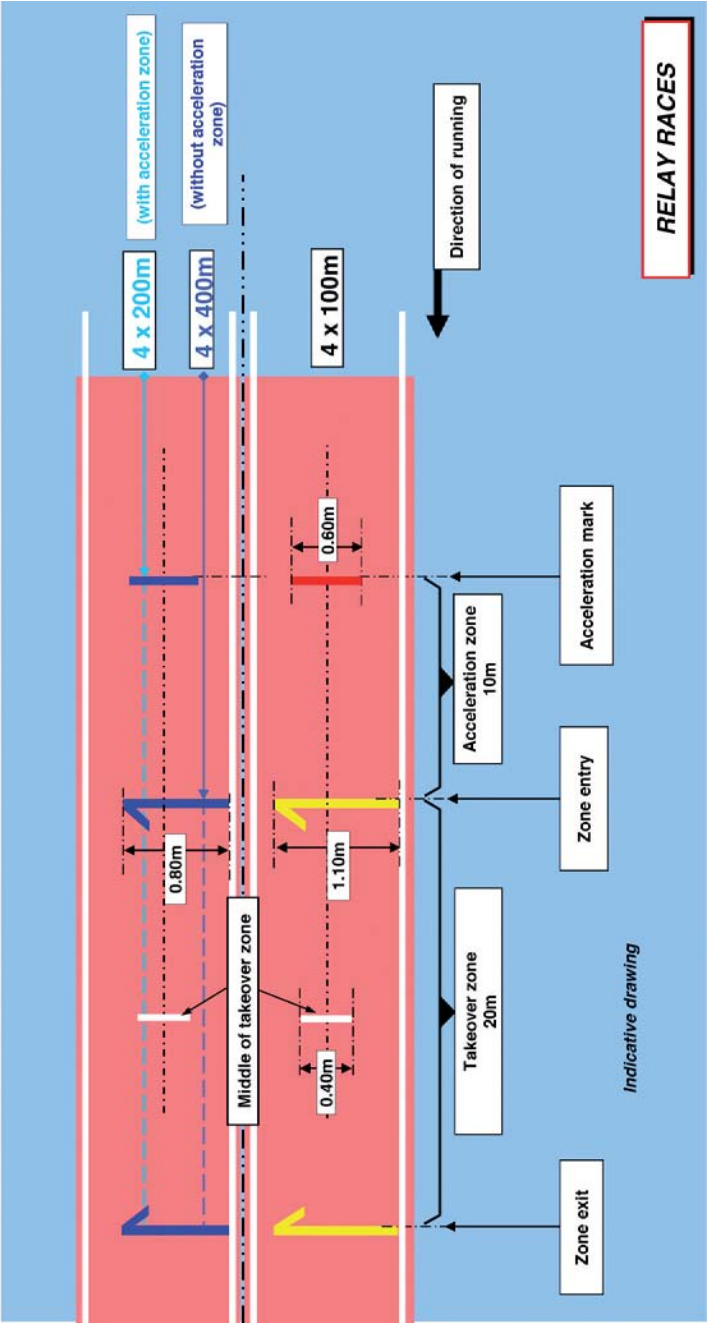
Rule 260.9

For individual events, at least three athletes and for relay events, at least two teams, must be bonafide competitors in the event.

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.
- (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 athlete in a relay team may not be submitted as a Record.





Rule 170 was significantly re-structured in 2011. There were several reasons for doing so:

- to ensure that commonly conducted relay events, including the “Swedish” 1000m Medley Relay conducted at the World Youth Championships were adequately covered in the Rules
- to move to the IAAF Track and Field Facilities Manual material previously contained in Rule 170 that would be more appropriately placed there
- to make specific provision for some matters relating to a dropped baton (see Rule 170.6)
- to set out the alternate way(s) in which specific relay events may be conducted

Officials’ duties (Referee, “Zone” Chief Umpires, Umpires):

The technical success and the spectacular setting-up of the relay events are the result of sound planning and organisation which is only possible with the assistance of all members of the team of officials and especially the starter’s assistants and the relay zone umpires. So it is necessary to:

1. Ensure that all teams take their positions in the correct lanes. The starter’s assistants will be responsible for the positioning of the first runners and for ensuring that each is supplied with a baton. “Zone” chief umpires and the umpires placed at their disposal will be responsible for the positioning of the subsequent runners.
2. As soon as the announcer has given the positions in the lanes and until the start of the race the zone chiefs should indicate whether all is ready at their change, usually by holding up a flag or other indication but at higher level meetings, using radio communication to all relevant officials. Rather than issue several flags to the zone chiefs it is recommended that they use the yellow flag they will already have to indicate infringements during the race to indicate all is not yet ready and white flag to indicate readiness for a start.

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

3. Zone chiefs must remain at the zone to which they and their umpires have been assigned. Once the athletes are correctly placed in their lanes and the race has started, zone chiefs and umpires are responsible for reporting any infringements of the relay rules (Rule 170) but also should assist with observing other infringements such as those under Rule 163.
4. 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.
5. A check list for those officials allocated to each zone is established as follows:

Zone situated at the start of the 1500 metres

4 x 100m relays:

- observe 1st zone takeover

4 x 200m relays:

- observe that athletes correctly move to the inside lane during the 1st leg under the option in Rule 170.13(c) or 3rd leg (under the option in Rule 170.13(b))
- observe that athletes run within the lanes particularly on the incoming bend

4 x 400m relays:

- observe that athletes correctly move to the inside lane during the 1st leg under the option in Rule 170.15(b) or 2nd leg (under the option in Rule 170.15(a))
- observe that athletes run within the lanes on the incoming bend
- afterwards, keep an eye on incidents during the race



4 x 800m relays:

- observe that athletes correctly move to the inside lane during the 1st leg under the option in Rule 170.16(a)
- afterwards, keep an eye on race incidents

100m-200m-300m-400m Medley Relays:

- observe 2nd zone takeover
- observe that athletes then correctly move to the inside lane during the 3rd leg under Rule 170.14]
- afterwards, keep an eye on race incidents

4 x 1500m relays:

- observe 3rd zone takeover and keep an eye on race incidents

Zone situated at the start of the 200 metres**4 x 100m relays:**

- observe 2nd zone takeover

4 x 200m relays:

- 1st zone: observe takeover in lanes under the options in Rule 170.13(a) or (b) or on the inside under the option in Rule 170.13(c)
- 3rd zone: observe takeover in lanes under the option in Rule 170.13(a) or on the inside under the options in Rule 170.13(b) or (c)

4 x 400m relays:

- not required

4 x 800m relays:

- not required

100m-200m-300m-400m Medley Relays:

- not required

4 x 1500m relays:

- observe 2nd zone takeover and keep an eye on race incidents

Zone situated at the start of the 100 metres**4 x 100m relays:**

- observe 2nd zone takeover

4 x 200m relays:

- not required

4 x 400m relays:

- not required

4 x 800m relays:

- not required

100m-200m-300m-400m Medley Relays:

- observe 1st zone takeover
- afterwards, keep an eye on race incidents

4 x 1500m relays:

- observe 1st zone takeover and keep an eye on race incidents

Zone situated at the start and finish line**4 x 100m relays:**

- not required

4 x 200m relays:

- 2nd zone: observe takeover in lanes under the options in Rule 170.13(a) or (b) or on the inside under the option in Rule 170.13(c)

4 x 400m relays:

- 1st zone: observe takeover in lanes under the option in Rule 170.15(a) or on the inside under the option in Rule 170.15(b)
- 2nd and 3rd zones: observe the takeover on the inside
- for all takeovers made on the inside ensure that the waiting athletes place themselves in the same order (inside to out) as the order of their respective team members as they enter the last bend (i.e. pass the 200m to go mark)

4 x 800m relays:

- 1st, 2nd and 3rd zones: observe the takeover on the inside and keep an eye on race incidents

100m-200m-300m-400m Medley Relays:

- observe 3rd zone takeover
- ensure that the waiting athletes place themselves in the same order (inside to out) as the order of their respective team members as they enter the last bend (ie, pass the 200m to go mark)

4 x 1500m relays:

- not required

Road Races

Rule 240

Distances

1. The standard distances 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.

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. For approval of Records see Rule 260.28(b).



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

3. 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. For approval of Records see Rule 260.28(c).

Note (v): A course measurement certificate is valid for 5 years, after which the course shall be re-measured even when there are no obvious changes to it.

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 takeover zone. All takeover procedures shall be completed within this zone.

International Road Course Measurer

Rule 117

At competitions organised under Rule 1.1, an International Road-Course 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 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. Starting positions in events at all distances shall be numbered from left to right, facing the direction of running.

Note: In the case of events starting outside the stadium, the start line may be up to 30cm in width and maybe of any colour contrasting distinctively with the surface of the start area.

Rule 240

6. The races shall be started by the firing of a gun, cannon, air horn or like device. The commands for races longer than 400m shall be used (Rule 162.2(b)). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. On the command "On your marks", the Starter shall ensure that no athletes has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.

As mentioned in the earlier commentary on Rule 162, it is emphasised particularly for events held outside the stadium that Starters and Referees should avoid being over-zealous in the application of the new false start rules to such events. It should be remembered that athletes starting races in a standing position (i.e. a two point start) are more prone to genuinely over-balance. Such instances are rare and usually occur unintentionally. It is not intended that same should be unduly penalised.

Recalling starts in road races and other outside events can be difficult, and in large fields impractical, in any case. However where there is a clear and wilful breach, the Referee should not hesitate to consider appropriate action in respect on an individual either during or after the race.

However in events, particularly championships etc., where the start mechanism malfunctions and it is clear or possible that the timing system may not have started, a recall, where practical might be the best option.

Safety 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, 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 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 of or to the side of, the table.
- (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 table at any one time. No official shall, under any circumstances, run beside an athlete while he is taking refreshment or water.
- (g) An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee.

The revisions to Rules 230, 240 and 250 undertaken in 2011 included a harmonisation of the provisions within the three rules pertaining to outside events, where this was logical and in accordance with practice. As a result specific provision was made for the first time in Rule 240 to cover team officials and refreshment tables.

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 125.9

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. It is suggested that one option might be that course or refreshment station umpires be designated as assistant Referees and that they be in communication with the Referee and each other to ensure the effective co-ordination of warnings and disqualifications.

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

The Finish

Rule 164

- 1. The finish of a race shall be denoted by a white line 5cm wide.

Note: In the case of events finishing outside the stadium, the finish line may be up to 30cm in width and maybe of any colour contrasting distinctively with the surface of the finish area.

Where transponder timing is not in use, or where an additional back-up recording system is desired, it is recommended that a system such as that described in the following section on Cross Country races, be used.

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;
- (e) The resolution is 0.1second (i.e. it can separate athletes finishing 0.1second apart). For all races, the time shall be read to 0.1 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.

- (f) Whilst the determination of the finishing order and times may be considered official, Rules 164.2 and 165.2 may be applied where necessary.

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.

Chief Transponder Timing Judge

Rule 165.25

The Chief Transponder Timing 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. He shall supervise the testing of the equipment and ensure that the passing of the transponder over the finish line will record the athlete's finish time. In conjunction with the Referee, he shall ensure that provision is made for the application, when necessary, of Rule 165.24(f)..

Note that provision was made in 2011 for the first time for the appointment of a Chief Transponder Timing Judge. His duties are in many respects the same as the Chief Photo Finish Judge, as well as to work closely with the Referee.

Records

See Rules 260.28 and 261

Note that provision was made in 2011 that World Records in Road Races for women are to be recognised only in women only races.



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.

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 5 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

The distances recommended for Youth competitions should be approximately:

Boys:	6km	Girls:	4km
-------	-----	--------	-----

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

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

Note: In the case of events starting outside the stadium, the start line may be up to 30cm in width and maybe of any colour contrasting distinctively with the surface of the start area.

Rule 250

7. The races shall be started by the firing of a gun. The commands for races longer than 400m shall be used (Rule 162.2(b)).

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. On the command "On your marks", the starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.

Please note the earlier commentary on Rule 162 in the section dealing with Road Races.

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:

	Mainly Uphill Distance	Ascent	Start/Finish at same level	
			Distance	Ascent
Senior Men	12 km	1200 m	12 km	750 m
Senior Women	8 km	800 m	8 km	500 m
Junior Men	8 km	800 m	8 km	500 m



Junior Women 4 km 400 m 4 km 250 m

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

The Finish

Rule 164

1. The finish of a race shall be denoted by a white line 5cm wide.

Note: In the case of events finishing outside the stadium, the finish line may be up to 30cm in width and maybe of any colour contrasting distinctively with the surface of the finish area.

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 ("funnels") 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 and if applicable recover their transponder timing chips.

The finish lanes should have moveable ropes at the end at which the runners enter, so that when one lane is full, the next rope can be drawn across behind the last athlete, to enable the next finisher to enter the new finish lane, and so on.

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.

Race Walking Events

International Race Walking Judges (IRWJs)

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

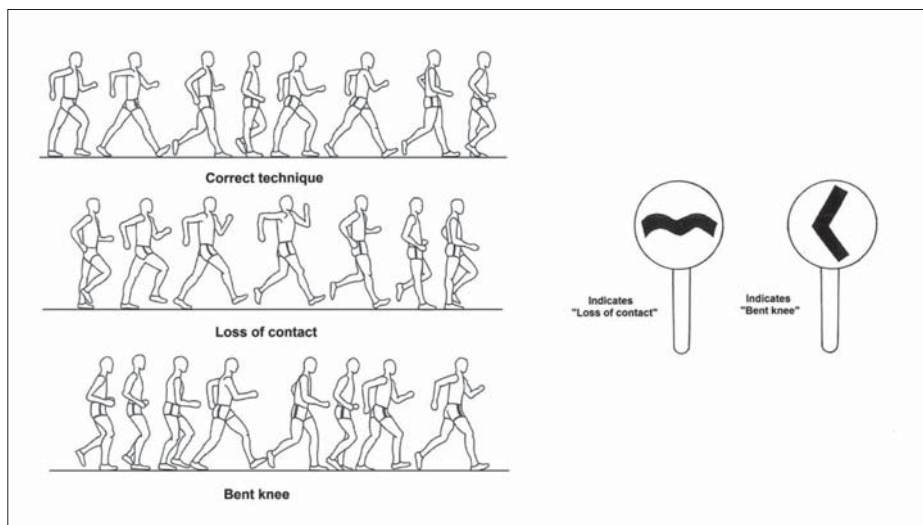
Rule 230

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

Judging

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 last 100m when his 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 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.

Yellow Paddle

4. When a judge is not completely satisfied that an athlete is fully complying with Rule 230.1, he should, where possible, show the athlete a yellow paddle (with the symbol of the offence of each side), indicating the offence.

An athlete cannot be shown a second yellow paddle by the same Judge for the same offence. Having shown a yellow paddle to an athlete, the Judge shall inform the Chief Judge of 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 being shown a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.
- (b) In competitions, under Rules 1.1(a), (b), (c) or (e), 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

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

Note: In the case of events starting outside the stadium, the start line may be up to 30cm in width and maybe of any colour contrasting distinctively with the surface of the start area.

Rule 230

7. The races shall be started by the firing of a gun. The commands for races longer than 400m shall be used (Rule 162.2(b)). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. On the command "On your marks", the Starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.

Please note the earlier commentary on Rule 162 in the section dealing with Road Races.

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 in Road Events

9.
 - (a) Water and other suitable refreshments shall be available at the start and finish of all races.
 - (b) For all events of 5km or longer up to and including 10km, water only drinking/sponging stations shall be provided at suitable intervals, if weather conditions warrant such provision.
Note: Mist stations may also be arranged, when considered appropriate under certain organisational and/or climatic conditions.
 - (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) 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 to the side, but not in front, of the table.
 - (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 table at any one time. No official shall, under any circumstances, run beside an athlete while he is taking refreshment or water.
 - (g) An athlete who collects refreshment or water from a place other than the official stations renders himself liable to disqualification by the Referee.

The revisions to Rules 230, 240 and 250 undertaken in 2011 included a harmonisation of the provisions within the three rules pertaining to outside events, where this was logical and in accordance with practice. It should be noted however that sub rule 9(e) above is intentionally different from Rule 240.8(e) in that in walking events, the team officials are not permitted in front of the tables.



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.

The Finish**Rule 164**

1. The finish of a race shall be denoted by a white line 5cm wide.

Note: In the case of events finishing outside the stadium, the finish line may be up to 30cm in width and maybe of any colour contrasting distinctively with the surface of the finish area.

Records

See Rules 260.25, 260.29 and 261.

Note that provision was made in 2011 that World Records in Road Races for women, including race walking, are to be recognised only women only races.

Chapter 4

Field Events



General Rules

Validity of Performance

Rule 149

1. No performance accomplished by an athlete will be valid unless it is accomplished during an official competition organised in conformity with IAAF Rules.
2. Performances in events normally conducted in the stadium, made outside traditional athletics facilities (such as those held in town squares, other sporting facilities, beaches, etc.) shall be valid and recognised for all purposes, if they are made subject to all of the following conditions:
 - (a) the appropriate governing body as provided in Rules 1 to 3 has issued a permit for the event;
 - (b) a qualified panel of National Technical Officials are appointed to and officiate at the event;
 - (c) where applicable, equipment and implements in conformity with the Rules are used; and
 - (d) the event is conducted on an event site or facility in conformity with the Rules and in respect of which a certificate under Rule 135 is issued by an Official Surveyor based on measurements taken on the day of the event.

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 a particular trial, it shall be deemed that he is passing once the period allowed for the trial has elapsed.

Assistance to Athletes

Rule 144

Giving Assistance

2. 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. 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 [other than those permitted under Rule 144.2(g)].
 - (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.

For the purpose of this Rule, 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 and/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.)
- (g) Devices carried personally by athletes during a race such as heart rate or speed distance monitors or stride sensors, provided that such device cannot be used to communicate with any other person.



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. Failure to do so shall result in the application of Rules 125.5 and 145.2. 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 and 145.2, but the result of the trial (valid or failure) will be considered in the case of a warning.

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

In the event of a tie for the last qualifying place, if two or more athletes have the same best performance, Rule 180.19 shall be applied. If it is thus determined that there has been a tie, the tying athletes shall be allowed three additional trials.

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 last three rounds shall be in the reverse ranking order recorded after the first three rounds 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 (iii): If one or more athlete(s) is permitted by the Referee to continue in a competition under protest in accordance with Rule 146.5 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.

Note (iii): It is permissible for the relevant governing body to specify in the Regulations that where there are more than eight athletes in an event, all athletes may have four trials.

The 2011 IAAF Congress removed the provision for a change in order after the fifth round in Field Events. This in effect returns the rule to the original situation that applied when change of order was first introduced. It was considered that this provision did not add to the presentation of a competition, in fact in many cases detracting from it when the leading athlete decided there was no need to take his final trial.

In addition, consistent with the philosophy of flexibility provided under the 2009 wording change for Rule 101, the addition of note (iii) makes it possible for organisers to allow all athletes to have four trials (in a four trial competition) even if there are more than eight athletes competing.

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 (iii): 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:

Individual Events

Number of athletes left in the competition			
High Jump	Pole Vault	Other	
More than 3	1min	1min	1min
2 or 3	1.5min	2min	1min
1	3min	5min	-
Consecutive trials	2min	3min	2min

Combined Events

Number of athletes left in the competition			
High Jump	Pole Vault	Other	
More than 3	1min	1min	1min
2 or 3	1.5min	2min	1min
1 or consecutive trials	2min	3min	2min

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 or Time

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

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

The changes made to Rule 180.18 in 2011 reflect the realities of practices that have been followed for many years even though not specifically provided for in the Rules until now. Note that the use of the phrase "round of trials" instead of "rounds" is designed to ensure a clear difference between a "round of trials" within a Field Event competition and a "round of the competition" (i.e. a qualifying round or a final).



If the conditions make it impossible to complete a round of trials before a change of place or time is made, the Technical Delegate or Referee should void those trials already competed in that round of trials and recommence the competition at the beginning of that round of trials.

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 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 may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates (or are competing in a competition in which a team points score is being conducted). To arrive at a fair decision, the Referee should consider any available evidence which 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.
5. In a Field Event, if an athlete makes an immediate oral protest against having a trial judged as a failure, the Referee of the event may, 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

- (a) 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

- (b) 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 changes made in 2011 remove the reference to “bona fide” interest and replace it with clearer words to the effect that 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



5



High Jump

Equipment

Rule 182

The Landing Area

10. 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 (± 20 mm) 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 (± 1 mm).

The crossbar shall consist of three parts - the circular bar and two end pieces, each 30-35mm wide and 150-200mm 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.

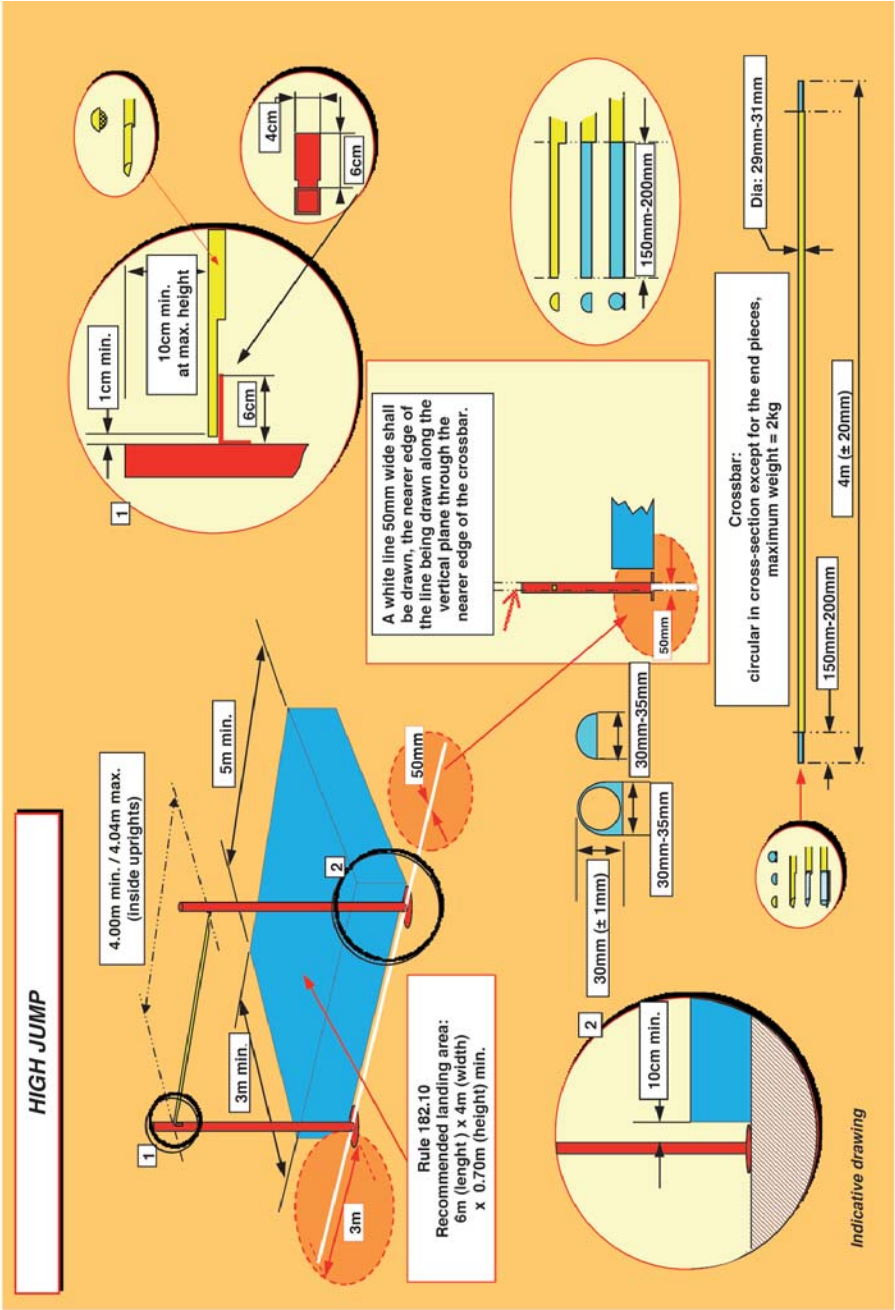
The crossbar shall have no bias and, when in place, shall sag a maximum of 2cm in the High Jump.

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 shall 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 shall 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 3cm in the High Jump throughout the competition.

It is strongly recommended that the uniform increase of 3cm be applied in all combined event competitions.

Similarly, it is suggested that the reference to "World Record height" above can be read so as to refer to Area, National or other records if appropriate in relevant competitions.

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 forego 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.

In the case of the High Jump, 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.

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.

Trials should be recorded on the results sheet using the following symbols:

0 = Cleared X = Failed – = Did not jump



5

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 the High Jump, once the judge has determined that there is no failure according to Rule 182.2;

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, when more than 1 athlete is still competing in the High Jump, the time 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 at random, but where possible so that representatives of each nation or team shall be placed in different groups. Unless there are facilities for the groups to compete at the same time and under the same conditions, each group should start its warm-up immediately after the previous group has finished.

9. It is recommended that, in competitions 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 meetings 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 High Jump, 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 performances in the overall results of the competition Rule 181.8 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 High Jump 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.

Qualifying Competition

Qualification standard 2,30m or at least best 12 advance to the Final

Group A									
Place	Name	2.10	2.15	2.20	2.24	2.27	2.30	Result	Failures*
1	Kyriakos Ioannou	-	o	o	xxo	o	o	2,30 Q	0 2
2	Kabelo Kgosiemang	-	o	o	o	xo	xo	2,30 Q	1 2
3	Yaroslav Rybakov	-	-	o	o	o	xxo	2,30 Q	2 2
4	Giulio Ciotti	-	o	o	o	o	xxx	2,27 q	0 0
4	Martijn Nuyens	o	o	o	o	o	xxx	2,27 q	0 0
4	Keith Moffatt	-	o	o	o	o	xxx	2,27 q	0 0
7	Jaroslav Bába	-	-	o	xo	o	xxx	2,27 q	0 1
8	Konstadinos Baniótis	-	o	o	o	xxx		2,24	0 0
9	Trevor Barry	-	xo	o	o	xxx		2,24	0 1
10	Andrey Tereshin	-	o	o	xo	xxx		2,24	1 1
11	Tora Harris	-	o	xxo	xxo	x-	xx	2,24	2 4
12	Andriy Protzenko	o	xo	o	xxx			2,20	0 1
13	Grzegorz Sposób	o	o	xo	xxx			2,20	1 1
14	Dragutin Topić	-	xxo	xxx				2,15	2 2
	John Smith	x-	xf					NM	
	Sergey Zassimovich							DNS	
Group B									
Place	Name	2.10	2.15	2.20	2.24	2.27	2.30	Result	Failures*
1	Linus Thörnblad	-	o	o	o	o	xo	2,30 Q	1 1
2	Raul Spank	-	-	o	xo	xxo	xo	2,30 Q	1 4
3	Andra Manson	-	o	o	xxo	xxo	xo	2,30 Q	1 5
4	Ivan Ukhov	-	o	o	o	o	xxo	2,30 Q	2 2
5	Mickael Hanany	-	o	o	xxo	o	xxx	2,30 Q	2 4
6	Sylwester Bednarek	o	xo	o	o	o	xxx	2,27 q	0 1
7	Jessé de Lima	-	o	o	xxo	o	xxx	2,27	0 2
8	Donald Thomas	o	o	o	o	xo	xxx	2,27	1 1
9	Yuriy Krymareenko	o	o	o	xo	xxx		2,24	1 1
10	Oskari Frösen	-	o	-	xxo	xx-	x	2,24	2 2
11	Javier Bermejo	o	o	o	x-	xx		2,20	0 0
11	Naoyuki Daigo	-	o	o	xxx			2,20	0 0
11	Viktor Shapoval	o	o	o	xxx			2,20	0 0
14	Peter Horák	o	o	xxo	xxx			2,20	2 2
15	Artsiom Zaitsau	-	o	xx				2,15	0 0
15	Majed Aldin Gazal	o	o	xxx				2,15	0 0

o = cleared, x = failed, - = did not jump, r = retired from competition

*(1) At the height last cleared

*(2) Up to and including the height last cleared



Summary		
Field Event Final according to Rule 180.13		
1	Kyriakos Ioannou (A)	2.30 Q
2	Linus Thörnblad (B)	2.30 Q
3	Kabelo Kgosiemang (A)	2.30 Q
4	Raul Spank (B)	2.30 Q
5	Andra Manson (B)	2.30 Q
6	Yaroslav Rybakov (A)	2.30 Q
6	Ivan Ukhov (B)	2.30 Q
8	Mickael Hanany (B)	2.30 Q
9	Giulio Ciotti (A)	2.27 q
9	Keith Moffatt (A)	2.27 q
9	Martijn Nuyens (A)	2.27 q
12	Sylwester Bednarek (B)	2.27 q
12	Jaroslav Bába (A)	2.27 q

It is important when seeding high jump qualifying groups that the requirements of Rule 180.8 and 180.14 are both observed.

The Technical Delegates and the Referee must follow closely the progress of the qualifying rounds of the High Jump and the Pole Vault to ensure that on the 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. In the following example the athletes in group 2 did not continue to compete until the end of the qualifying height when there were more than 12 athletes still in the competition overall.

1. In group 2, the competitors finishing 1st to 7th should have attempted 2.28m.
2. In these circumstances it must be regarded as if they had all failed at this height, and then 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.

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 but before the start of the event 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.

Rule 181.8(d) was further elaborated in 2011 to provide that any decision by the Technical Delegate or Referee not to conduct a jump-off should be made before the start of the event. However there may be circumstances where this might not be possible such as where conditions at the place of competition make it impossible or undesirable to begin or continue with a jump-off.

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 a higher place. If only one other athlete then remains he is declared the winner regardless of whether he attempts that height.

Results - High Jump



5

Name	2.00	2.05	2.09	2.12	2.15	2.18	Result	Failures*		Place	Jump-off				Final Place
								(1)	(2)		2.18	2.16	2.18	2.20	
A	o	xo	o	xo	xxx		2.12	1	2	7					
B	xo	-	o	-	xo	xxx	2.15	1	2	1	x	o	o	o	1
C	xo	o	xo	o	xo	xxx	2.15	1	3	3					
D	o	o	o	xo	xxo	xxx	2.15	2	3	5					
E	o	o	xo	xo	xxx		2.12	1	2	7					
F	o	xo	xo	xxx			2.09	1	2	11					
G	xxo	xo	o	xo	xo	xxx	2.15	1	5	4					
H	o	o	o	xo	xxx		2.12	1	1	6					
I	-	o	o	xxo	xxx		2.12	2	2	9					
J	o	xo	-	-	xo	xxx	2.15	1	2	1	x	o	o	x	2
K	-	x-	o	xxo	xxx		2.12	2	3	10					

*(1) At the height last cleared

*(2) Up to and including the height last cleared

Example 1 - Tie for 2nd place

Name	1.78	1.82	1.85	1.88	1.90	1.92	1.94	Failures*		Final Place
								(1)	(2)	
A	-	xo	o	xo	-	xxo	xxx	2	4	2
B	o	o	o	x-	xo	xxo	xxx	2	4	2
C	o	-	x-	o	xxo	xxo	xxx	2	5	4
D	o	-	-	xxo	xo	xo	xxx	1	4	1

*(1) At the height last cleared

*(2) Up to and including the height last cleared

Example 2 - Jump-off with 2 athletes

Heights announced by the Chief Judge at the beginning of the competition:

1.75m - 1.80m - 1.84m - 1.88m - 1.91m - 1.94m - 1.97m - 1.99m + 2cm

Name	1.75	1.80	1.84	1.88	1.91	1.94	Result	Failures*		Place	Jump-off			Final Place
								(1)	(2)		1.91	1.89	1.91	
A	o	xo	o	xo	xxx		1.88	1	2	1	x	o	x	2
B	-	xo	-	xo	-	xxx	1.88	1	2	1	x	o	o	1
C	-	xo	xo	xo	xxx		1.88	1	3	3				3

*(1) At the height last cleared

*(2) Up to and including the height last cleared

Example 3 - Jump-off with 3 athletes

Heights announced by the Chief Judge at the beginning of the competition:

2.10m - 2.15m - 2.18m - 2.21m + 2cm

Case 1

Name	2.10	2.15	2.18	2.21	Result	Failures*		Place	Jump-off		Final Place
						(1)	(2)		2.21	2.23	
A	o	-	o	xxx	2.18	0	0	1	x		3
B	-	o	o	xxx	2.18	0	0	1	o	x	2
C	-	o	o	xxx	2.18	0	0	1	o	o	1

Case 2

Name	2.10	2.15	2.18	2.21	Result	Failures*		Place	Jump-off		Final Place
						(1)	(2)		2.21	2.23	
A	o	-	o	xxx	2.18	0	0	1	x		2
B	-	o	o	xxx	2.18	0	0	1	x		2
C	-	o	o	xxx	2.18	0	0	1	o		1

*(1) At the last height last cleared

*(2) Up to and including the height last cleared

As from the 1 November 2009, the rules in relation to jump-offs in High Jump and Pole Vault were 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). In 2011 this was further clarified so that such a decision must be made before the start of a particular event.
- 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. Where more than one athlete remains in the jump-off remain the jump-off continues with those athletes, with the athlete who withdrew being placed according to this then finishing place, he having forfeited any right to any higher placing, including first, then remaining.

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

5. 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

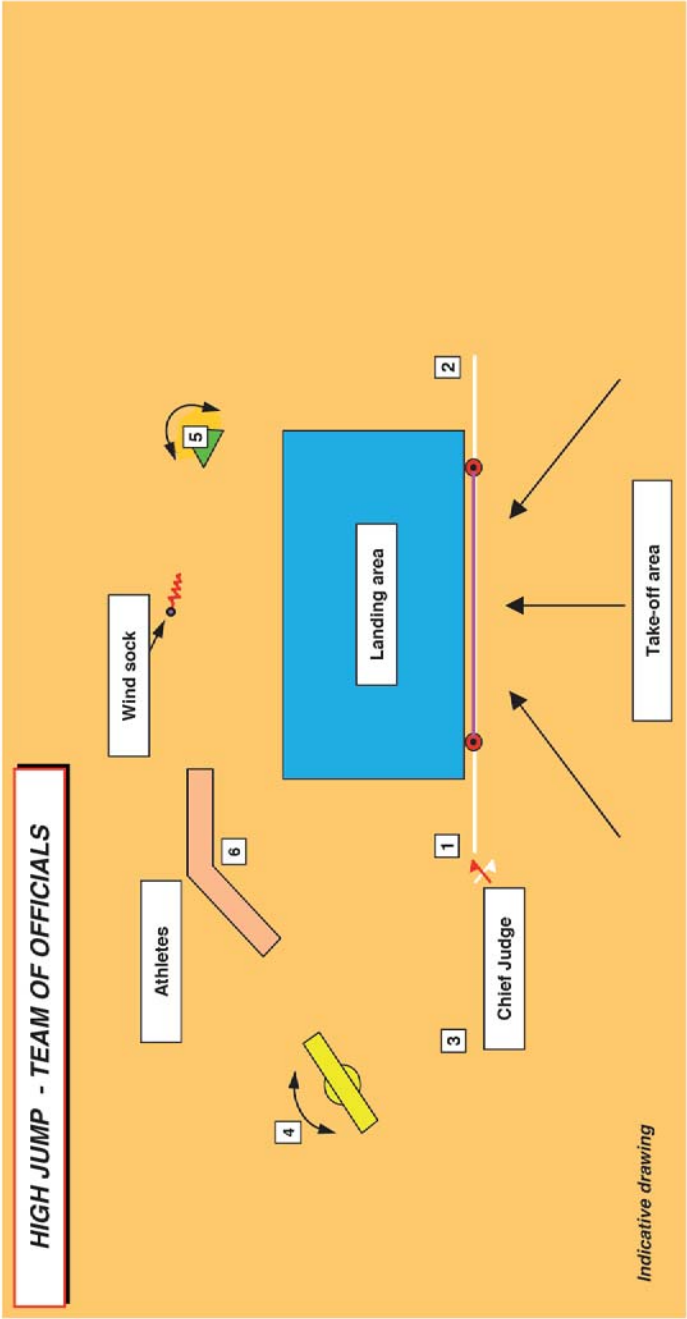
During the High Jump event, it is advised to place the officials according to the diagram drawn on the next page.

- 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:
 - (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, specialised personnel are certainly required. To be clear - in these cases, 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.

For other competitions, the landing area should measure not less than 5m long (excluding the front pieces) x 5m wide. The front pieces, in all cases, must be at least 2m long.

The sides of the landing area nearest to the box shall be placed 10cm to 15cm from the box and shall slope away from the box at an angle of approximately 45° (see Diagram).

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 above the landing area 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 (\pm 20mm) 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 (\pm 1mm).

The crossbar shall consist of three parts - the circular bar and two end pieces, each 30-35mm wide and 150-200mm 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 35mm-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 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 layers of tape at the grip end (to protect the hand) and of tape and/or any other suitable material at the bottom end (to protect the pole). Any tape at the grip end must be uniform except for incidental overlapping and must not result in any sudden change in diameter, such as the creation of any "ring" on the pole.

The changes made in 2011 responded to the practice of some athletes adapting the taping on their poles so as to make "rings", "loops" and the like. Such practices are no longer permitted and only "regular" taping in accordance with the rule is permitted at the grip end. To be clear, it is not intended that there be any restriction on how far up or down the pole such taping extends but it should be for the purpose for which it is intended - to protect the hand. There is no similar restriction at the bottom end and in general any form of taping or protection is permitted there - provided it does not, of course, provided the athlete with any advantage,

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

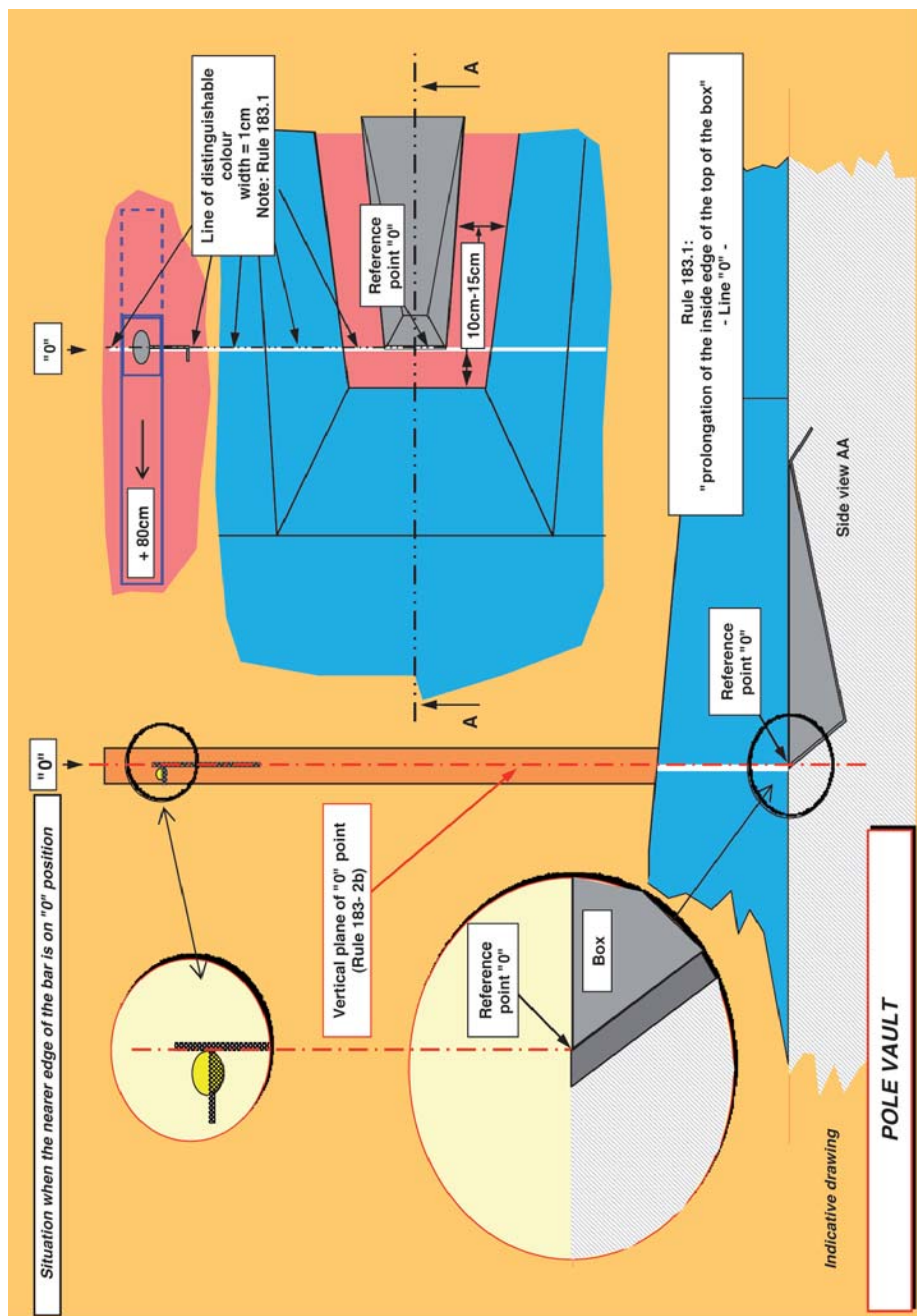
The Runway

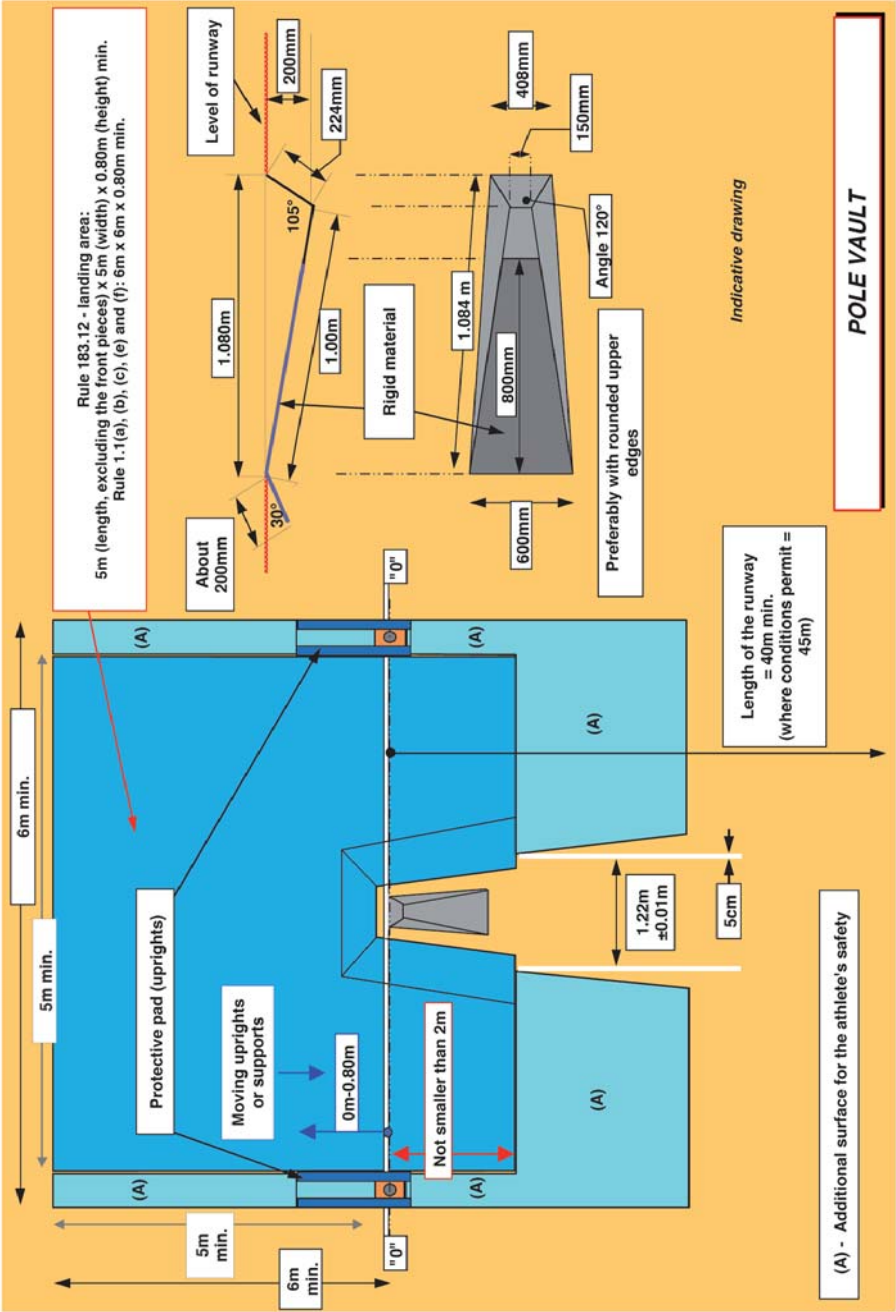
6. The minimum length of the runway shall be 40m and, where conditions permit, 45m. It shall have a width of $1.22\text{m} \pm 0.01\text{m}$ and shall be marked by white lines 5cm in width.

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 (suggested from 13m to 17m) from the zero line, may be painted (or provided by temporary means) 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 or vaulting poles.

The intention of the 'prohibition' on the use of vaulting poles was to ensure that athletes using poles did not disturb the conduct of the event or other events or endanger any other person on the arena and it should be interpreted with discretion in this light. For example it is not intended that this should prevent athletes from touching, preparing or taping poles before or between trials or from using the running track for practice, if for example, no running events were scheduled at that time.

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 shall never be raised by less than 5cm in the Pole Vault after each round; and
 - (b) the increment of the raising of the bar shall 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.

It is strongly recommended that the uniform increase of 10cm be applied in all combined event competitions.

Similarly it is suggested that the reference to "World Record height" above can be read so as to refer to Area, National or other records if appropriate in relevant competitions.

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.



5

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).

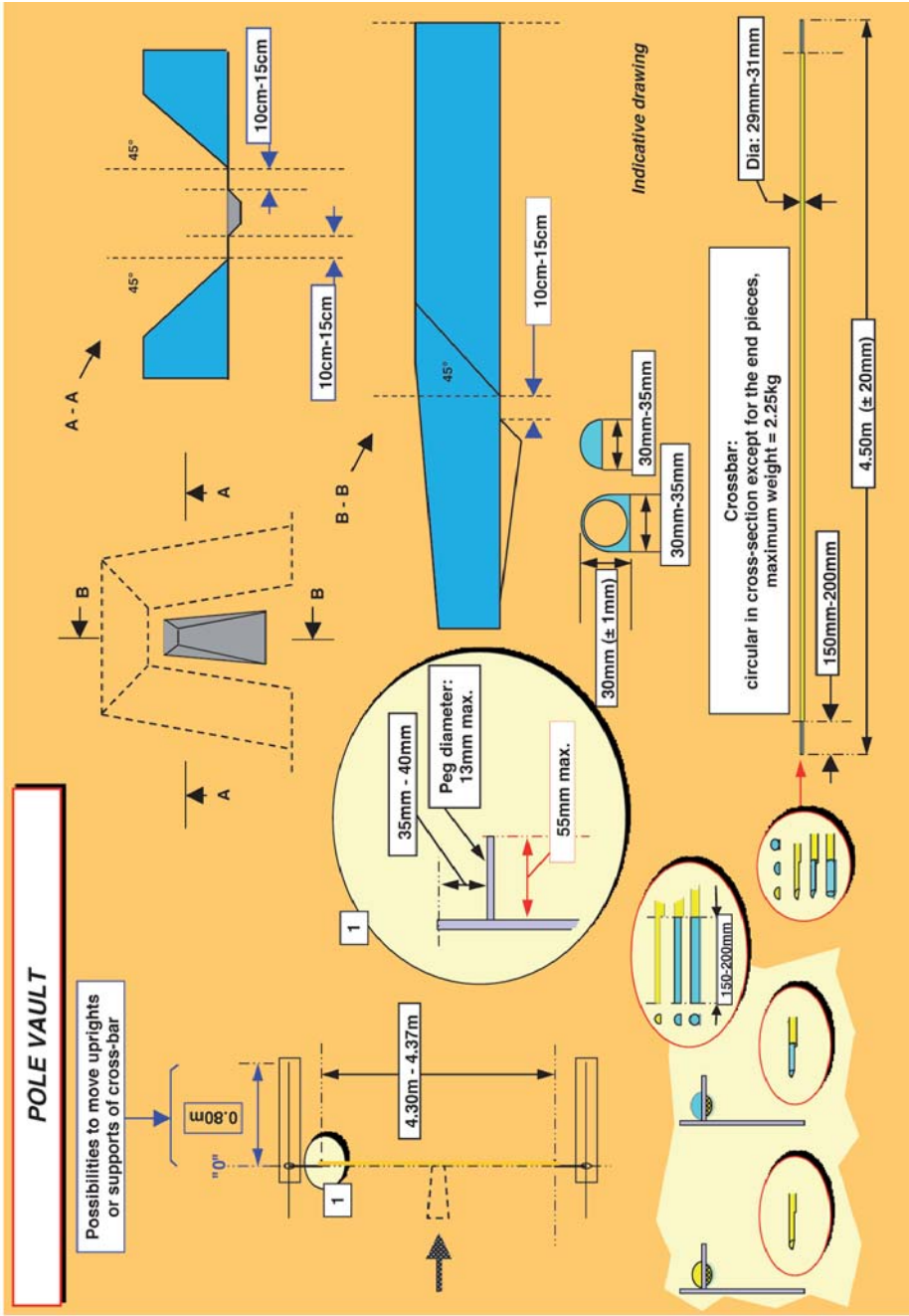
***Note (i):** It is not a failure, if an athlete runs outside the white lines marking the runway at any point.*

***Note (iii):** 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.

Some examples to note in relation to Rule 183.2:

- in (a) the bar must be dislodged because of the action of the athlete "whilst vaulting". So for example if the athlete after correctly retrieving his pole (i.e. so as not to infringe Rule 183.4) were to hit the cross bar or the uprights with the pole so that it were dislodged, this would not amount to a failure since it was not because of the action of the athlete whilst vaulting.
- in (b) it is important to take into account the effect of note (ii) as there will be many occasions when the pole on bending will touch the landing area beyond the zero line.
- in (b) also it is important to be aware of the possibility that the athlete can actually take-off it such a way that his body or the bend of the pole will penetrate the vertical plane through the zero line but then he returns to the runway without attempting to clear the bar. Provided that he has time left for his trial and he did not touch the ground beyond the zero line, he may continue with the trial.
- in the situation to (d), judges must take particular care to ensure that such an action has occurred. Not only does it mean that the relevant judge must keep an eye on the vaulter throughout the vault, but he must determine that such action was not merely incidental touching as the athlete cleared the bar. In general for (d) to be applied there should be some direct action on behalf of the athlete to steady or replace the bar.



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.

In the case of the 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.

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.

Trials should be recorded on the results sheet using the following symbols:

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.

Rule 183.4 is one of the few rules where inadvertent behaviour by an official can result in a failure being called. It is important therefore that the upright judges are diligent in ensuring that they do not touch or catch a pole unless it is clearly falling away from the cross bar and/or uprights.

Where an athlete is to be awarded a new trial, the Referee should try to "delay" the beginning of the new trial in accordance with the rules so as to give the athlete as much recovery time as possible. For example if there are other athletes to take their trial within the same round of attempts at the same height, then it would be appropriate to place the athlete to have the replacement trial last of those attempts.

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 the pole vault, once the judge has determined that there is no failure according to Rules 183.2 or 183.4;

Delay

16. 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.

***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 1 minute should be increased to 2 minutes. If there is only one athlete left, the time should be increased to 5 minutes.
- In the case of consecutive trials by the same athlete, when more than 1 athlete is still competing in the High Jump, the time 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 at random, but where possible so that representatives of each nation or team shall be placed in different groups. Unless there are facilities for the groups to compete at the same time and under the same conditions, each group should start its warm-up immediately after the previous group has finished.
9. It is recommended that, in competitions 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 performances in the overall results of the competition Rule 181.8 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.

It is important when seeding pole vault qualifying groups that the requirements of Rule 180.8 and 180.14 are both observed.

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 but before the start of the event 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.

Rule 181.8(d) was further elaborated in 2011 to provide that any decision by the Technical Delegate or Referee not to conduct a jump-off should be made before the start of the event. However there may be circumstances whether this might not be possible such as where conditions at the place of competition make it impossible or undesirable to begin or continue with a jump-off.

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 a higher place. If only one other athlete then remains he is declared the winner regardless of whether he attempts that height.

As from the 1 November 2009, the rules in relation to jump-offs in High Jump and Pole Vault were 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). In 2011 this was further clarified so that such a decision must be made before the start of a particular event.
- 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. Where more than one athlete remains in the jump-off remain the jump-off continues with those athletes, with the athlete who withdrew being placed according to this then finishing place, he having forfeited any right to any higher placing, including first, then remaining.

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

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

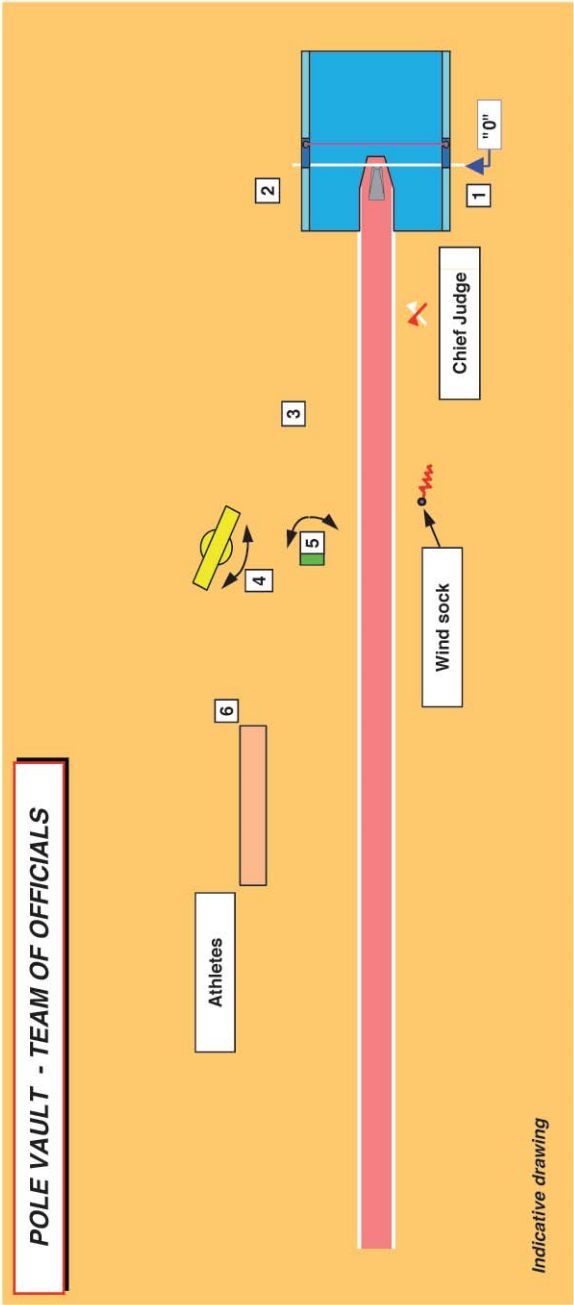
The effect of this Rule for the vertical jumps is not specifically clear. The powers of the Referee under Rules 125 and 180 should also be considered to reach a fair result for all athletes in the event. If it is not possible for any reason to finally determine any immediate oral protest before the competition 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 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 (4) in charge of the scoreboard (trial-number-result).
- A Judge (5) in charge of the clock indicating to the athletes that they have certain time to take their trial.
- A Judge (6) in charge of athletes.

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

Note (iii). - 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

1. The minimum length of the runway, measured from the relevant take-off line, shall be 40m and where conditions permit, 45m. It shall have a width of 1.22m (± 0.01 m) 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.

2. 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.

Take-off Board

3. The take-off shall be marked by a board sunk level with the runway and the surface of the landing area. The edge of the board which is nearer to the landing area shall be the take-off line. Immediately beyond the take-off line there shall be placed a plasticine indicator board for the assistance of the Judges.
4. 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 (± 0.01 m) long, 200mm (± 2 mm) wide and 100mm deep. It shall be white.

Long Jump

Rule 185

3. The distance between the take-off line and the far end of the landing area shall be at least 10m.
4. The take-off line shall be placed between 1m and 3m from the nearer end of the landing area.

Triple Jump

Rule 186

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 be less than 13m for men and 11m for women from the nearer end of the landing area. For any other competition, this distance shall be appropriate for the level of competition.
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 (± 0.01 m) 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.

Plasticine Indicator Board

5. This shall consist of a rigid board, 100mm (± 2 mm) wide and 1.22m (± 0.01 m) 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 (± 1 mm). 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.

Landing Area

6. The landing area shall have a minimum width of 2.75m and a maximum width of 3m. It shall, if possible, be so placed that the middle of the runway, if extended, would coincide with the middle of the landing area.

Note: When the 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).

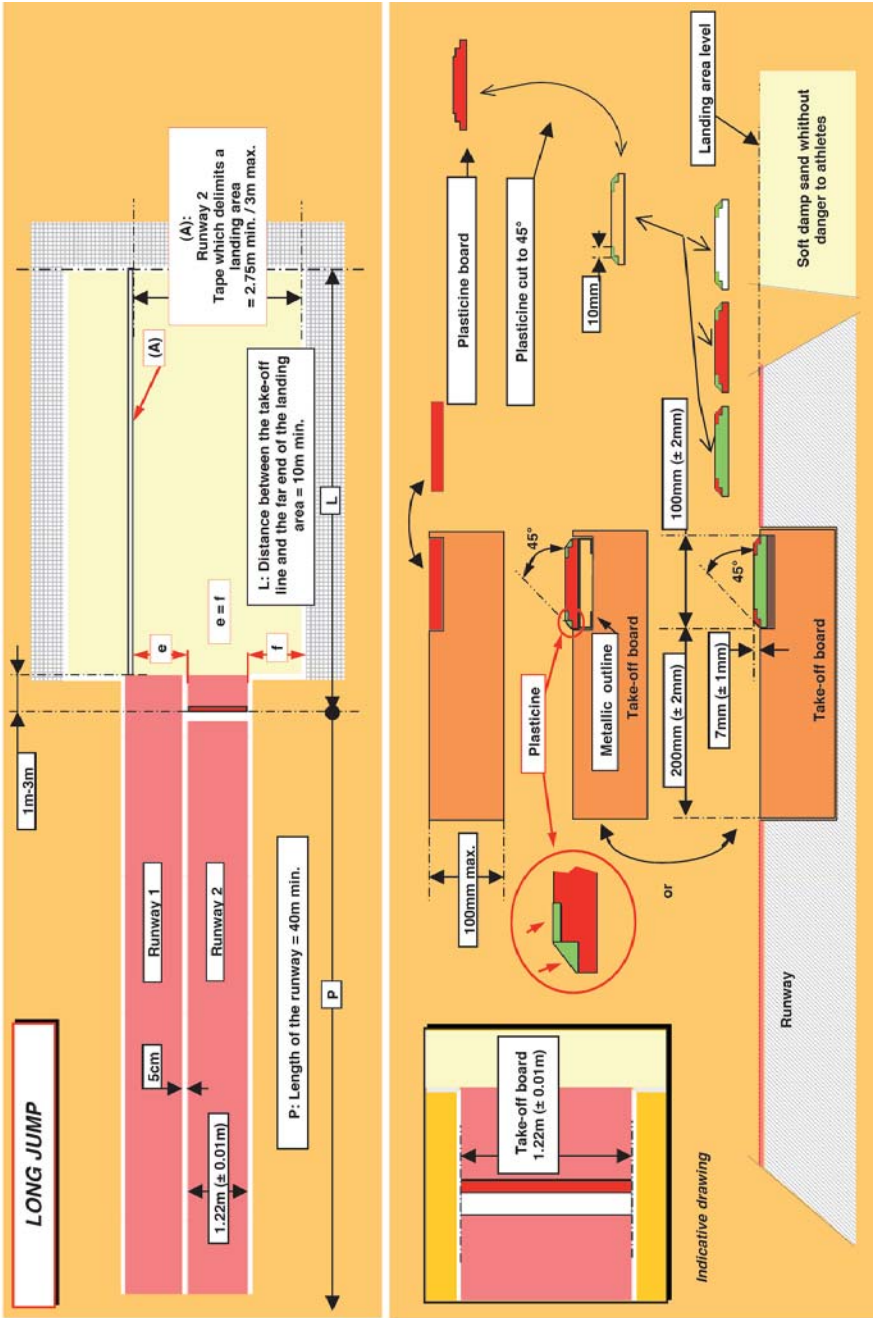
7. The landing area should be filled with soft damp sand, the top surface of which shall be level with the take-off board.

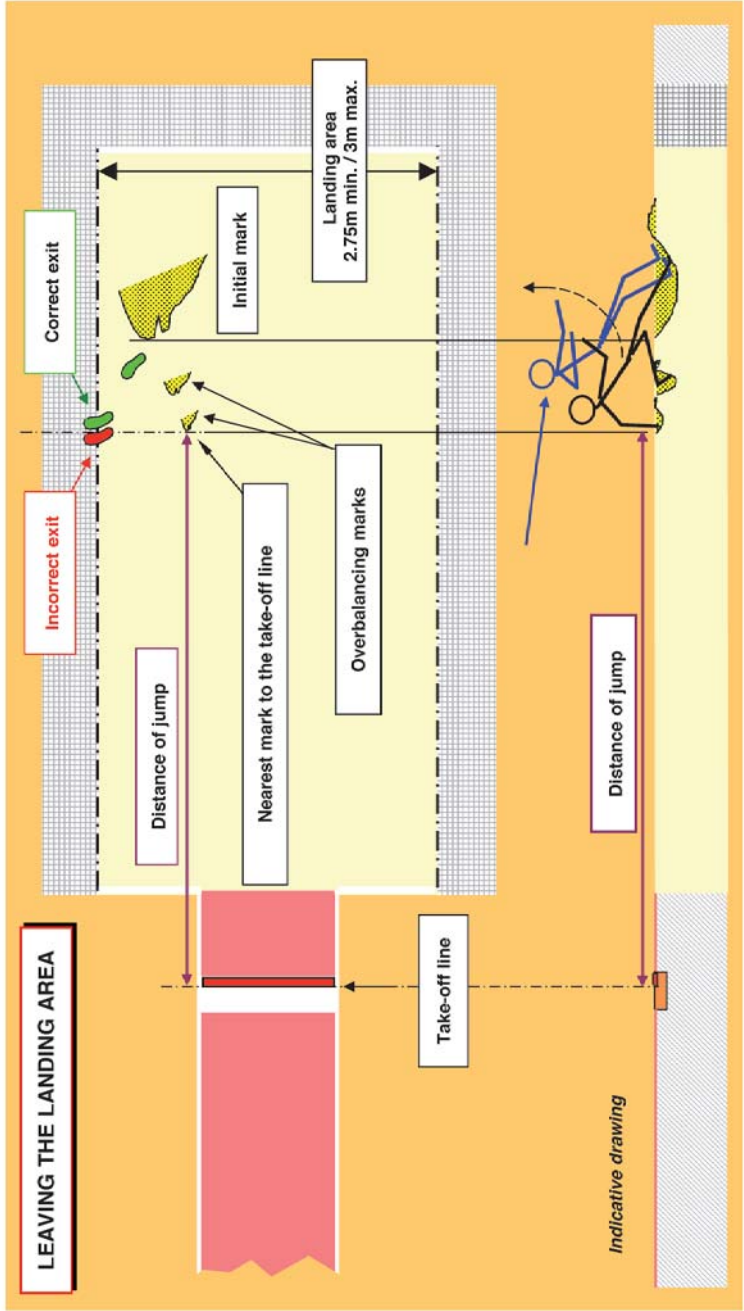
Where new facilities are developed at which it is envisaged that visually impaired athletes will compete, at least one pit should be built with an increased width (3.50m instead of maximum 3.00m as in IAAF Rules) as recommended by IPC.

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.
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 employs any form of somersaulting whilst running up or in the act of jumping; or
 - (d) after taking off, but before his first contact with the landing area, he touches the runway or the ground outside the runway or outside the landing area; or
 - (e) in the course of landing he touches the ground outside the landing area closer to the take-off line than the nearest break made in the sand; or
 - (f) when leaving the landing area, his first contact 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 contravenes Rule 185.1 (d) or (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 time 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

8. The measurement of each jump shall be made immediately after the trial. 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.
9. 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 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)

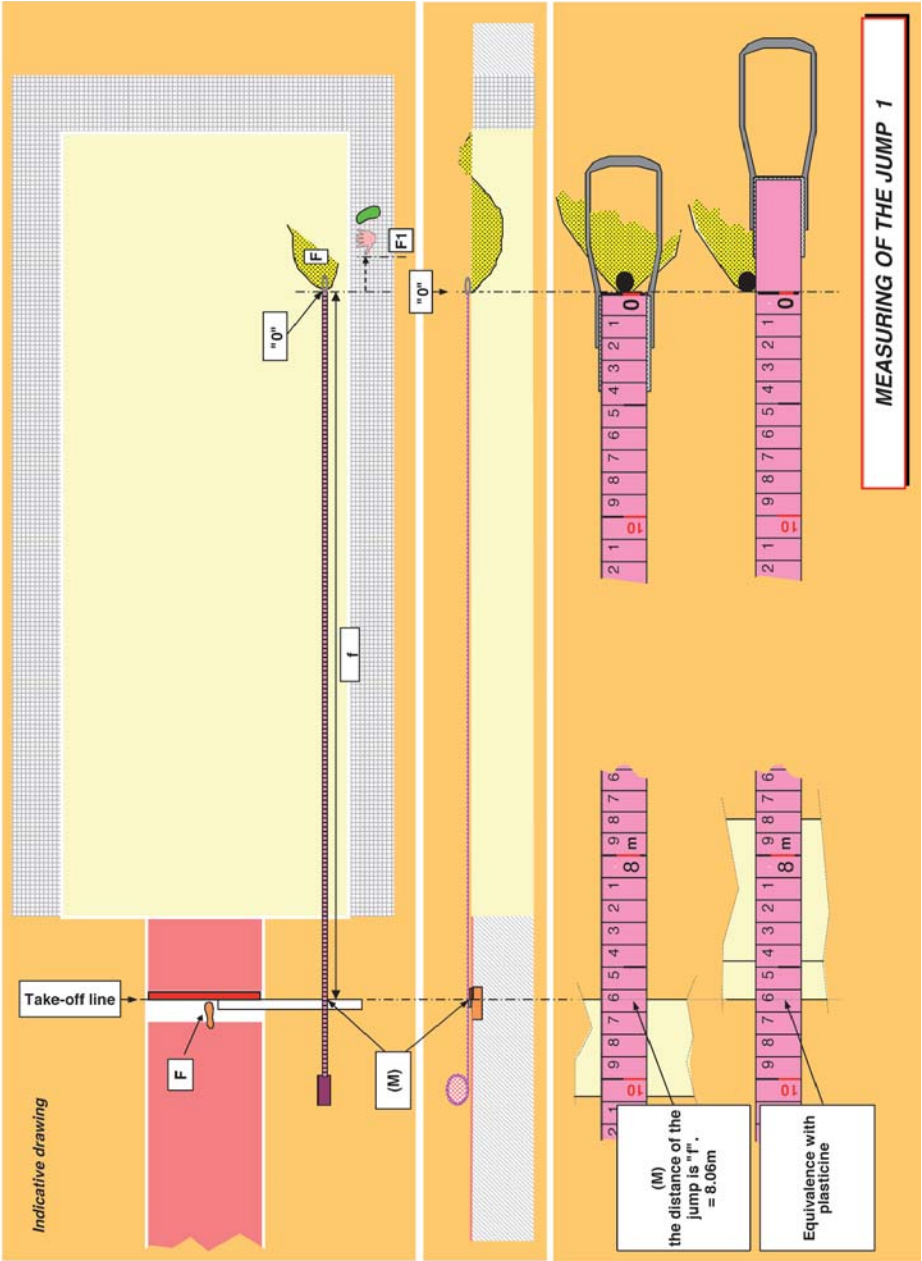
As long as no irregularity has been committed, it is necessary to measure all the jumps, whatever the distance reached - including for the reason that other jumps may become critical in determining countbacks.

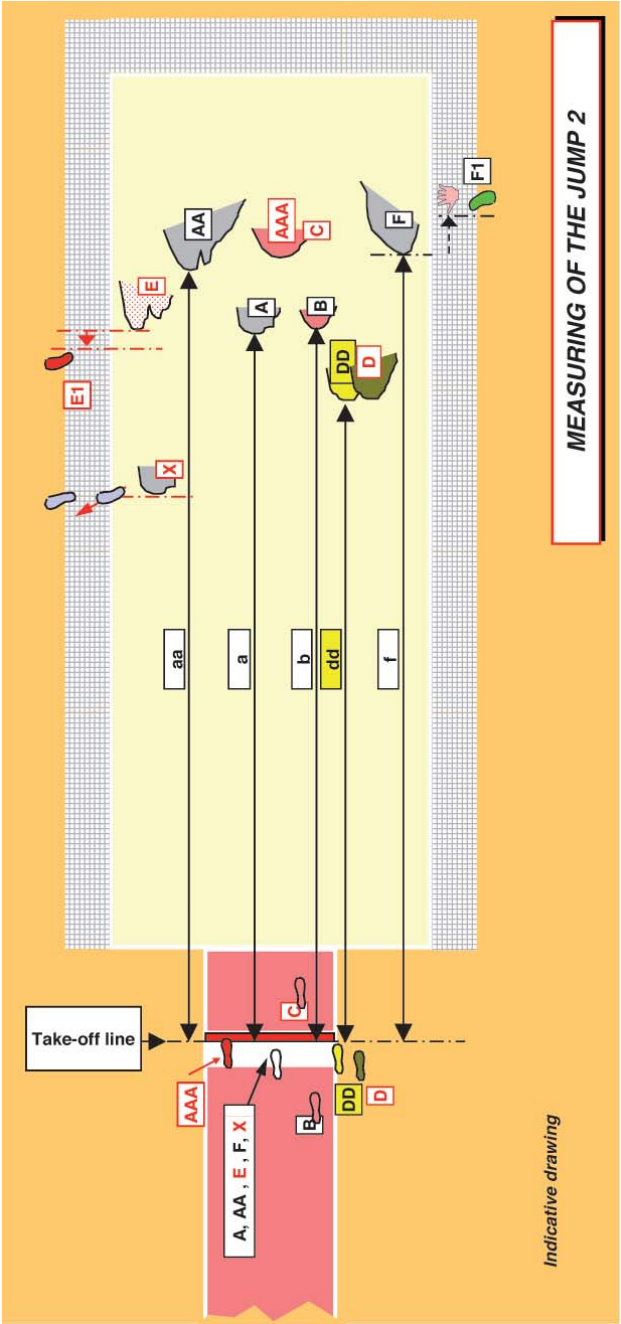
Except where Rule 146.5 is applied, under normal practice no jump, during which an irregularity has been committed, should be measured. Judges should carefully use their discretion in applying any alternate practice and usually only in special cases.

Unless video measuring is being used, 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 184.8 and 184.9) 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).





In determining the nearest break in the landing area, the judges should consider in addition to any mark made any part of the body or limbs, any mark made by anything that was connected to the body at the time it made the mark.

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 Rules mentioned above, the jump is measured as shown on the diagram.

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 (unless the athlete made an immediate oral protest).

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. In a clear case such as this if the athlete made an immediate oral protest, it should be dealt with immediately by the Referee and dismissed, so that no measurement would be taken.

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

10. The wind velocity shall be measured for a period of 5 seconds from the time an athlete passes a mark placed alongside the runway, for the Long Jump 40m from the take-off line and for the Triple Jump 35m. If an athlete runs less than 40m or 35m, as appropriate, the wind velocity shall be measured from the time he commences his run.
11. 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.
12. The wind gauge shall be the same as described in Rules 163.8 and 163.9. It shall be operated as described in Rules 163.11 and 163.12 and read as per Rule 163.13.

Rule 163

8. 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.
13. 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.

Wind Gauge Operator

Rule 136

The Wind Gauge Operator shall ensure that the gauge is placed in accordance with 184.11 (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 at random, but where possible so that representatives of each nation or team shall be placed in different groups. Unless there are

facilities for the groups to compete at the same time and under the same conditions, each group should start its 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 performances 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. If the athletes are still equal following the application of this 180.19, it shall be determined to be a tie. Except in Vertical Jumps, in the case of a tie for any place, including first place, the tie shall remain.

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

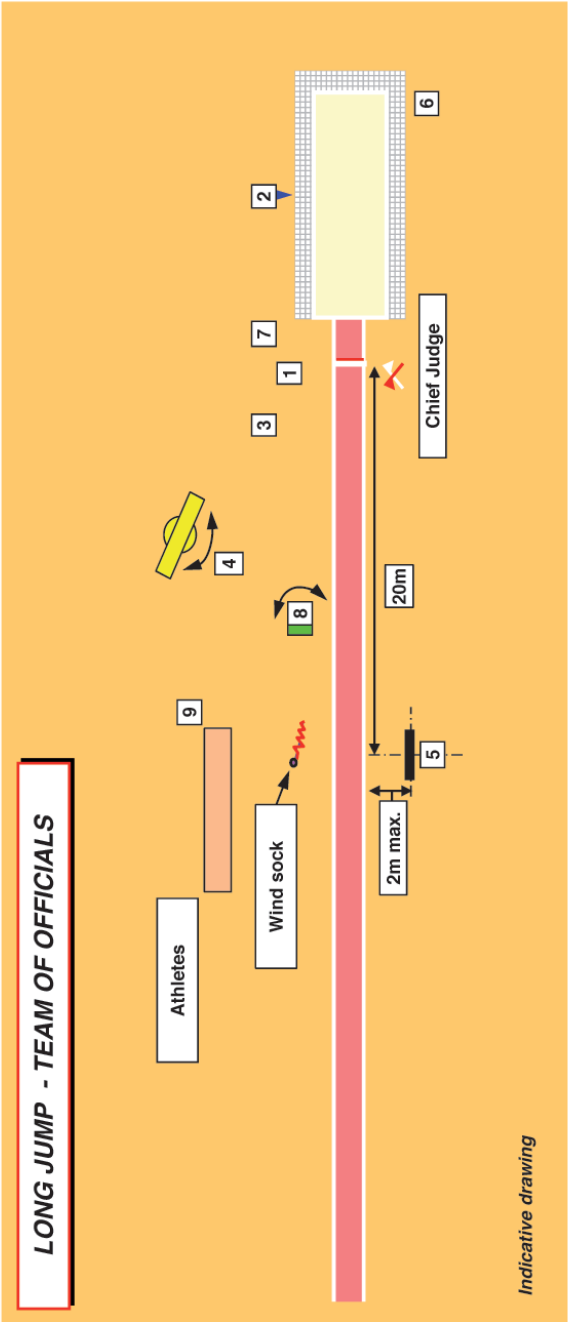
26. For World Records in Field Events:
 - (a) The performances shall be measured either by three Field Judges using a calibrated and certified steel tape or bar or by an approved scientific measuring apparatus, the accuracy of which has been confirmed by a qualified Measurement Judge.
 - (c) World Records 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.

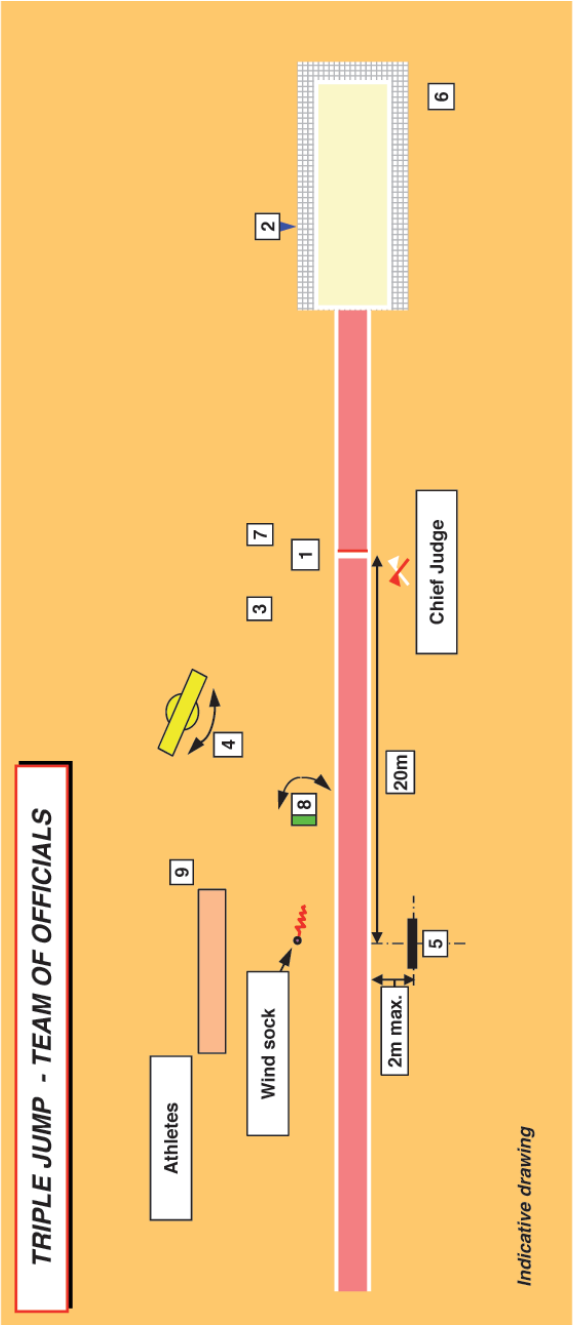
Protests

Rule 146

5. 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 determine the position of the nearest break in the landing area to the take-off line, insert the spike and then, if a tape is being used, hold the tape on the 0.

When an optic system of measuring is being used on site, two judges are needed at the landing point, one to plant the marker in the sand, the other one to read the result on the optic apparatus

When video measuring is being used, no judge will normally be required on site for this purpose.

- 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 officials. In major competitions, where a EDM, data system and electronic scoreboards are available, specialised personnel are certainly required. To be clear - in these cases, 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.

Triple Jump

Rule 186

Rules 184 and 185 apply to the Triple Jump with the following variations.

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 (d) 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) - in which such case the Referee would normally offer the athlete a replacement trial.

It is, however a failure if the landing of the jump is not within the landing area.



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:

Implement	Girls Youth	Women Junior/Senior	Men Youth	Men Junior	Men Senior
Shot	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
Discus	1.000kg	1.000kg	1.500kg	1.750kg	2.000kg
Hammer	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
Javelin	500g	600g	700g	800g	800g

2. Except as provided below, all such implements shall be provided by the Organising Committee. The Technical Delegate(s) 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 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.

It should be noted that new specifications apply to implements for the youth age group for girls as from 1 January 2012. Previously the specifications had been the same as for junior and senior women.

It is becoming increasingly common for organising committees to provide a lesser range of implements than in the past (largely due to the cost of purchases). This increases the responsibility of technical managers and their staff to closely check all personal implements presented for competitions - to ensure that they comply with the Rules as well as being on the IAAF list of approved implements.

Shot Put

Facilities

Throwing Circle

Rule 187

5. The rim of the circle shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. 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 20mm (\pm 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 (\pm 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 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.

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 (± 0.01 m) for an arc of the same radius as the circle and 10cm (± 0.2 cm) 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 (20×0.60 m) apart. Thus, for every 1m from the centre of the circle, the distance across shall be increased by 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.

Performance 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.

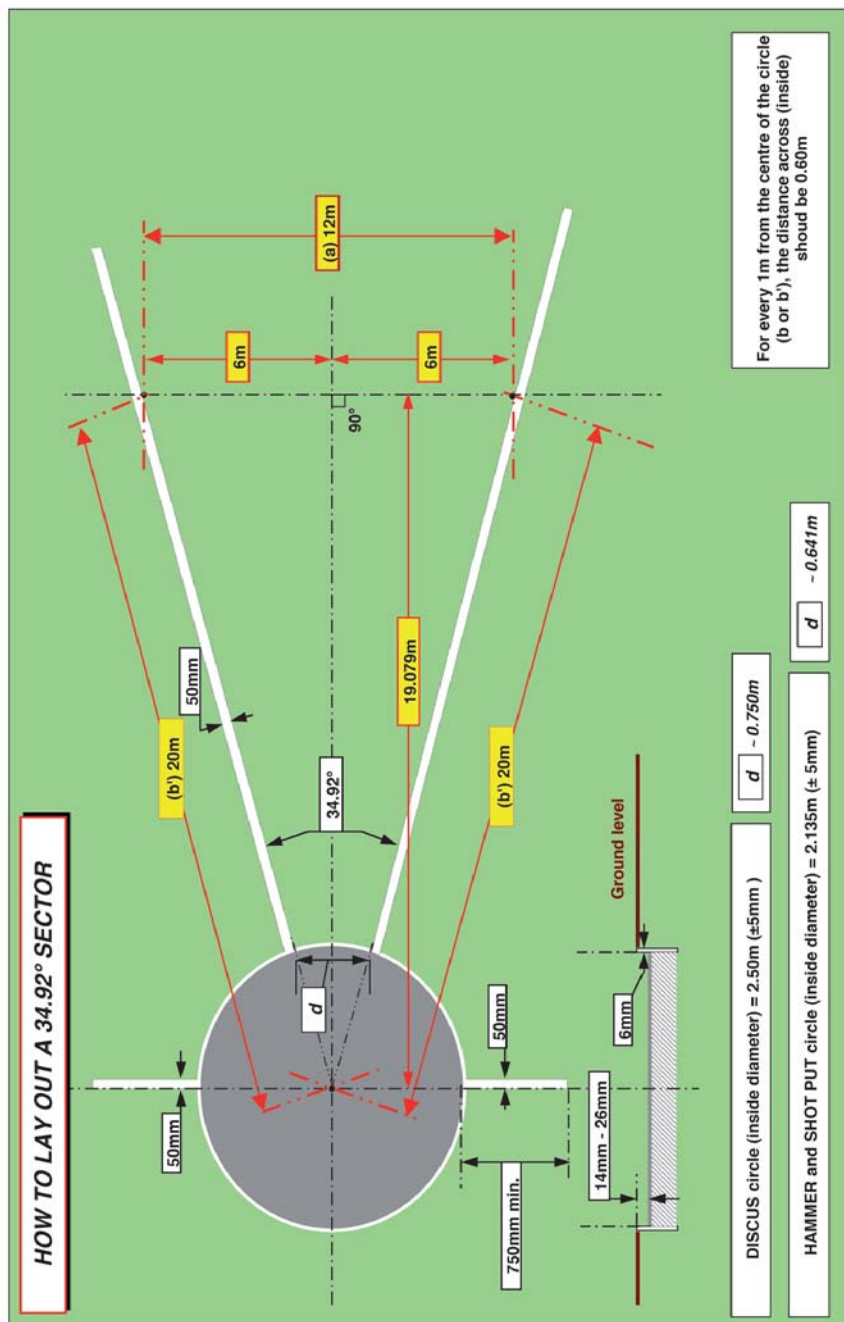
A distinctive flag or marker may also be provided to mark the existing World Record and, when appropriate, the existing Area, National or Meeting Record.

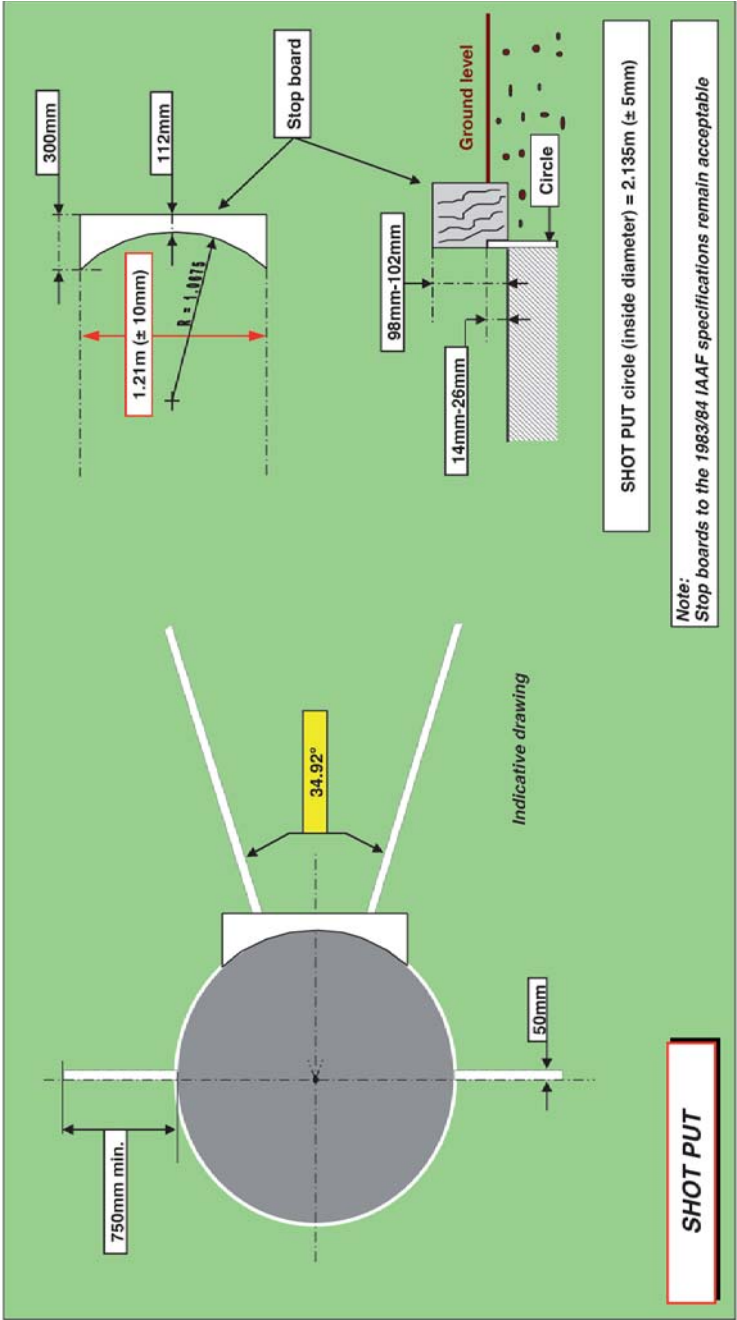
The Shot

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 $1.6\mu\text{m}$, i.e. a roughness number N7 or less.







5. The shot shall conform to the following specifications:

Minimum weight for admission
to competition and acceptance
of a Record

3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
---------	---------	---------	---------	---------

Information for manufacturers

Range for supply of implement for competition

Minimum	3.005kg	4.005kg	5.005kg	6.005kg	7.265kg
Maximum	3.025kg	4.025kg	5.025kg	6.025kg	7.285kg

Diameter

Minimum	85mm	95mm	100mm	105mm	110mm
Maximum	110mm	110mm	120mm	125mm	130mm

It should be noted that new specifications apply to implements for the youth age group for girls as from 1 January 2012. Previously the specifications had been the same as for junior and senior women.

The Competition

Warm-up at the Competition Area

Rule 180

- 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.
- Once a competition has begun, athletes are not permitted to use, for practice purposes, as appropriate,
 - implements;
 - the circles or the ground within the sector with or without implements.

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

Markers

- 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

- 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.
 - 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 on the implement chalk or a similar substance that is easily removable and does not leave any contamination.

Note also Rule 144.2(f).

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.

There is no restriction on how, or from which direction, an athlete may enter the circle - other than once inside he must adopt a stationary position before commencing his trial.

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:

- releases the shot other than as permitted under Rule 188.1,
- after he has stepped into the circle and begun to make a throw, touches with any part of his body the top (or the top inside edge) of the rim or the ground outside the circle,
- in the Shot Put, touches with any part of his body any part of the stop board other than its inner side (excluding the top edge which is to be considered part of the top),

The changes made in 2011 were twofold:

- to more precisely define what constitutes a failure on release of the shot; and
 - to clarify absolutely that the top inside edge of the rim and the circle and the stop board are considered to be part of the top. This means that should an athlete make contact with the top inside edge of either the rim or the stop-board then he will be considered thereby to have made a failure.
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, the ground or any object 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, 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:

- (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 time 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 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)

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 at random, but where possible so that representatives of each nation or team shall be placed in different groups. Unless there are facilities for the groups to compete at the same time and under the same conditions, each group should start its 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 performances 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. If the athletes are still equal following the application of this 180.19, it shall be determined to be a tie. Except in Vertical Jumps, in the case of a tie for any place, including first place, the tie shall remain.

It should be noted that as from 1 November 2009 tie-break trials for first place are no longer held 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

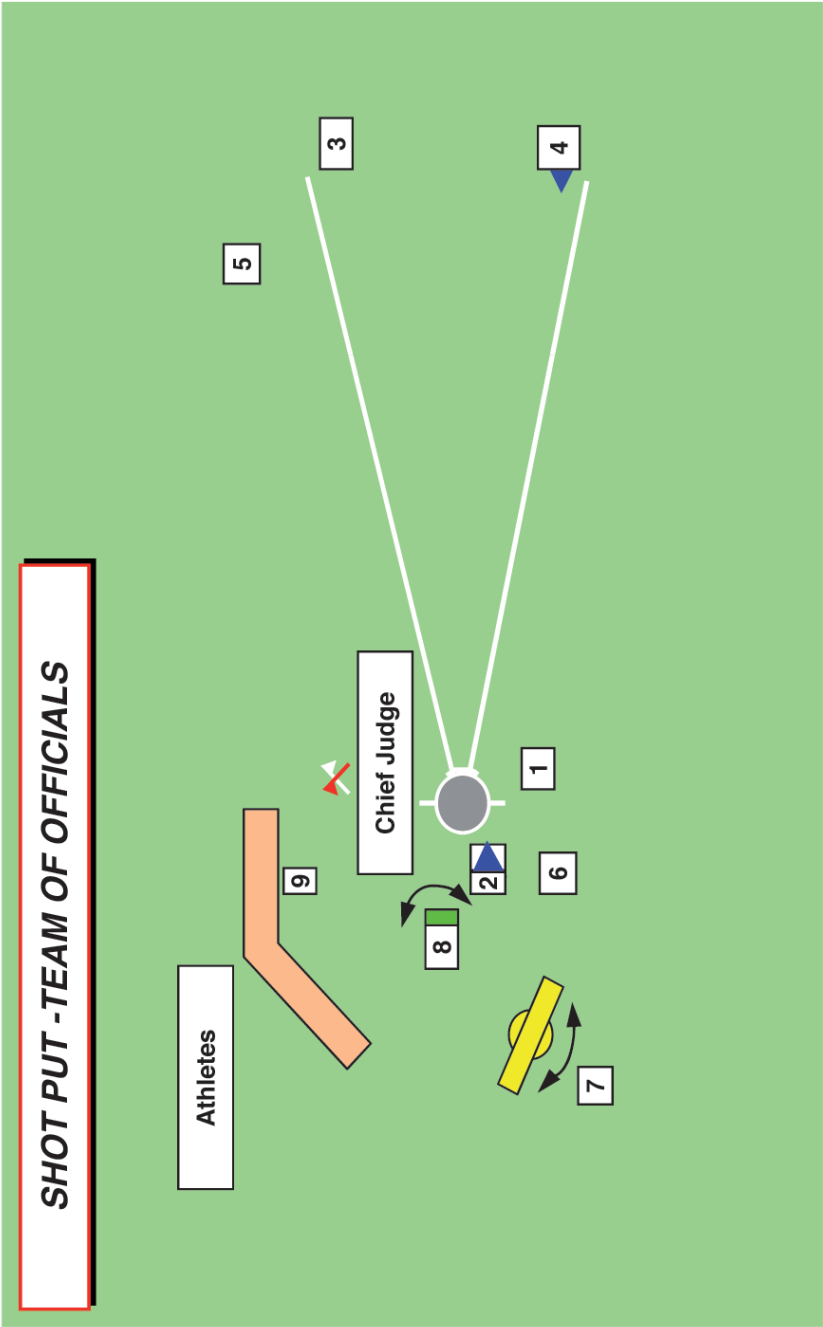
Rule 146

5. In a Field Event, if an athlete makes an immediate oral protest against having a trial judged as a failure, the Referee of the event may, 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 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 (the chief judge and [1]) checking that the throw has been made correctly.
- A Judge [2] holding the measuring tape in such a way that it passes through the centre of the circle. Where EDM is used this judge will not be required.
- A Judge [3] placing, immediately after the throw, a marker enabling the throw to be measured.
- A Judge [4] holding the measuring apparatus or the tape 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 coloured 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 - This is the traditional setting-up of the officials. In major competitions, where EDM, a data system and electronic scoreboards are available, specialised personnel are certainly required. To be clear - in these cases, the situation in a Field Event is followed by both the Recorder and by the data system.

Discus Throw

Facilities

Throwing Circle

Rule 187

5. The rim of the circle shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. 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 20mm (\pm 6mm) lower than the upper edge of the rim of the circle.
6. The inside diameter of the circle shall be 2.50m (\pm 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 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

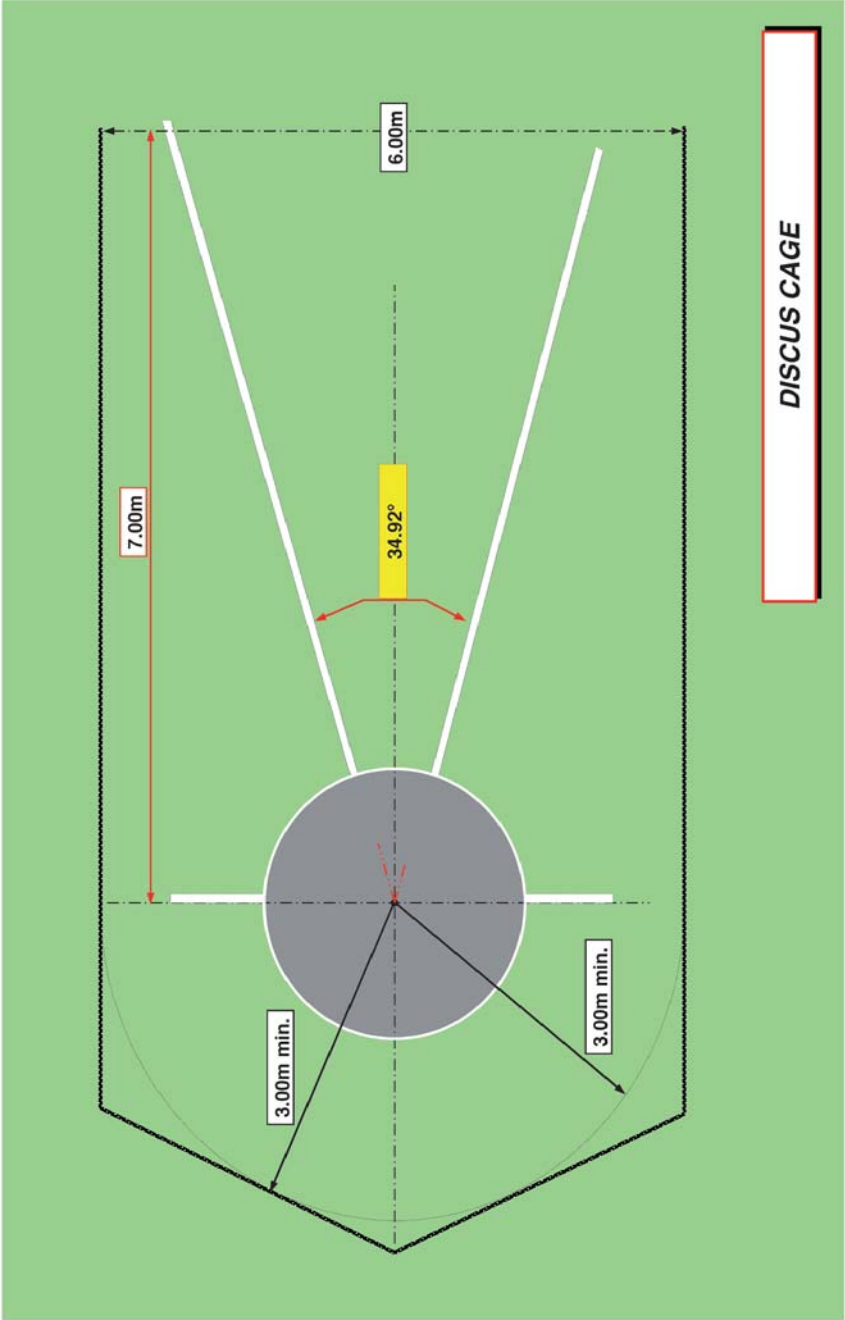
10. The landing sector shall consist of cinders or grass or other suitable material on which the implement makes an imprint.
11. The maximum allowance for the overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000.
12. (a) The landing sector shall be marked 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.

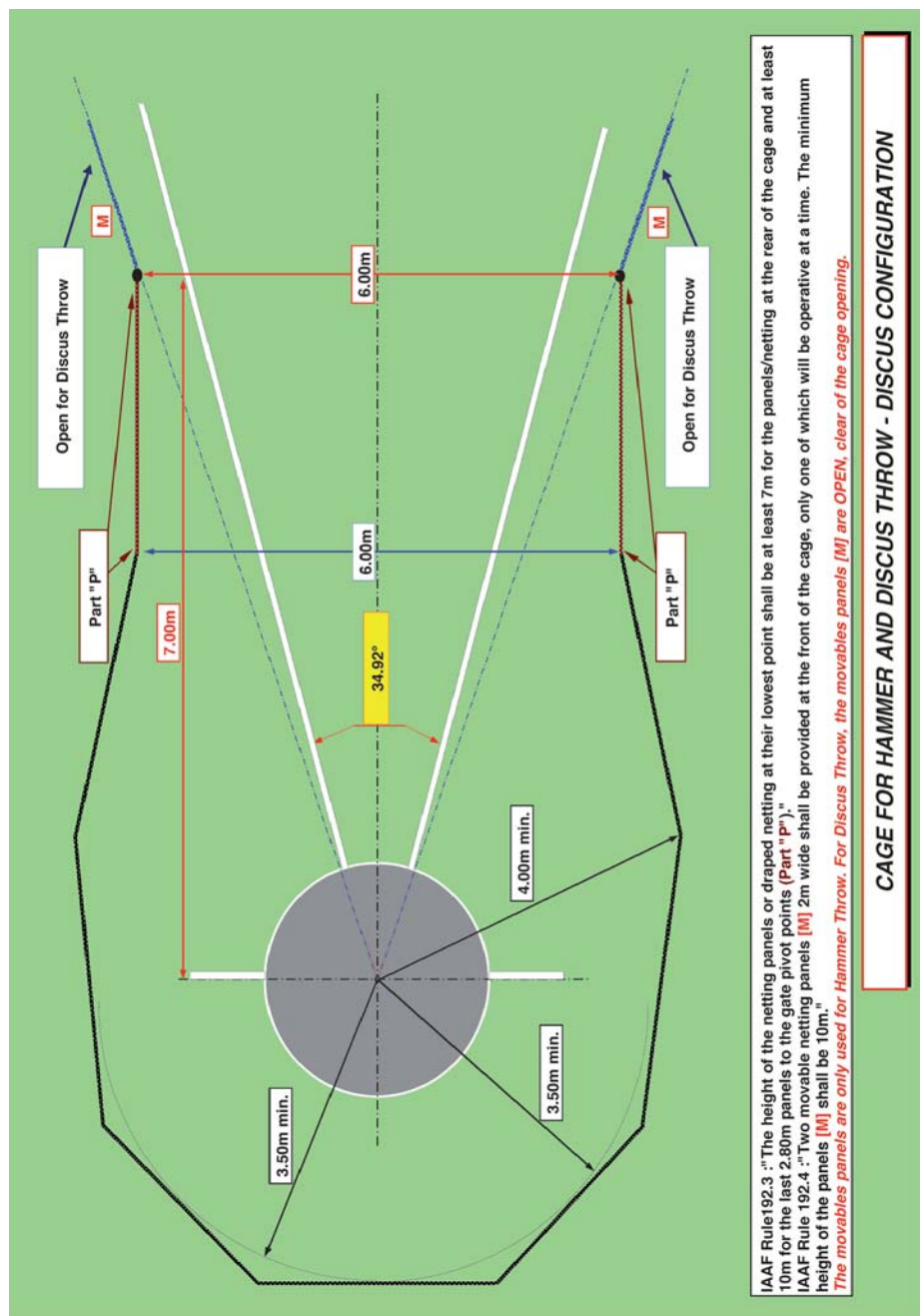
Note: The 34.92° sector may be laid out accurately by making the distance between the two points on the sector lines 20m from the centre of the circle 12m (20 x 0.60m) apart. Thus, for every 1m from the centre of the circle, the distance across shall be increased by 60cm.

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 to bounce backwards, thus creating a risk that the measuring point is obliterated.

Performance 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.

Provision should be made in the design and construction of the cage to prevent a discus forcing its way through any joints in the cage or the netting or underneath the netting panels or draped netting.

Note [i]: The arrangement of the rear panels / netting is not important provided the netting is a minimum of 3.00 metres away from the centre of the circle.

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

Note [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.

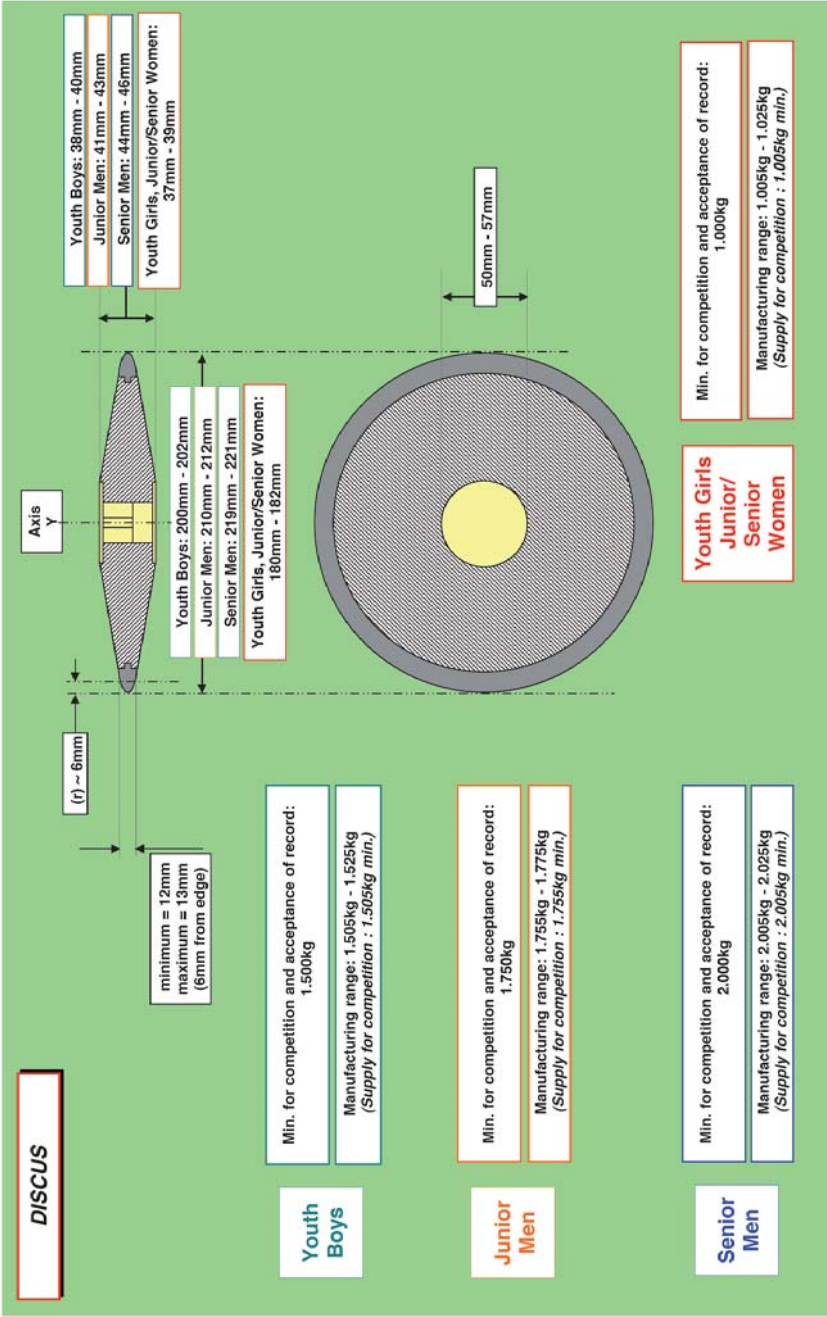
4. The netting for the cage can be made from suitable natural or synthetic fibre cord or, alternatively, from mild or high tensile steel wire. The maximum mesh size shall be 44 mm for cord netting and 50mm for steel wire.

Note: Further specifications for the netting and safety inspection procedures are set out in the IAAF Track and Field Facilities Manual.

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 6mm. There may be circular plates set flush into the centre of the sides. Alternatively, the discus may be made without metal plates, provided that the equivalent area is flat and the measurements and total weight of the implement correspond to the specifications.

Each side of the discus shall be identical and shall be made without indentations, projections or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a circle of a radius of 25mm to 28.5mm from the centre of the discus.

The profile of the discus shall be designed as follows. From the beginning of the curve of the rim the thickness of the discus increases regularly up to the maximum thickness D. This maximum value is achieved at a distance of 25 mm to 28.5mm from the axis of the discus Y. From this point up to the axis Y the thickness of the discus is constant. Upper and lower side of the discus must be identical, also the discus has to be symmetrical concerning rotation around the axis Y.

The discus, including the surface of the rim shall have no roughness and the finish shall be smooth (see Rule 188.4) and uniform throughout.

2. The discus shall conform to the following specifications:

Minimum weight for admission
to competition and acceptance

of a Record	1.000kg	1.500kg	1.750kg	2.000kg
-------------	---------	---------	---------	---------

Information for manufacturers

Range for supply of implement for competition

Minimum	1.005kg	1.505kg	1.755kg	2.005kg
Maximum	1.025kg	1.525kg	1.775kg	2.025kg

Outside diameter of metal rim

Minimum	180mm	200mm	210mm	219mm
Maximum	182mm	202mm	212mm	221mm

Diameter of metal plate or flat centre area

Minimum	50mm	50mm	50mm	50mm
Maximum	57mm	57mm	57mm	57mm

Thickness of metal plate or flat centre area

Minimum	37mm	38mm	41mm	44mm
Maximum	39mm	40mm	43mm	46mm

Thickness of rim (6mm from edge)

Minimum	12mm	12mm	12mm	12mm
Maximum	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,
 - (c) implements;
 - (d) the circles or the ground within the sector with or without implements.

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

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, an athlete may use a suitable substance on his hands only. In addition, in the Discus Throw, athletes may place on the implement chalk or a similar substance that is easily removable and does not leave any contamination.

Note also Rule 144.2(f).

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.

There is no restriction on how, or from which direction, an athlete may enter the circle - other than once inside he must adopt a stationary position before commencing his trial.

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 (or the top inside edge) 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, the ground or any object (other than the cage as provided in the Note to Rule 187.14) 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:

- (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 Discus Throw.
- In the case of consecutive trials by the same athlete, the time 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 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)

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 at random, but where possible so that representatives of each nation or team shall be placed in different groups. Unless there are facilities for the groups to compete at the same time and under the same conditions, each group should start its 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 performances 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. If the athletes are still equal following the application of this 180.19, it shall be determined to be a tie. Except in Vertical Jumps, in the case of a tie for any place, including first place, the tie shall remain.

It should be noted that as from 1 November 2009 tie-break trials for first place are no longer held 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

5. In a Field Event, if an athlete makes an immediate oral protest against having a trial judged as a failure, the Referee of the event may, 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

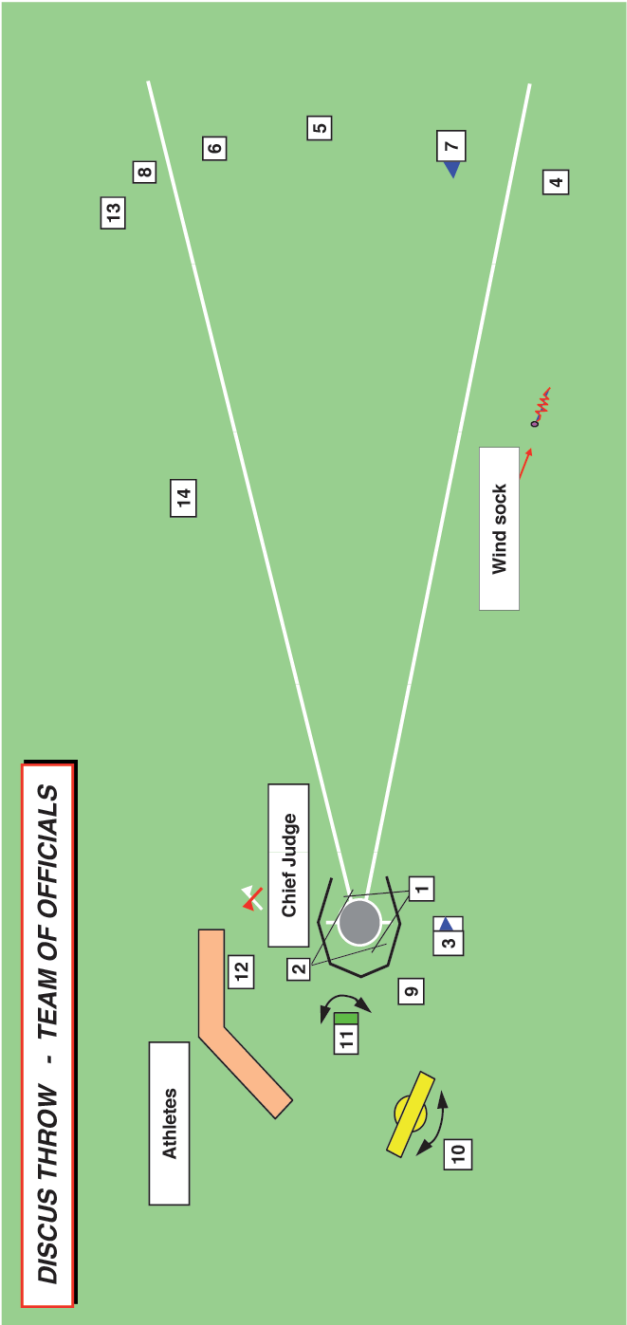
It is recommended that the Officials be placed according to the following diagram. The Officials must be placed in a discreet manner so as not to inconvenience either the athletes or the spectators.

- 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 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. Where EDM is used this judge will not be required.





At the landing:

- A Judge (4) responsible for the landing zone and indicating whether the throw is valid or not. It is recommended that some form of signal other than flags is used for this indication.
- Two Judges (5 and 6) who will watch the exact place of landing and will place a marker in the ground to enable the measuring of the throw.
- A Judge (7) who will hold the EDM prism or 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 or carrying back the discus that has been thrown (13/14). Where a tape is used for measurement, Judge (14) should also make sure that the tape measure is taut in order to ensure a correct measurement.

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 discus near the circle (12).

Note (i) - This is the traditional setting-up of the officials. In major competitions, where EDM, a data system and electronic scoreboards are available, specialised personnel are certainly required. To be clear - in these cases, 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.



Hammer Throw

Facilities

Throwing Circle

Rule 187

5. The rim of the circle shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. 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 20mm (\pm 6mm) lower than the upper edge of the rim of the circle.

6. The inside diameter of the circle shall be 2.135m (\pm 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 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 (20 x 0.60m) apart. Thus, for every 1m from the centre of the circle, the distance across shall be increased by 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 to bounce backwards, thus creating a risk that the measuring point is obliterated.

Performance 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

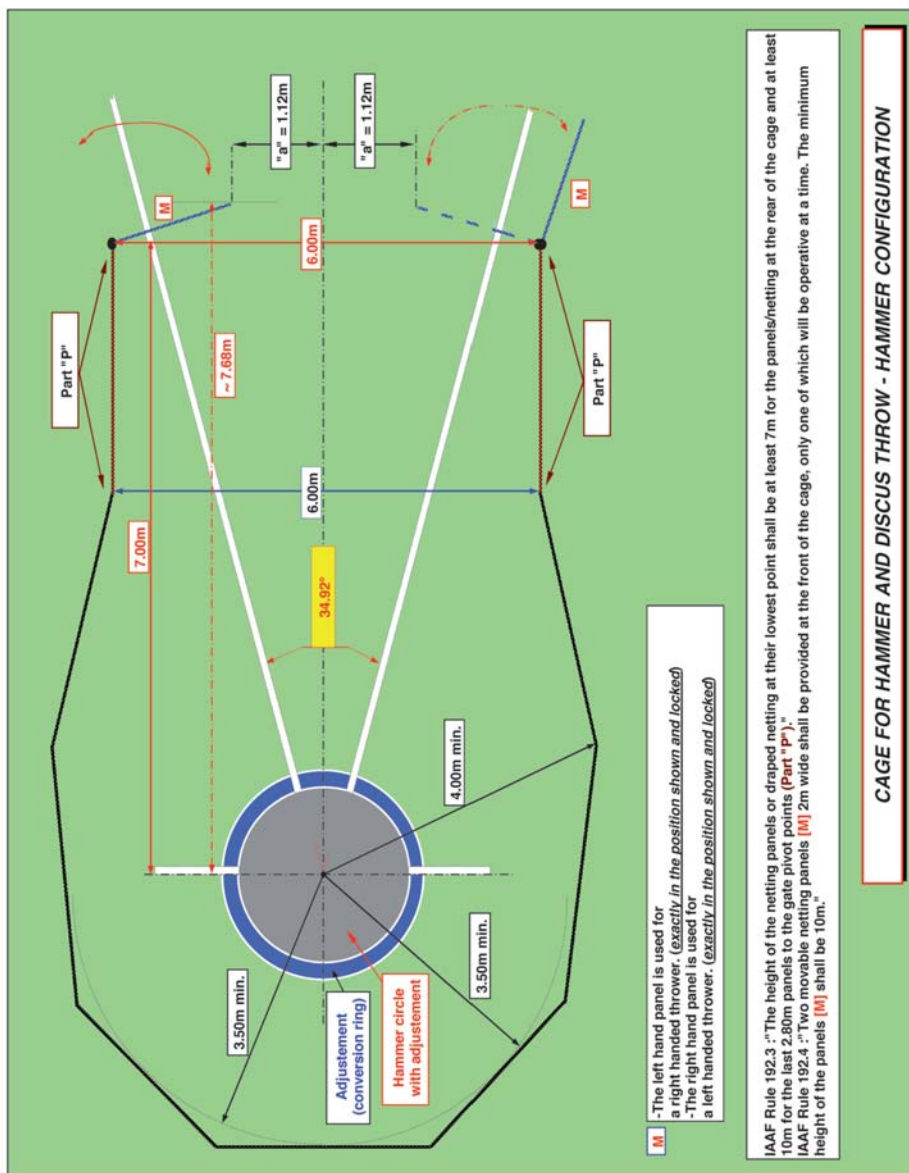
Rule 192

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.

Note (i): The left hand panel is used for throwers turning anti clockwise, and the right hand panel for throwers turning clockwise. In view of the possible need to change over from one panel to the other during the competition, when both left and right-handed throwers are present, it is essential that this changeover should require little labour and be carried out in the minimum of time.

Note (ii): The end position of both panels is shown in the plan even though in competition only one panel will be closed at any one time during competition.

Note (iii): When in operation, the movable panel shall be exactly in the position shown. Provision shall therefore, be made in the design of the movable panels to lock them in the operative position. It is recommended to mark (either temporarily or permanently) the operative positions of the panels on the ground.

Note (iv): The construction of these panels and their operation depends on the overall design of the cage and can be sliding, hinging on a vertical or horizontal axis or dismounting. The only firm requirements are that the panel in operation shall be fully able to stop any hammer striking it and there shall be no danger of a hammer being able to force its way between the fixed and movable panels.

Note (v): Innovative designs that provide the same 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.

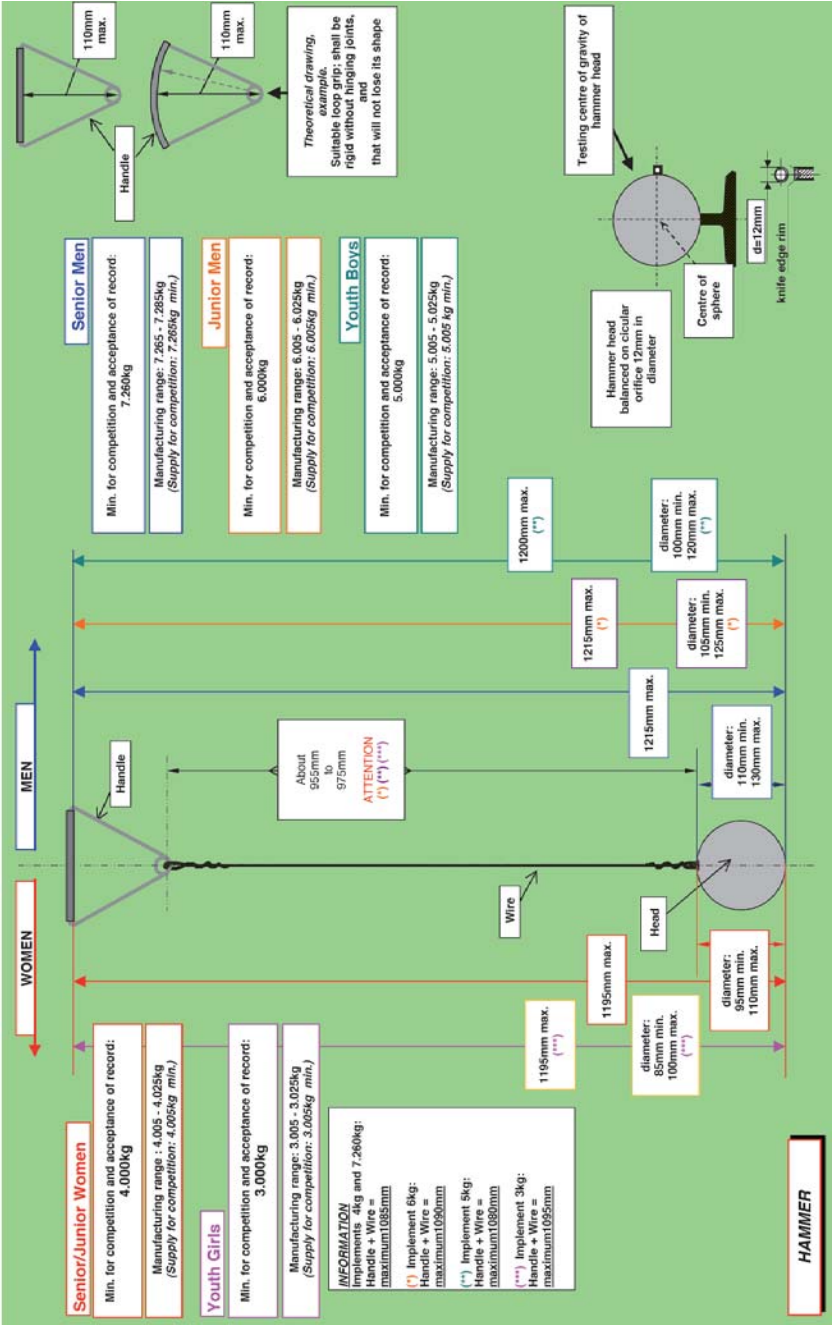
6. Where it is desired to use the same cage for Discus Throw the installation can be adapted in two alternative ways. Most simply, a 2.135/2.500m concentric circle may be fitted, but this involves using the same surface in the circle for Hammer and Discus Throw. The hammer cage shall be used for Discus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

For separate circles for Hammer 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 in order to lengthen the cage sides.

Note: The arrangement of the rear panels/draped netting is not important provided the netting is a minimum of 3.50 metres away from the centre of concentric circles or the hammer circle in case of separate circles (or 3.00m for cages with separate circles built under the Rule in force before 2004 with the discus circle at the back) (see also Rule 192.4).

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:

Minimum weight for admission to competition and for acceptance of a record	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
Information for manufacturers					
Range for supply of implement for competition					
Minimum	3.005kg	4.005kg	5.005kg	6.005kg	7.265kg
Maximum	3.025kg	4.025kg	5.025kg	6.025kg	7.285kg
Length of Hammer measured from inside to grip					
Maximum	1195mm	1195mm	1200mm	1215mm	1215mm
(No further tolerance applies to the maximum length.)					
Diameter of head					
Minimum	85mm	95mm	100mm	105mm	110mm
Maximum	100mm	110mm	120mm	125mm	130mm

Centre of gravity of head: It shall be not more than 6mm from the centre of the sphere, i.e. - it must be possible to balance the head, less handle and wire, on a horizontal sharp-edged circular orifice 12mm in diameter.

It should be noted that new specifications apply to implements for the youth age group for girls as from 1 January 2012. Previously the specifications had been the same as for junior and senior women.

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,
 - (c) implements;
 - (d) the circles or the ground within the sector with or without implements.

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

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 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 use a suitable substance on his hands only or in the case of hammer throwers on their gloves.

Note also Rule 144.2(f).

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.

There is no restriction on how, or from which direction, an athlete may enter the circle - other than once inside he must adopt a stationary position before commencing his trial.

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 (or the top inside edge) 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, the ground or any object (other than the cage as provided in the Note to Rule 187.14) outside the sector line.

It should be noted that for the purposes of this Rule, the position of the hammer wire or handle is not relevant. For example, the wire could land or be laying on or outside the sector line and it would not matter, provided that the head had landed correctly.

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, 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 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 time 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.

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)

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 at random, but where possible so that representatives of each nation or team shall be placed in different groups. Unless there are facilities for the groups to compete at the same time and under the same conditions, each group should start its 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 performances 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. If the athletes are still equal following the application of this 180.19, it shall be determined to be a tie. Except in Vertical Jumps, in the case of a tie for any place, including first place, the tie shall remain.

It should be noted that as from 1 November 2009 tie-break trials for first place are no longer held if the athletes remained tied after the full application of the count-back rules.

Records

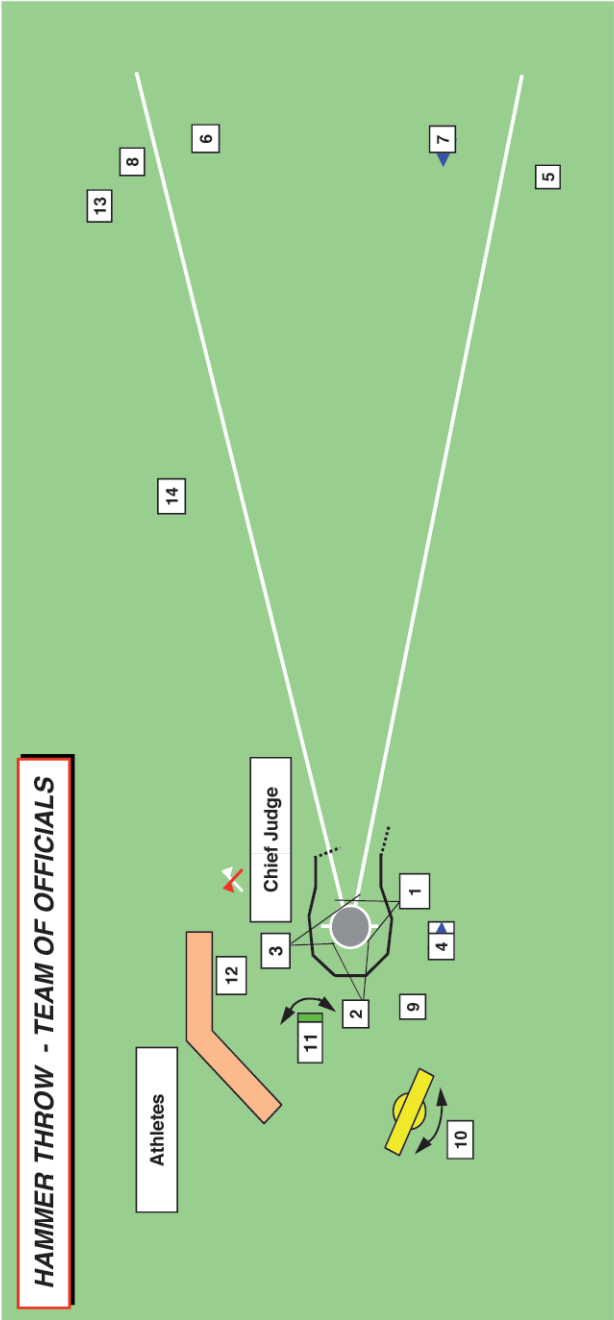
Rule 260

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

5. In a Field Event, if an athlete makes an immediate oral protest against having a trial judged as a failure, the Referee of the event may, 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 monitor. 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 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 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. For many competitions two judges will be sufficient for this purpose.
- A Judge (4) holding the tape-measure so that it is held taut and passes through the centre of the circle. Where EDM is used this judge will not be required.

At the landing:

- A Judge (5) responsible for the landing zone and indicating whether the throw is valid or not. It is recommended that some form of signal other than flags is used for this indication.
- A Judge (6) who will watch the exact place of the landing and will place in the ground to enable the measuring of the throw.
- A Judge (7) who will hold the EDM prism or 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 or carrying back the hammer that has been thrown (13/14). Where a tape is used for measurement, Judge (14) should also make sure that the tape measure is taut in order to ensure a correct measurement.

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).

Note - This is the traditional setting-up of the officials. In major competitions, where EDM, a data system and electronic scoreboards are available, specialised personnel are certainly required. To be clear - in these cases, 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 7cm wide strip painted or made of wood or a suitable non-corrodible material like plastic. It shall be white and be flush with the ground. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be white, 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 28.96°.

The landing sector shall be of an even surface soft enough to ensure that the place of the initial fall of the implement can be clearly established by the judges. The landing surface may not allow the implement bounce backwards, thus creating a risk that the measuring point is obliterated.

Performance 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

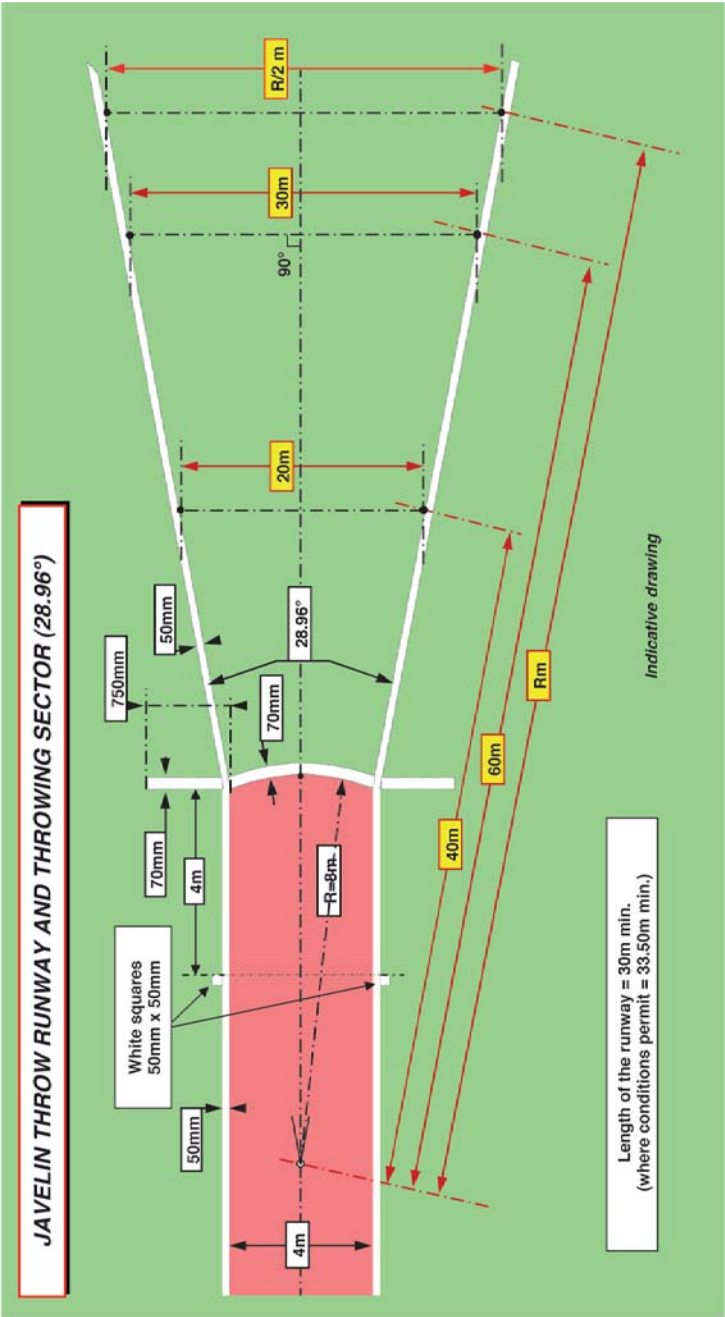
Rule 193

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 pimples, 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:

Minimum weight for admission to competition and for acceptance of a record (inclusive of the cord grip)

	500g	600g	700g	800g
Information for manufacturers				
Range for supply of implement for competition				
Minimum	505g	605g	705 g	805g
Maximum	525g	625g	725 g	825g
Overall length (L0)				
Minimum	2000mm	2200mm	2300mm	2600mm
Maximum	2100mm	2300mm	2400mm	2700mm
Distance from tip of metal head to centre of gravity (L1)				
Minimum	780mm	800mm	860mm	900mm
Maximum	880mm	920mm	1000mm	1060mm
Distance from tail to centre of gravity (L2)				
Minimum	1120mm	1280mm	1300mm	1540mm
Maximum	1320mm	1500mm	1540mm	1800mm
Length of metal head (L3)				
Minimum	220mm	250mm	250mm	250mm
Maximum	270mm	330mm	330mm	330mm
Width of cord grip (L4)				
Minimum	135mm	140mm	150mm	150mm
Maximum	145mm	150mm	160mm	160mm
Diameter of shaft at thickest point (in front of grip - D0)				
Minimum	20mm	20mm	23mm	25mm
Maximum	24mm	25mm	28mm	30mm

It should be noted that new specifications apply to implements for the youth age group for girls as from 1 January 2012. Previously the specifications had been the same as for junior and senior women.

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;
 - (c) implements;
 - (d) the ground within the sector with or without implements.

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

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) An athlete shall not use gloves.
- (c) In order to obtain a better grip, an athlete may use a suitable substance on his hands only.

Note also Rule 144.2(f).

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. In the Javelin Throw, implements shall be thrown from a runway.
14. It shall be a failure if an athlete in the course of a trial:
 - (a) releases the javelin other than as permitted under Rule 193.1,
 - (d) in the Javelin Throw, 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, the ground or any object 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 correctly, upon making contact with or, behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway four metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, 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 time 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 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)

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 at random, but where possible so that representatives of each nation or team shall be placed in different groups. Unless there are facilities for the groups to compete at the same time and under the same conditions, each group should start its 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 performances 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. If the athletes are still equal following the application of this 180.19, it shall be determined to be a tie. 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 held 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

- 5. In a Field Event, if an athlete makes an immediate oral protest against having a trial judged as a failure, the Referee of the event may, 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.

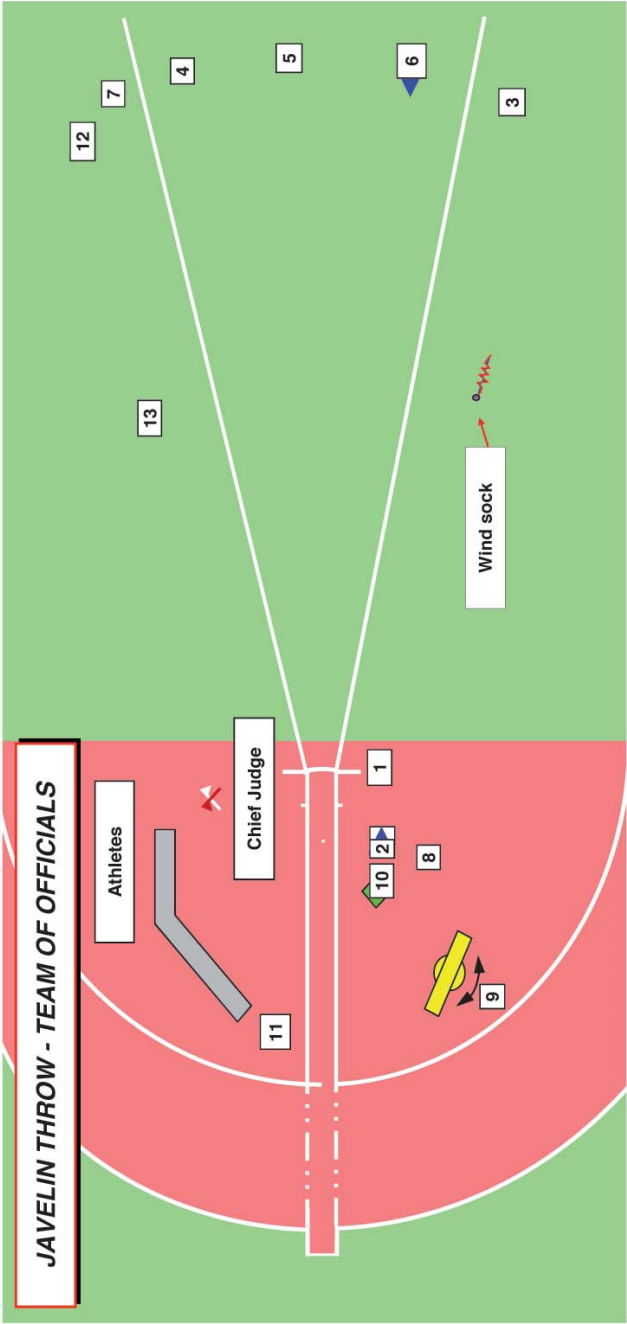
- The Chief Judge, must supervise the whole event and check the measurements.

Near the runway:

- One judge (1) checking that the throw has been made correctly and measuring the throw. In a large number of 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. Where EDM is used this judge will not be required.

At the landing:

- A Judge (3), responsible for the landing zone, and indicating whether the throw is valid or not. It is recommended that some form of signal other than flags in used for this indication.
- 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 EDM prism or 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.



- At the landing, one person or two responsible for sending or carrying back the javelins that have been thrown (12/13). Where a tape is used for measurement, Judge (13) should also make sure that the tape measure is taut in order to ensure a correct measurement

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).

Note (i) - This is the traditional setting-up of the officials. In major competitions, where EDM, a data system and electronic scoreboards are available, specialised personnel are certainly required. To be clear - in these cases, 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.

Chapter 7

Combined Events



Combined Events

The Referee

Rule 125

8. 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 Throw; 200m; Discus Throw; 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; 400m.
Second day: 110m hurdles; Discus Throw; Pole Vault; Javelin Throw ; 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 ; 200m.
Second day: Long Jump; Javelin Throw; 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 Throw; Pole Vault; Javelin Throw; 400m.
Second day: 100m Hurdles; Long Jump; Shot Put; High Jump ; 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 ; 400m
Second Day: 110m Hurdles; High Jump; Javelin Throw ; 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 ; 200m
Second Day: Long Jump; Javelin Throw ; 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.

The minimum period of 30 minutes is to be calculated as being the actual time between the end of the last race or trial for any athlete in the previous event to the start of the first race or trial in the next event. It is therefore possible and quite common for athletes to go directly from the conclusion of one event (i.e. the decathlon long jump) to the warm-up for the next event (i.e. the decathlon shot put), so that the 30 minutes is in effect taken up by the movement from one site to another and the warm-up. Changes in the number of days 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.

It is noted that it is usual for the heat contain the leading athletes to be conducted last.

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 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 for 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.

It is strongly recommended that the uniform increases of 3cm and 10cm be applied in all combined event competitions.

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 in Combined Event competitions:

	HIGH JUMP	POLE VAULT	OTHER
More than 3 athletes left in the competition	1 min	1 min	1 min
2 or 3 athletes left in the competition	1.5 min	2 min	1 min
1 or consecutive trials	2 min	3 min	2 min

Note (i): A clock which shows the remaining time allowed for a trial should be visible to an athlete. In addition, an official shall 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 individual 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 Combined Events Scoring Tables, shall be announced, separate for each event and as a cumulative total, to all athletes after the completion of each event.
The athletes shall be placed in order according to the total number of points obtained.
- 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.
 - (d) If the athletes are still equal following the application of Rule 200.13(c), it shall be determined to be a tie

An international scoring table solely for Combined Events is used.

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 0.1 seconds using either a 0.1 sec or 0.01 sec stopwatch (electronic) in accordance with Rule 165.10 and 11,
- exclusively fully automatic time-keeping or photo-finish shown by the time being recorded to 0.01 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.

0.1 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 0.01 second tables should be used at the full 0.1 second intervals. With these corrections, the results for competitions timed automatically 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:

“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 or 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 an 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.
3. Note also the new provision, Rule 149.2 introduced in 2011.

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 (± 0.01 m) 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 advice is sought, it is necessary to insist on the area which must be free at the start and at the finish.

Experience has proved that in many situations, 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.

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 kerb or line shall be horizontal throughout the length of the track with a maximum slope of 1:1000. The kerb on the two straights may be omitted, and a white line 5cm wide substituted.

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 ± 0.01 m to the selected width. The lanes shall be separated by white lines 5cm wide.

Banking

3. The angle of banking in all the lanes in the bend, and separately in the straight, should be the same at any cross section of the track. The straight may be flat or have a maximum lateral inclination of 1:100 towards the inside lane. In order to ease the change from the straight to the banked bend, the change may be made with a smooth gradual horizontal transition which may be extended into the straight. In addition there should be a vertical transition.

Marking of the Inside Edge

- 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 intervals 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 oval 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 oval 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

- 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

- 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.
- 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.
- 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.
- As far as possible, start lines (and takeover lines for Relay Races) should not be on the steepest part of the banking.

Conduct of the Races

6. For races of 400m or less, each athlete shall have a separate lane at the start. Races of up to, and including, 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 may leave their respective lanes. The breakline shall be an arced line marked after each bend, 5cm wide, across all lanes other than lane 1. To assist athletes identify the breakline, small cones or prisms, 5cm x 5cm 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. 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.

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

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

200m, 400m, 800m, 4 x 200m, 4 x 400m

Declared	First Round			Second Round		Semi-Finals	
Entries	Heats	P	T	Heats PT	Heats	P	T
7-12	2	2	2				
13-18	3	3	3			2	3
19-24	4	2	4			2	3
25-30	5	2	2			2	3
31-36	6	2	6			3	2
37-42	7	2	4			3	2
43-48	8	2	2			3	2
49-54	9	2	6	4	3	2	3
55-60	10	2	4	4	3	2	3

1500m

Declared	First Round			Second Round			Semi-Finals		
Entries	Heats	P	T	Heats	P	T	Heats	P	T
12-18	2	3	3						
19-27	3	2	3						
28-36	4	2	1						
37-45	5	3	3				2	3	3
46-54	6	2	6				2	3	3
55-63	7	2	4				2	3	3

3000 m

Declared	First Round		
Entries	Heats	P	T
16-24	2	4	4
25-36	3	3	3
37-48	4	2	4

Note: The above qualifying procedures are only valid for 6 lanes oval and/or 8 lanes straight tracks.

Where tracks have a different configuration of lanes, then the above tables should be adapted either in the specific Technical Regulations for the competition or if not by the Technical Delegate(s) or the organising committee.

**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. The standard distances shall be: 50m or 60m on the straight track.

2. Layout of the hurdles for races:

	Youth Boys	Junior Men	Men	Youth Girls	Jr. Women/ Women
Height of hurdle	0.914m	0.991m	1.067m	0.762m	0.838m
Distance	50m/60m				
Number of hurdles	4/5				
Start line to first hurdle	13.72m			13.00m	
Between hurdles	9.14m			8.50m	
Last hurdle to finish line	8.86m/9.72m			11.50m/13.00m	

Relay Races

Rule 217

Conduct of the Races

1. In the 4 x 200m race all the first leg and the first bend of the second leg up to the nearer edge of the breakline described in Rule 214.9, shall be run in lanes. Rule 170.18 shall not apply, therefore the second, third and fourth athletes are not permitted to begin running outside their takeover zones, and shall start within this zone.
2. In the 4 x 400m 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 4 x 800m 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 4 x 200m race, in the second, third and fourth legs of the 4 x 400m and the 4 x 800m race shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they 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 takeover 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 184.1 and 184.2.

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. Where necessary to ensure the safety of spectators, officials and athletes, the landing sector shall be enclosed at the far end and on the two sides by a stop barrier and/or protective netting, placed as close to the circle as required. The recommended minimum height of the netting should be 4m and sufficient to stop a shot, whether in flight or bouncing from the landing surface.
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 Record for Shot Put 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 34.92° 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 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.

The shot shall conform to the following specifications:

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

Similar specifications to those applicable for the outdoor shot should be applied for youth and junior competition held indoors.

Clothing, Shoes and Athlete Bibs

Rule 215

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

1. The Record shall be made in a bona fide competition which has been duly arranged, advertised and authorised before the day of the event by the Member in whose Country or Territory the event takes place and which has been conducted under the Rules.
2. The athlete achieving the Record must have been eligible to compete under the Rules and must have been under the jurisdiction of a Member of the IAAF.
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 and zero control test image (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 IAAF Anti-Doping Regulations 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.
 - World Junior 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 Rules 125.7, Rules 146.4(a) or 146.5, 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.

18. Except in Road Events:
- (a) The Record shall be made in an IAAF certified athletics facility or event site, which conforms to Rule 140 with or without roof. The construction of the track, or runway, landing area and/or throwing circle used shall comply with the specifications in the IAAF Track and Field Facilities Manual. For Indoor Records, see also Rule 260.21.
 - (b) For any Record at any distance of 200m or more to be recognised, the track on which it was made shall not exceed 402.3m (440 yards) and the race shall have started on some part of the perimeter. This limitation does not apply to the Steeplechase events where the Water Jump is placed outside a normal 400m track.
 - (c) The Record for an oval Track Event shall be made on a track, in a lane where the running line radius of the outside lane of which does not exceed 50m, except where the bend is formed with two different radii, in which case the longer of the two arcs should not account for more than 60° of the 180° turn.
 - (d) Except for Field Events conducted as provided in Rule 147, no performance set by an athlete will be recognised if it has been accomplished during a mixed competition.
19. Records outdoors may be made only on a track which conforms to Rule 160.
20. For World Junior Records: Unless the athlete's date of birth has been previously confirmed by IAAF, the first application on behalf of that athlete shall be accompanied by a copy of his passport, birth certificate or similar official document which confirms his date of birth.
21. For World Indoor Records:
- (a) The Record shall have been made in an IAAF certified athletics facility or event site, which complies, with Rule 211 and 213 as applicable.
 - (b) For races of 200m and over, the oval track may not have a nominal length of more than 201.2m (220 yards).
 - (c) The Record may be made on an oval track with a nominal length less than 200m provided that the distance run is within permitted tolerance for the distance.
 - (d) Any straight track shall comply with Rule 213.
22. For World Records in Running and Race Walking Events: The following conditions 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 4 x 200m and 4 x 400m), 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 made outdoors up to and including 200m, information concerning wind velocity, measured as indicated in Rule 163.8 to 163.13 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 athlete has run on or inside the inner curved border of his lane.
 - (f) For all Records up to and including 400 metres (including 4 x 200m and 4 x 400m) 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.



23. For races World Records set over multiple distances in the same race:
- (a) A race shall be stated to be over one distance only.
 - (b) However, a race based on the distance covered over a given time may be combined with a race over a fixed distance (for example, 1 Hour and 20,000m - see Rule 164.3).
 - (c) It is permissible for the same athlete to accomplish any number of Records in the same race.
 - (d) It is permissible for several athletes to accomplish different Records in the same race.
 - (e) However, it is not permissible for an athlete to be credited with a Record at a shorter distance if he did not finish the full distance of that race.
24. For World 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 conducted outdoors, information concerning wind velocity, measured as indicated in Rule 184.10, 184.11 and 184.12 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.
 - (d) In Throwing Events, the implement used shall be checked, as soon as possible, for compliance with the Rules.
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 one or more "A" or "B" grade IAAF/AIMS approved measurers.
 - (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 1:1000, i.e. 1m per km.

- (d) Any course measurer who originally measured 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 any of those who did the original measurement.

Note: If the course was originally measured by at least two "A" or "B" grade measurers and at least one of them is present at the race to validate the course as per Rule 260.28(d), no verification under this Rule 260.28(e) will be required.

- (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 $\pm 1\%$ 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 one or more "A" or "B" grade IAAF/AIMS approved measurers
- (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) Any course measurer who originally measured the course or another "A" or "B" measurer in possession of the complete measurement data and maps must validate that the course measured was the course covered.
- (d) The course must be 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 any of those who did the original measurement.

Note: If the course was originally measured by at least two "A" or "B" grade measurers and at least one of them is present at the race to validate the course as per Rule 260.29(c), no verification under this Rule 260.29(d) will be required.

- (e) World Records in Road Walking 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 260.29(d).

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

Events for which World Records are Recognised

Rule 261

- Fully Automatically Timed performances (F.A.T.)
- Hand Timed performances (H.T.)
- Transponder Timed performances (T.T.)



Men

Running, Combined and Race Walking Events:

F.A.T. only: 100m; 200m; 400m; 800m

110m Hurdles; 400m Hurdles;

4 x 100m Relay; 4 x 200m Relay; 4 x 400m 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.

4 x 800m Relay; 4 x 1500m Relay.

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

F.A.T. or H.T. or T.T.: Road Races: 10km; 15km; 20km; Half Marathon;

25km; 30km; Marathon; 100km; Road Relay (Marathon distance only).

Race Walking (Road): 20km; 50km.

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.

Throwing Events: Shot Put; Discus Throw; Hammer Throw; Javelin Throw.

Women

Running Combined and Race Walking Events:

F.A.T. only: 100m; 200m; 400m; 800m

110m Hurdles; 400m Hurdles;

4 x 100m Relay; 4 x 200m Relay; 4 x 400m 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.

4 x 800m Relay.

Race Walking (Track): 10,000m; 20,000m.

F.A.T. or H.T. or T.T.: Road Races: 10km; 15km; 20km; Half Marathon;

25km; 30km; Marathon; 100km; Road Relay (Marathon distance only).

Race Walking (Road): 20km.

Note: World Records in Road Races for women to be recognised in women only races. The IAAF shall keep a separate list of "World Best Performances" achieved in mixed Road Races.

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.

Throwing Events: Shot Put; Discus Throw; Hammer Throw; Javelin Throw.

Events for which World Junior Records are Recognised

Rule 262

Fully Automatically Timed performances (F.A.T.)

Hand Timed performances (H.T.)

Transponder Timed performances (T.T.)

Junior Men

Running, Combined and Race Walking Events:

- F.A.T. only: 100m; 200m; 400m; 800m
110m Hurdles; 400m Hurdles;
4 x 100m Relay; 4 x 400m Relay; Decathlon
- F.A.T.or H.T.: 1000m; 1500m; 1 Mile; 3000m;
5000m; 10,000m; 3000m Steeplechase;
Race Walking (Track): 10,000m.
- F.A.T. or H.T or T.T.: Race Walking (Road): 10km
- Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.
- Throwing Events: Shot Put; Discus; Hammer Throw; Javelin Throw.

Junior Women

Running, Combined and Race Walking Events:

- F.A.T. only: 100m; 200m; 400m; 800m
100m Hurdles; 400m Hurdles;
4 x 100m Relay; 4 x 400m Relay; Heptathlon; Decathlon*
- F.A.T.or H.T.: 1000m; 1500m; 1 Mile;
3000m; 5000m; 10,000m; 3000m Steeplechase;
Race Walking (Track): 10,000m.
- F.A.T. or H.T or T.T.: Race Walking (Road): 10km.
- Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.
- Throwing Events: Shot Put; Discus Throw; Hammer Throw; Javelin Throw.

*Only ratified if over 7300 points.

Events for which World Indoor Records are Recognised

Rule 263

Fully Automatically Timed performances (F.A.T.)

Hand Timed performances (H.T.)

Men

Running, Combined and Race Walking Events:

- F.A.T. only: 50m; 60m; 200m; 400m; 800m;
50m Hurdles; 60m Hurdles;
4 x 200m Relay; 4 x 400m Relay; Heptathlon
- F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m; 5000m
4 x 800m Relay.
Race Walking: 5000m.
- Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.
- Throwing Event: Shot Put.

Women

Running, Combined and Race Walking Events:

- F.A.T. only: 50m; 60m; 200m; 400m; 800m;
50m Hurdles; 60m Hurdles;
4 x 200m Relay; 4 x 400m Relay; Pentathlon

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m; 5000m
4 x 800m Relay.
Race Walking: 3000m.
Jumping Event: High Jump; Pole Vault; Long Jump; Triple Jump.
Throwing Events: Shot Put.

Events for which World Junior Indoor Records are Recognised

Rule 264

Fully Automatically Timed performances (F.A.T.)
Hand Timed performances (H.T.)

Men

Running and Combined Events:

F.A.T. only: 60m; 200m; 400m; 800m;
60m Hurdles; Heptathlon

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m; 5000m

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.

Throwing Event: Shot Put.

Women

Running and Combined Events:

F.A.T. only: 60m; 200m; 400m; 800m;
60m Hurdles; Pentathlon

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m; 5000m

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.

Throwing Event: 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:

<http://www.iaaf.org/antidoping/rules/iaaf/index.html>

<http://www.iaaf.org/antidoping/rules/Regulations/index.html>

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 described 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;
- 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 IAAF, the Official in charge of Doping Control and/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 a World Record must be tested for doping. An athlete who has broken or equalled a World Record in a running event (from 400m upwards), Race Walking event or Combined Event shall be tested for rh-EPO.

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 rule 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 partial 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 first 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 yearly 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 Anti-Doping Regulations and in the IAAF Blood Testing Protocol which is also available for viewing on the IAAF website.

Printed in Monaco by Imprimerie Multiprint
9, avenue Albert II
MC 98011 - Monaco
(77600)



International Association of Athletics Federations

17, rue Princesse Florestine | BP 359 | MC 98007 | Monaco Cedex

HQ Tel: +377 93 10 88 88 Fax: +377 93 15 95 15 www.iaaf.org