

# ATHLETICS AUSTRALIA

## SUMMARY OF NEW IAAF RULES PASSED IN 2017

The following changes have been made to the IAAF Rules and with the exception of the structural change to the discus cage, will come into effect internationally on 1 November 2017 and in Australia from 1 October 2017. The discus change is mandatory from 1 January 2020 but the change should be made whenever a new cage is erected or an existing cage relocated or substantially modified.

Whilst the following wordings are not yet fully finalised they should be close to the eventual version.

*1. Rule 100 is expanded to provide a clear understanding of when IAAF Rules should be applied in mass participation events held outside the stadium.*

### RULE 100 General

---

All International Competitions, as defined in Rule 1.1, shall be held under the Rules of the IAAF

In all competitions, except the World Championships 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 or authorised by the relevant governing body having the control over the competition.

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

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

*2. Rules 112, 113, 117 and 118 are elaborated to better reflect the current practice in relation to the roles and duties of the respective delegates and international officials.*

### RULE 112 Technical Delegates

---

The Technical Delegate(s), in conjunction with the Organisers, which shall afford them all necessary help, are responsible for ensuring that all technical arrangements are in complete conformity with the IAAF Technical Rules and the IAAF Track and Field Facilities Manual.

Technical Delegates **appointed for competitions other than one day meetings** shall:

- (a) **ensure the submission** ~~submit~~ to the appropriate body proposals for the timetable of events and the entry standards.
- (b) **approve** 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 **applicable** 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 **Association** or other relevant governing body.)
- (f) determine the qualifying standards for the Field Events, and the basis on which **the** rounds shall be arranged for Track Events.
- (g) **cause the seeding and draws for all events to be made in accordance with the Rules and any applicable Technical Regulations and approve all start lists.**
- (h) **if requested**, chair the Technical Meeting and brief the Technical Officials.
- (i) **ensure the submission of written reports in advance of the competition on its preparations and after its conclusion on the execution, including recommendations for future editions.**

**Technical Delegates appointed for one day meetings shall provide all necessary support and advice to the organisers and ensure the submission of written reports on the execution of the competition.**

RULE 113  
**Medical Delegate**

---

The Medical Delegate shall:

- (a) have ultimate authority on all medical matters.
- (b) ensure that adequate facilities for medical examination, treatment and emergency care will be available at the venue(s) of the competition, training and Warm-up areas and that medical attention can be provided where athletes are accommodated.
- (c) make examinations and provide medical certificates in accordance with Rule 142.4.
- (d) have the power to order an athlete to withdraw before, or to immediately retire from, an event during competition.

*Note (i): the powers under (c) and (d) above may be passed by the Medical Delegate (or where no Medical Delegate is appointed or available) to a medical doctor so designated by the Organisers who should normally be identified by an armband, vest or similar distinctive apparel.*

*Note (ii): any athlete withdrawn or retired from an event under (d) above shall be shown in the result as DNS and DNF respectively. Any athlete not complying with such an order shall be disqualified.*

RULE 117  
**International Road Course Measurer**

---

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 measurer shall be a 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 Rules 240.2, 240.3 and 230.11 and respective Notes). **He shall also ensure compliance with Rules 260.20 and 260.21 in case a World Record may be made.**

He shall cooperate with the Organisers in the course arrangements and witness the conduct of the race to ensure that the course run by athletes follows the same course that was measured and approved. He shall furnish an appropriate certificate to the Technical Delegate(s).

RULE 118  
**International Starter and International Photo Finish Judge**

---

At all competitions under Rules 1.1(a), (b), (c) and (f) held in the stadium, an International Starter and an International Photo Finish Judge shall be appointed respectively by IAAF, the relevant Area Association or governing body. The International Starter shall start the races (and undertake any other duties) assigned to him by the Technical Delegate(s) **and shall supervise the checking and operation of the Start Information System.** The International Photo Finish Judge shall supervise all Photo Finish functions and shall be the Chief Photo Finish Judge.

*3. Rule 135 (Official Surveyor) has been deleted and Rules 123, 148 and 149 amended to better reflect current standard practices in relation to surveys etc.*

RULE 123  
**Technical Manager**

---

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, **or is aware of the existence of**, the necessary certification under Rule 148.1 before the competition.

RULE 148  
**Surveying and Measurements**

---

1. **The accuracy of the markings and installations for athletics facilities under Rule 140 and Rule 149.2 shall be checked by an appropriately qualified surveyor who shall furnish appropriate certificates together with details of any check measurements made to the relevant body and/or the facility owner or operator. He shall be given full access to stadium plans and drawings and the latest measurement report for the purpose of this verification.**
2. For Track and Field Events in competitions under Rules 1.1(a), (b), (c) and (f), all measurements shall be made with a calibrated steel tape or bar or with a scientific measuring device. The steel tape, bar or scientific measuring device shall **be manufactured and calibrated according to international standards**. The accuracy of the measuring equipment used in the competition shall have been verified by an appropriate organisation accredited by the national measurement authority.

At competitions other than those held under Rules 1.1(a), (b), (c) and (f), fibreglass tapes may also be used.

*Note: Concerning acceptance of Records, see Rule 260.17(a).*

RULE 149  
**Validity of Performances**

---

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.) **or on temporary facilities built within a stadium** shall be valid and recognised for all purposes, if they are made subject to all of the following conditions:
  - (a) the relevant 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 ~~in an event site~~ a competition area or facility in conformity with the Rules and in respect of which **a survey has been made in accordance with Rule 148** on the day of the event.

*Note: The current standard forms required to be used for reporting on the conformity of the ~~event site~~ competition area or facility are available from the IAAF Office, or may be downloaded from the IAAF website.*

*4. Rule 134 (Announcer) has been deleted and consolidate with Rule 124.*

RULE 124  
**Event Presentation Manager**

---

The Event Presentation Manager shall plan, in conjunction with the Competition Director, the event presentation arrangements for the 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 in contact with each of them.

**He shall ensure that through announcements and the available technology the public is informed of information concerning the athletes taking part in each event, including the start lists, intermediate and final results. The official result (placings, times, heights, distances and points) of each event should be conveyed 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.**

*5. Rule 125 has been substantially re-formatted and in several respects updated and enhanced to reflect common practice. A related clarification is also made by the addition of Rule 126.2.*

RULE 125  
**Referees**

---

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. When appropriate, one (or more) Video Referee(s) shall also be appointed. **A Track Referee appointed to oversee the starts is designated the Start Referee.** The Video Referee(s) **shall** operate from a Video Control Room, should **consult and shall** be in communication with the other Referees.
2. Referees shall ensure that the Rules **and Regulations (and other regulations for each particular competition)** are observed. **They shall rule on any protest or objection regarding the conduct of the competition** 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 regulations).

**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 and may overrule a decision of a Judge.** *Note: For the purpose of this Rule and applicable regulations, including the Advertising Regulations, the Victory Ceremony is concluded when all directly related activities (including photographs, victory laps, crowd interaction, etc.) are completed.*

3. The 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. **They shall have no jurisdiction over matters within the responsibilities of the Chief Judge of Race Walking events.**

The relevant Track Referee has **jurisdiction** 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 an apparent false start indicated by an IAAF certified Start Information System, unless for any reason the Referee determines that the information provided by the System is obviously inaccurate.

**The Combined Events Referee shall have jurisdiction over the conduct of the Combined Events competition and over the conduct of the respective individual events within it.**

4. The appropriate Referee shall check all final results, shall deal with any disputed points and, in conjunction with the Chief 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 (**or otherwise approved**) by the appropriate Referee and conveyed to the Competition Secretary.
5. **The applicable Referee** shall have authority to warn or exclude from competition, any athlete guilty of acting in an unsporting or improper manner or under Rules **144, 162.5, 180.5, 230.7, 230.10 or 240.8**. Warnings may be indicated to the athlete by showing a yellow card, exclusion by showing a red card. Warnings and exclusions shall be entered on the result card and communicated to the Competition Secretary and to the other Referees.

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

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

*Note: (i) The Referee may, where the circumstances justify it, exclude an athlete without a warning having been given. (See also Note to Rule 144.2.)*

*Note: (ii) The Referee for events outside the stadium shall, wherever practicable (e.g. under Rules 144, 230.10 or 240.8), give a warning prior to disqualification. If contested, Rule 146 will apply.*

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

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

*Note (v): Any yellow or red card given to an athlete in a relay or other team event shall apply both to the athlete individually and to his team. The team shall be excluded irrespective of whether the second or subsequent card is given to the same or another athlete in the team.*

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 or any part of an event void and that it shall be held again, either on the same day or on some future occasion, as he shall decide. **(See also Rules 146.4 and 163.2)**
8. Where an athlete with a physical disability is competing in a competition under these Rules, the appropriate Referee may interpret, or allow a variation from, any relevant Rule (other than Rule 144.3) to enable the participation of the athlete provided that such variation does not provide the athlete with any advantage over another athlete competing in the same event. In the case of any doubt or if the decision is disputed, the matter shall be referred to the Jury of Appeal.

*Note: This Rule is not intended to permit the participation of guide runners for visually impaired athletes, unless allowed by the regulations of a particular competition.*

## RULE 126

### Judges

---

#### *General*

1. The Chief Judge for Track Events and the Chief Judge for each Field Event shall co-ordinate the work of the Judges in their respective events. When the **Organisers have** not already allocated the duties of the Judges, they shall allocate the duties.
2. **The Judges may reconsider any original decision made by them if it was made in error, provided the new decision is still applicable. Alternatively, or if a decision has subsequently been made by a Referee or the Jury of Appeal, they shall refer all available information to the Referee.**

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

3. 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.*

### **Field Events**

4. 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.

*6. The Rules in relation to the Starts have been revised in several ways – including the re-formatting and in international clarification of Rule 161 (Starting Blocks), as it happens so that it coincides with the way in which the rule in relation to block placement has always been interpreted in Australia. The Start Rules themselves have both been reformatted to make them more logically sequential and to make clear that a “rolling start” is in fact a false start.*

## RULE 129

### **Start Coordinator, Starter and Recalls**

---

1. The Start Coordinator shall:
  - (a) Allocate the duties of the start team. However, 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 Starter 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, Chief Transponder Timing 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 following any ruling under Rules 162.7 or 200.8(c), the procedure set out in Rule 162.8 is followed.
2. The Starter shall have entire control of the athletes on their marks. When a Start Information System is used **to assist in races using crouch starts, Rule 162.6 shall be applied**
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 Recalls shall be assigned to assist the Starter.

*Note: For events of 200m, 400m, 400m Hurdles, 4 × 100m, 4 × 200m, the Medley Relay and 4 × 400m Relays, there shall be at least two Recalls.*
5. Each Recaller shall place himself so that he can see each athlete assigned to him.
6. **The Starter and/or** each Recaller **shall** recall **or abort** 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~~ **which athlete(s)** a warning or disqualification shall be issued. (See also Rules 162.6 and 162.9.)
7. **Warning and disqualification under Rule 162.7, 162.8 and 200.8(c) may be decided only by the Starter. (See also Rule 125.3)**

RULE 161  
Starting Blocks

---

1. Starting blocks shall be used for all races up to and including 400m (including the first leg of the 4 × 200m, the Medley Relay and 4 × 400m) and shall not be used for any other race. When in position on the track, no part of the starting block shall overlap the start line or extend into another lane, **with the exception that, provided there is no obstruction to any other athlete, the rear part of the frame may extend beyond the outer lane line.**
2. Starting blocks shall comply with the following general specifications:
  - (a) **The starting blocks shall consist of two foot plates, against which the athlete's feet are pressed in the starting position and which shall be mounted on a rigid frame.** They shall be entirely rigid in construction and shall give no unfair advantage to the athlete. **The frame shall in no way obstruct the athlete's feet as they leave the blocks.**
  - (b) **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.**
  - (c) **The mounting of the foot plates on the frame may be adjustable, but it shall allow no movement during the actual start. In all cases, the foot plates shall be adjustable forward or backward in relation to each other. The adjustments shall be secured by firm clamps or a locking mechanism, which can be easily and quickly operated by the athlete.**
  - (d) 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.
  - (e) When an athlete uses his own starting blocks, they shall comply with **these Rules but otherwise** may be of any design or construction, provided that they do not interfere with other athletes.
3. In competitions held under Rules 1.1(a), (b), (c) and (f) and for any performances submitted for ratification as a World Record under Rules 261 or 263, the starting blocks shall be linked to an **IAAF certified Start Information System**. This system is strongly recommended for other competitions.  
*Note: In addition, an automatic recall system, within the Rules, may also be used.*
4. In competitions held under Rules 1.1(a) to (f), athletes shall use starting blocks provided by the Organisers of the competition. In other competitions; on synthetic surfaced tracks the Organisers may insist that only starting blocks provided by them may be used.

RULE 162  
The Start

---

1. The start of a race shall be denoted by a white line 50mm wide. In all races not run in lanes, the start line shall be curved, so that all the athletes start the same distance from the finish. Starting positions in events at all distances shall be numbered from left to right, facing the direction of running.  
*Note (i): In the case of events starting outside the stadium, the start line may be up to 0.30m in width and maybe of any colour contrasting distinctively with the surface of the start area.*  
*Note (ii): The 1500m start line, or any other curved start line, may be extended out from the outside lane to the extent that the same synthetic surface is available.*
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 × 200m, the Medley Relay as defined in Rule 170.1 and 4 × 400m), the commands shall be "On your marks" and "Set".
  - (b) In races longer than 400m (except 4 × 200m, the Medley Relay and 4 × 400m), the command shall be "On your marks".
  - (c) **In any race when, under Rule 162.5, the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks or he otherwise aborts the Start, the command shall be "Stand Up".**All races shall normally be started by the report of the Starter's gun held 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 4 × 200m, the Medley Relay and 4 × 400m), a crouch start and the use of starting blocks are compulsory. After the "On your marks" command, an athlete shall approach the start line, assume a position completely within 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 mark. Both hands and at least one knee shall be in contact with the ground and both feet in contact with the foot plates of the starting blocks. At the "Set" command, an athlete shall immediately rise to 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 × 200m, the Medley Relay and 4 × 400m), all starts shall be made from a standing position. After the "On your marks" command, an athlete shall approach the start line and assume a starting position behind the start line (completely within 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 mark. 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, **movement** 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. **However** when an extraneous reason was considered to be the cause for aborting the start, or the Referee does not agree with the Starter's decision, **in this case only** a green card shall be shown to all the athletes to indicate that a false start was not committed by any athlete.

#### **False Start**

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

*Note: When an IAAF certified Start Information System is in operation, the evidence of this equipment shall be used as a resource by the relevant Judges to make a correct decision.*

7. An athlete, after assuming a full and final starting position, shall not commence his start until after receiving the report of the gun. If, in the judgement of the Starter (**including under Rule 129.6**) he does so any earlier, it shall be a false start.

*Note (i): Any motion by an athlete that does not include or result in the athlete's foot / feet losing contact with the foot plate(s) of the starting blocks, or the athlete's hand / hands losing contact with the ground, shall not be considered to be the commencement of his start. Such instances may, if applicable, be subject to a disciplinary warning or disqualification.*

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

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

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

For Combined Events, see Rule 200.8(c).

***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. 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.

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

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

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

7. *The meaning of “r” in Rule 132 is clarified.*

RULE 132

**Competition Secretary, Technical Information Centre (TIC)**

---

4. The following standard abbreviations and symbols should be used in the preparation of start lists and results where applicable:
- Did not start – DNS
  - Did not finish – DNF
  - No valid trial recorded – NM
  - Disqualified – DQ
  - Valid trial in High Jump and Pole Vault – “O”
  - Failed trial in Field Events – “X”
  - Passed trial in Field Events – “-”
  - Retired from competition **in field or combined events** – r
  - Qualified by place in track events – Q
  - Qualified by time in track events – q
  - Qualified by standard in field events – Q
  - Qualified without standard in field events – q
  - Advanced to next round by Referee – qR
  - Advanced to next round by Jury of Appeal – qJ
  - Bent knee (Race Walking) – “>”
  - Loss of contact (Race Walking) – “~”
  - Yellow Card – YC
  - Second Yellow Card – YRC
  - Red Card – RC

8. *A number of Rules have been amended to reflect actual practice in relation to certification.*

RULE 137

**Measurement Judge (Scientific)**

---

One Chief Measurement Judge (**Scientific**) and one or more assistants 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 each event, he will supervise the positioning of the measuring instruments, taking account of the technical requirements given by the manufacturer and the instrument calibrating laboratory.

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, to confirm agreement with results achieved using a calibrated **and verified** 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 Referee to certify that the equipment is accurate.

RULE 165

**Timing and Photo Finish**

---

**Fully Automatic Timing and Photo Finish System**

13. A Fully Automatic Timing and Photo Finish System **complying with IAAF Rules** should be used at all competitions.

**The System**

14. **The** system must have been tested, and have a certificate of accuracy issued within 4 years of the competition, including the following:
- (a) The System must record the finish through a camera positioned in the extension of the finish line, producing a composite image.
    - (i) For competitions under Rule 1.1, this composite image must be composed of at least 1000 images per second.
    - (ii) For other competitions, this composite image must be composed of at least 100 images per second.In each case, the image must be synchronised with a uniformly marked time-scale graduated in 0.01 seconds.
  - (b) The System shall be started automatically by the Starter's signal, so that the overall delay between the report from the muzzle or its equivalent visual indication and the start of the timing system is constant and equal to or less than 0.001 second.

**Transponder System**

24. The use of Transponder Timing Systems **complying with IAAF Rules** in events held under Rules 230 (races not held completely in the stadium), 240, 250, 251 and 252 is permitted provided that: .....

9. Rules 141 and 147 are amended to provide for competitions in which men and women compete against each other (universal competition) or as part of a mixed team (ie mixed 4x400m relay).

RULE 141  
**Age and Sex Categories**

---

**Age Categories**

1. Competition under these Rules may be divided into age group classifications as follows:  
Under-18 (U18) Boys and Girls: Any athlete of 16 or 17 years on 31st December in the year of the competition.  
Under-20 (U20) Men and Women: Any athlete of 18 or 19 years on 31st December in the year of the competition.  
Master Men and Women: Any athlete who has reached his/her 35th birthday.

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

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

2. An athlete shall be eligible to compete in an age group competition under these Rules if he is within the age range specified in the relevant age group classification. An athlete must be able to provide proof of his age through presentation of a valid passport or other form of evidence as permitted by the **applicable** regulations for the competition. An athlete who fails or refuses to provide such proof shall not be eligible to compete.

*Note: See Rule 22.2 for sanctions for non-compliance with this Rule 141.*

**Sex Categories**

3. Competition under these Rules is divided into men's, women's **and universal** classifications. When a Mixed Competition is **conducted** outside the stadium or in one of the limited cases set out in Rule 147, separate men's and women's classification results should still be declared or otherwise indicated. **When a universal event or competition is conducted a single classification result only shall be declared.**
4. An athlete shall be eligible to compete in men's (**or universal**) competition if he is recognised as a male in law and is eligible to compete under the Rules and Regulations.
5. An athlete shall be eligible to compete in women's (**or universal**) competition if she is recognised as a female in law and is eligible to compete under the Rules and Regulations.
6. The Council shall approve Regulations to determine the eligibility for women's competition of
  - (a) females who have undergone male to female sex reassignment; and
  - (b) females with hyperandrogenism.

An athlete who fails or refuses to comply with the applicable regulations shall not be eligible to compete.

*Note: See Rule 22.2 for sanctions for non-compliance with this Rule 141.*

RULE 147  
**Mixed Competition**

---

1. **Universal competitions such as relays or other team events in which men and women compete together or events in which men and women compete for a single classification are permitted in accordance with the applicable regulations of the relevant body.**
2. **Other than under Rule 147.1** for all **other** competitions held completely in the stadium, mixed events between male and female participants shall not normally be permitted.

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

*Note (i): For Mixed Competitions conducted in Field Events, separate result cards shall be used and results declared for each sex. For races, the sex of each athlete shall be shown in the result.*

*Note (ii): Mixed Competitions in Track Events as permitted under this Rule shall be conducted only where there are insufficient athletes of one or both sexes competing to justify the conduct of separate races.*

*Note (iii): Mixed Competitions in Track Events shall not, in any case, be conducted so as to allow athletes of one sex to be paced or assisted by athletes of another sex.*

10. *Rule 142 is amended to clarify when in any competition the Referee may allow a different order of trials whilst a significant drafting error is corrected in sub-rule 4.*

RULE 142

**Entries**

---

1. Competitions under the Rules are restricted to eligible athletes. (See Chapter 2.)
2. The eligibility of an athlete to compete outside of his own country is as set forth in Rule 4.2. Such eligibility shall be assumed unless an objection to his status is made to the Technical Delegate(s). (See also Rule 146.1.)

**Simultaneous Entries**

3. If an athlete is entered in both a Track Event and a Field Event, or in more than one Field Event taking place simultaneously, the appropriate Referee may, for one round of trials at a time, or for each trial in the High Jump and Pole Vault, allow an athlete to take 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.

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

**Failure to Participate**

4. At all competitions under Rules 1.1(a), (b), (c) and (f), an athlete shall be excluded from participation in all further events (including other events in which he is simultaneously participating) in the competition, including relays, in cases where:
  - (a) a final confirmation was given that the athlete would start in an event but then failed to participate;  
*Note: A fixed time for the final confirmation of participation shall be published in advance.*
  - (b) an athlete qualified in **any Qualification Round** of an event for further participation in that event but then failed to participate further;
  - (c) an athlete failed to compete honestly with bona fide effort. The relevant Referee will decide on this and the corresponding reference must be made in the official results.

*Note: The situation foreseen in Rule 142.4(c) will not apply to individual events within Combined Events.*

**However** a medical certificate, provided by and based on an examination of the athlete by the Medical Delegate appointed under Rule 113 or, if no Medical Delegate has been so appointed, by a **medical doctor so designated by the Organisers**, may be accepted as sufficient reason to accept that the athlete became unable to compete after confirmations closed or after competing in a previous round but will be able to compete in further events (except Combined Events individual events) on a subsequent day of the competition. Other justifiable reasons (e.g. factors independent of the athlete's own actions, such as problems with the official transport system) may, after confirmation, also be accepted by the Technical Delegate(s).

11. *Two important changes are made to Rule 143 clarifying after the "Nike sub2 hour" controversy what shoes can be worn in competition and removing the need for horizontal jumpers to wear a back bib.*

RULE 143

**Clothing, Shoes and Athlete Bibs**

---

**Shoes**

2. Athletes may compete barefoot or with footwear on one or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip on the ground. Such shoes, however, must not be constructed so as to give athletes any unfair assistance. **Any type of shoe used must be reasonably available to all in the spirit of the universality of athletics.**

*Note (i): Adaptation of a shoe to suit the characteristic of a particular athlete's foot is permitted if made in accordance with the general principles of these Rules.*

*Note (ii): Where evidence is provided to the IAAF that a type of shoe being used in competition does not comply with the Rules or the spirit of them, it may refer the shoe for study and if there is non-compliance may prohibit such shoes from being used in competition.*

**Athlete Bibs**

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

12. Further updates are made to the Assistance Rules to provide for clarification on recent issues and new practices and to make clear the extent to which athletes may assist each other, particularly in longer races.

RULE 144  
Assistance to Athletes

---

**Medical Examination and Assistance**

1. Medical examination / treatment and/or physiotherapy may be provided either on the competition area itself by the official medical staff appointed by the Organisers and identified by armbands, vests or similar distinctive apparel or in designated medical treatment areas outside the competition area by accredited team medical personnel specifically approved by the Medical or Technical Delegate(s) for the purpose. In neither case shall the intervention delay the conduct of the competition or an athlete's trial in the designated order. Such attendance or assistance by any other person, whether immediately before competition, once athletes have left the Call Room or during competition, is assistance.  
*Note: The competition area, which normally also has a physical barrier, is defined for this purpose as the area where the competition is being staged and which has an access restricted to the competing athletes and personnel authorised in accordance with the relevant Rules and regulations.*
2. Any athlete giving or receiving assistance from within the competition area during an event (**including under Rule 163.14, 163.15, 230.10 and 240.8**) 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.  
*Note: In cases under Rule 144.3(a), disqualification may be made without warning.*
3. For the purpose of this Rule, the following examples 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 144.4(d)).
  - (b) Possession or use of video recorders, radios, CD, radio transmitters, mobile phone or similar devices in the competition area.
  - (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, or permitted by, the Rules.
  - (d) The use of any mechanical aid, unless the athlete can establish on the balance of probabilities that the use of an aid would not provide him with an overall competitive advantage over an athlete not using such aid.
  - (e) Provision of advice or other support by any official of the competition not related to or required by his specific role in the competition at the time (e.g., coaching advice, indication of the take-off point in a jumping event except to indicate a failure in **Horizontal Jumps**, time or distance gaps in a race etc.).
  - (f) **Receiving physical support from another athlete (other than helping to recover to a standing position) that assists in making forward progression in a race.**
4. For the purpose of this Rule, the following shall not be considered assistance, and are therefore allowed:
  - (a) Communication between the athletes and their coaches not placed in the competition area.  
In order to facilitate this communication and not to disturb the staging of the competition, a place in the stands, close to the competition area of each Field Event, should be reserved to the athletes' coaches.  
*Note: Coaches and other persons otherwise complying with Rules 230.10 and 240.8 may communicate with their athlete(s).*
  - (b) Medical examination / treatment and/or physiotherapy necessary to enable an athlete to participate or continue participation once on the competition area under Rule 144.1.
  - (c) Any kind of personal safeguard (e.g. bandage, tape, belt, support, **wrist cooler, breathing aid** etc.) for protection and/or medical purposes. The Referee, in conjunction with the Medical Delegate, shall have the authority to verify any case should he judge that to be desirable. (See also Rules 187.4 and 187.5.)
  - (d) Heart rate or speed distance monitors or stride sensors or similar devices carried or worn personally by athletes during an event, provided that such device cannot be used to communicate with any other person.
  - (e) Viewing by athletes competing in Field Events, of images of previous trial(s), recorded on their behalf by persons not placed in the competition area (see 144.1 Note). The viewing device or images taken from it must not be taken into the competition area.
  - (f) **Hats, gloves, shoes, items of clothing provided to athletes at official stations or when otherwise approved by the relevant Referee.**

RULE 163  
The Race

---

**Drinking / Sponging**

15. (a) In Track Events of 5000m or longer, the Organisers may provide water and sponges to athletes if weather conditions warrant such provision.
- (b) In Track Events longer than 10,000m, refreshments, water and sponging stations shall be provided. Refreshments may be provided either by the Organisers or the athlete and shall be placed so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organisers from the time that the refreshments are lodged by the

athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.

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

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

See later reference to similar changes in relation to athletes assisting each other in road running and race-walking events.

*13. Rule 145 (and earlier Rule 125) is enhanced to make clearer the situation in relation to disciplinary warnings, exclusions and disqualifications.*

RULE 145  
**Disqualification**

---

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 **Rules 144, 162.5, 180.5, 180.19, 230.7(d), 230.10(h) or 240.8(h)**, 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 or under **Rules 144, 162.5, 180.5, 180.19, 230.7(d), 230.10(h) or 240.8(h)** shall render the athlete liable to disqualification by the Referee from participation in all further events, (including individual events of a Combined Event, other events in which he is simultaneously participating and relays) in that competition. If the offence is considered serious, the Competition Director shall report it to the relevant governing body for consideration of further disciplinary action.

***Note: Any yellow or red card given to an athlete in a relay or other team event shall apply both to the athlete individually and to his team. The team shall be disqualified after a second warning irrespective of whether the second or subsequent card is given to the same or another athlete in the team.***

14. Rule 146 is amended to standardise and reflect practice.

RULE 146

Protests and Appeals

---

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, if he is in any doubt, 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 indicated by an IAAF certified Start Information System, unless for any reason the Referee determines that the information provided by the System is obviously inaccurate.
  - (b) a protest may be based on the failure of the Starter to recall a false start or, under Rule 162.5, to abort a 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 or whose conduct should have led to the start being aborted, and who was subject to warning or disqualification according to Rules 162.5, **162.7**, **162.8** or 200.8(c), shall be warned or disqualified. Whether or not there may be any warning or disqualification, the Referee shall have the authority to declare the event or part of the event void and that it or part of it shall be held again if in his opinion justice demands it.  
*Note: The right of protest and appeal in Rule 146.4(b) shall apply whether or not a Start Information System is used.*
  - (c) **if a protest or appeal is based on an athlete being incorrectly excluded from an event due to a false start and it is upheld after the completion of the race then the athlete should be afforded the opportunity to run on his own to record a time in the event and where applicable to be advanced to subsequent rounds. No athlete should be advanced to a subsequent round without competing in all rounds.**  
*Note: This Rule may also be applied by the Referee, the Jury of Appeal or the Technical Delegate(s) in other circumstances where it is deemed appropriate (see Rule 163.2).*
5. In a Field Event, if an athlete makes an immediate oral protest against having a trial judged as a failure, the Referee of the event may, **if he is in any doubt**, order that the trial be measured and the result recorded, in order to preserve the rights of all concerned.  
If the protested trial occurred:
- (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 **any subsequent** 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, if he is in any doubt, allow the athlete to continue competing “under protest” to preserve the rights of all concerned.
8. The Jury of Appeal shall consult all relevant persons, **including the relevant Referee (except when his decision is to be fully maintained by the Jury of Appeal)**. If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee or the Chief Race Walking Judge shall be upheld.

15. The header to section III Track Events is updated. Some changes are made to Rule 160 to allow for the Japanese practice of using temporary kerbing rods instead of cones or flags and to better indicate changes from straight to curve and vice versa following several DQs in steeple events in recent times.

## SECTION III - TRACK EVENTS

Rules 163.2, 163.6 (except under Rules 230.12 and 240.9), **163.14**, 164.2, ~~and 165~~ and **167.1** also apply to Sections VII, VIII, and IX.

### RULE 160

#### Track Measurements

---

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

If a section of the kerb on a bend has to be temporarily removed for Field Events, its place on the surface beneath shall be marked with a white line 50mm in width and by cones or flags, minimum height 0.20m, 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. (Flags shall be placed at an angle of 60° with the ground away from the track.) This **(including also the option of temporary kerbing)** shall also apply to the curved section of the steeplechase track where athletes divert from the main track to negotiate the water jump, to the outer half of the track in the case of starts according to Rule **163.5(b)** and, optionally, to the straights, in this latter case, at intervals not exceeding 10m.

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

4. In all races up to and including 400m, each athlete shall have a separate lane, with a width of  $1.22\text{m} \pm 0.01\text{m}$ , including the lane line on the right, marked by white lines 50mm in width. All lanes shall be of the same nominal width. The inner lane shall be measured as stated in Rule 160.2, but the remaining lanes shall be measured 0.20m from the outer edges of the lines.

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

16. The previous Rule 162.10 is relocated to Rule 163 where it fits better. Changes are made to Rule 163 to reflect practice (especially in relation to partial re-runs). The wind gauge rules (163 and 184) are also updated including clarification in relation to "height".

### RULE 163

#### The Race

---

##### Obstruction

2. If an athlete is jostled or obstructed during an event so as to impede his progress, then:
  - (a) if the jostling or obstruction is considered unintentional or is caused otherwise than by an athlete, the Referee may, if he is of the opinion that an athlete (or his team) was seriously affected, **in accordance with Rule 125.7 or Rule 146.4**, order that the race (**for one, some or all of the athletes**) be re-held or allow the affected athlete (or team) to compete in a subsequent round of the event;
  - (b) if another athlete is found by the Referee to be responsible for the jostling or obstruction, such athlete (or his team) shall be liable to disqualification from that event. The Referee may, if he is of the opinion that an athlete (or his team) was seriously affected, **in accordance with Rule 125.7 or Rule 146.4**, order that the race (**for one, some or all of the athletes**) be re-held excluding any disqualified athlete (or team) or allow any affected athlete (or team) (other than any disqualified athlete or team) to compete in a subsequent round of the event.

In both cases Rule 163.2(a) and (b), such athlete (or team) should normally have completed the event with bona fide effort.

##### Lane Infringement

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 **163.5(b)**, or on any curved part of the diversion from the track for the steeplechase water jump, shall not step or run on or inside the kerb or line marking the applicable border (the inside of the track, the outer half of the track, or any curved part of 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 infringed this Rule, he shall be disqualified.

4. An athlete shall not be disqualified if he
- 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
  - steps or runs outside his lane in the straight, any straight part of the diversion from the track for the steeplechase water jump 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. **If material advantage is gained, the athlete shall be disqualified.**
- 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.*
5. In competitions held under Rule 1.1 and where suitable in other competitions:
- the 800m event shall be run in lanes as far as the nearer edge of the breakline where athletes may leave their respective lanes. The breakline shall be an arced line marked after the first bend, 50mm wide, across all lanes other than lane 1. To assist athletes identify the breakline, small cones, prisms **or other suitable markers**, 50mm × 50mm and no more than 0.15m high, preferably of different colour from the breakline and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline.
- Note: In competitions under Rules 1.1(d) and (h), the participating teams may agree not to use lanes.*
- when there are more than 12 athletes in a race over 1000m, 2000m, 3000m, 5000m or 10,000m, they may be divided into two groups with one group of approximately two thirds of the athletes on the regular arced start line and the other group on a separate arced start line marked across the outer half of the track. The other group shall run as far as the end of the first bend of the race on the outer half of the track, which shall be marked by cones, flags or temporary kerbing as described in Rule 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 indicates where the athletes in the outer group in 2000m and 10,000m may join the athletes using regular start.  
For group starts in 1000m, 3000m and 5000m, the track shall be marked at the beginning of the finish straight to indicate where athletes starting in the outer group may join the athletes using the regular start. This mark may be a 50mm × 50mm mark on the line between lanes 4 and 5 (lanes 3 and 4 in a six-lane track) immediately before which a cone or flag is placed until the two groups converge.
  - If an athlete does not follow this Rule he, or in the case of a relay his team, shall be disqualified.**

#### **Wind Measurement**

- All wind gauge equipment **shall be manufactured and calibrated according to international standards**. The accuracy of the ~~gauge used~~ **measuring equipment used in the competition** shall have been verified by an appropriate organisation accredited by the national measurement authority.
- The Track Referee shall ensure that the wind gauge for Track Events is placed beside the straight, adjacent to lane 1, 50m from the finish line. **The measuring plane** shall be positioned 1.22m ± **0.05m** high and not more than 2m away from the track.
- The periods for which the wind velocity shall be measured from the flash / smoke of the Starter's gun are as follows:

|              | Seconds |
|--------------|---------|
| 100m         | 10      |
| 100m Hurdles | 13      |
| 110m Hurdles | 13      |

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

### RULE 184 General Conditions – Horizontal Jumps

#### **Wind Measurement**

- 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 184.12 and read as per Rule 163.13.
- The relevant Field Events Referee shall ensure that the wind gauge is placed 20m from the take-off line. **The measuring plane** shall be positioned 1.22m ± **0.05m** high and not more than 2m away from the runway.
- 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.

17. *Some terminology in Rule 165 is corrected and standardised. The requirement in Rule 165.24(f) to apply Rules 164.2 and 165.2 is made mandatory.*

RULE 165  
**Timing and Photo Finish**

---

23. Times shall be read and recorded from the Photo Finish image as follows:
- (a) For all races up to and including 10,000m, **unless the time is an exact 0.01 second, the time shall be converted and recorded to the next longer 0.01 second, e.g. 26:17.533 shall be recorded as 26:17.54.**
  - (b) For all races on the track longer than 10,000m, all times not ending in **two zeroes** shall be converted and recorded to the next longer 0.1 second, e.g. 59:26.322 shall be recorded as 59:26.4.
  - (c) For all races held partly or entirely outside the stadium, all times not ending in **three zeroes** shall be converted and recorded to the next longer whole second, e.g. 2:09:44.322 shall be recorded as 2:09:45.

**Transponder System**

24. The use of Transponder Timing Systems **complying with IAAF Rules** in events held under Rules 230 (races not held completely in the stadium), 240, 250, 251 and 252 is permitted provided that: .....
- (e) For all races, **all times not ending in zero shall be converted and recorded to the next longer whole second, e.g. 2:09:44.3 shall be recorded as 2:09:45.**  
*Note: The official time shall be the time elapsed between the firing of the starting gun (or the synchronised start signal) and the athlete reaching the finish line. However, the time elapsed between an athlete crossing the start line and the finish line can be made known to 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 **must** 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 and the identification of athletes.*

18. *Rule 166 is fully revised, incorporating the interim changes made in 2016 and significantly removing the progression tables – which from now on should be provide for in the regulations for each particular competition. The previous tables (both outdoor and indoor) are now published separately on the IAAF website for those governing bodies and meet organisers wishing to use them. Specific provision is made for practice in one-day meetings. Note however that there is no change to the basic seedings and draws procedures.*

RULE 166  
**Seedings, Draws and Qualification in Track Events**

---

**Rounds and Heats**

1. **Qualification Rounds** shall be held in Track Events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). Where **Qualification Rounds** are held, all athletes must compete in, and qualify through, all such rounds except that the **relevant governing body may, for one or more events, authorise the conduct of additional preliminary qualification rounds(s) either at the same or at one or more earlier competition(s) to determine some or all of the athletes who shall be entitled to participate and in which round of the competition. Such procedure and any other means (such as e.g. achieving entry standards during a specified period, by specified placing in a designated competition or by rankings) by which an athlete is entitled to participate, and in which round of the competition, shall be set out in the regulations for each competition.**
2. The **Qualification Rounds for Track Events** shall be arranged **as follows** by the appointed Technical Delegates. If no Technical Delegates have been appointed they shall be arranged by the Organisers.
  - (a) **The regulations for each competition should include tables which shall, in the absence of extraordinary circumstances, be used to determine the number of rounds, the number of heats in each round and the qualification procedure, ie those to advance by place (P) and time (T). Such information shall also be provided for any preliminary qualifications.**  
**Tables which may be used in the absence of any provision in applicable regulations or other determination by the Organisers shall be published on the IAAF website.**
  - (b) Whenever possible, representatives of each-Member or team and the best performed athletes shall be placed in different heats in all **Qualification Rounds** of the competition. In applying this Rule after the first round, the required exchanges of athletes between heats should, to the extent possible, be made between athletes **seeded in the same “group of lanes” according to Rule 166.4(b).**
  - (c) **When heats are being arranged as much information as possible about the performances of all athletes should be considered and the heats drawn so that, normally, the best performed athletes reach the final.**

### **Ranking and Composition of Heats**

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 × 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. three heats will consist of the following seedings:
- |   |   |   |   |    |    |    |    |    |
|---|---|---|---|----|----|----|----|----|
| A | 1 | 6 | 7 | 12 | 13 | 18 | 19 | 24 |
| B | 2 | 5 | 8 | 11 | 14 | 17 | 20 | 23 |
| C | 3 | 4 | 9 | 10 | 15 | 16 | 21 | 22 |
- (d) In ~~all~~ **each** cases, the order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.

### **Draw for Lanes**

4. For events 100m to 800m inclusive, and relays up to and including 4 × 400m, where there are several successive rounds of a race, lanes will be drawn as follows:
- (a) In the first round and any **additional** preliminary qualification round as per Rule 166.1, the lane order shall be drawn by lot.
- (b) For the following rounds, athletes shall be ranked after each round in accordance with the procedure shown in Rule 166.3(b)(i) or, in the case of 800m, 166.3(b)(ii). Three draws will then be made:
- (i) one for the four highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6;
  - (ii) another for the fifth and sixth ranked athletes or teams to determine placings in lanes 7 and 8, and
  - (iii) another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 2.
- Note (i): When there are fewer or more 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 **or the Jury of Appeal**, there are more athletes in a race 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.*
- Note (iv): When there are more lanes than athletes, the inside lane(s) should always remain free.*
5. In competitions under Rules 1.1(a), (b), (c) and (f), for events longer than 800m, relays longer than 4 × 400m and any event where only a single round (final) is required, lanes / starting positions shall be drawn by lot.
6. Where it is decided to conduct a series of races in an event rather than rounds and finals, the regulations for the competition shall set out all relevant considerations including seedings and draws and the method by which the final results will be determined.
7. 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 Technical Delegate(s) or the Referee**, justify an alteration.

### **Progression**

8. In all **Qualification Rounds**, **the tables should, where practicable, allow** at least the first and second places in each heat **to** qualify for the next round and it is recommended that, where possible, at least three in each heat should qualify. Except where Rule 167 applies, any other athletes may qualify by place or by time according to Rule 166.2, the **applicable** Technical Regulations, or as determined by the Technical Delegate(s). When athletes are qualified according to their times, only one system of timing may be applied.

### *One Day Meetings*

9. In competitions held under Rule 1.1(e), (i) and (j) athletes may be seeded, ranked and/or allocated to lanes in accordance with the applicable regulations for the competition or any other method determined by the Organisers but preferably notified to the athletes and their representatives in advance.

### *Minimum Times between Rounds*

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

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

19. Rule 167 is reformatted and extended to cover all usual situations. The Australian domestic practice of allowing all "tied" athletes to .01 to proceed to the next round where lanes are available remains valid.

## RULE 167

### Ties

---

1. If the Judges or the Photo Finish Judges are unable to separate the athletes for any place according to Rules 164.2, 165.18, 165.21 or 165.24 (as may be applicable), it shall be determined to be a tie and the tie shall remain.

#### *Tie for ranking position (according to Rule 166.3(b))*

2. If there is a tie for any ranking position under Rule 166.3 (b), the Chief Photo Finish Judge shall consider the actual times recorded by the athletes to .001 second and if it is equal, it shall be determined to be a tie and lots shall be drawn to determine the higher ranking position.

#### *Tie for last qualifying position based on place*

3. If after the application of Rule 167.1, there is a tie for a last qualifying position based on place, if there are lanes or positions available (including lane sharing in 800m races) the tying athletes shall be placed in the next round. If that is not practicable lots shall be drawn to determine which athlete(s) shall be placed in the next round.
4. Where qualifying for the next round is based on place and time (e.g., the first three in each of two heats plus the next two fastest), and there is a tie for the last qualifying position based on place, placing the tied athletes in the next round shall reduce the number of athletes qualifying based on time.

#### *Tie for last qualifying position based on time*

5. If there is a tie for a last qualifying position based on time, the Chief Photo Finish Judge shall consider the actual times recorded by the athletes to .001 second and if it is equal, it shall be determined to be a tie. If there are lanes or positions available (including lane sharing in 800m races) the tying athletes shall be placed in the next round. If that is not practicable lots shall be drawn to determine which athlete(s) shall be placed in the next round.

20. Rule 168 is standardised where previous wording differed from like Rules. Additionally as with high jump bars there is a change in requirement to ensure hurdles bars can be picked up by colour blind athletes (same for steeplechase). There are two changes which affect application of the Rules – where athletes knock down or displace hurdles in a lane other than their own and allowing athletes to "climb" over hurdles without being disqualified, as often enough occurs in school or club meets, but even at a higher level.

## RULE 168

### Hurdle Races

---

5. The top bar should be painted with white and black stripes, or with other strong distinctive contrasting colours (and also in contrast with the surrounding environment), such that the lighter stripes, which should be at least 0.225m wide are on the outside. **It shall be coloured so as to be visible to all sighted athletes.**
6. All races shall be run in lanes and each athlete shall keep to, and go over the hurdles in, his own lane throughout, except as provided in Rule 163.4. **Unless there is no effect or obstruction upon any other athlete(s) in the race, an athlete shall also be disqualified if he directly or indirectly knocks down or significantly displaces a hurdle in another lane.**
7. Each athlete shall **go over** 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.

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

21. The highest profile Rule change is to Rule 170 with the merging of the acceleration and takeovers zones for the 4x100m and 4x200m relays. This eliminates the need for judging of whether the baton is changed to early before the start of the previous takeover zone. Now essentially there is a need for one or two umpires only ensuring that the athletes are standing inside and commence their runs from within the now 30m zone (as they would for a 4x400m relay) with the normal complement of umpires at the end of the zone to judge that the takeover is complete. Whilst it is desirable that old markings are updated when possible this is not essential as the existing acceleration mark can be now used as the start of the zone. Immediate options (as it may be difficult to remove or cover over the existing start ticks, is to turn the acceleration marks into a tick.

A process is provided in relation to non-compliant check-marks. [Same for field events in Rule 180].

Rule 180.8 is re-worded to hopefully alleviate confusion about the application of Rule 163.3 during take-overs. Further clarifications are also made on other matters pertaining to relays.

RULE 170  
Relay Races

---

3. **In the 4 x 100m and the 4 x 200m relays and for the first and second changes in the Medley Relay, each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. For the third change in the Medley Relay and in the 4 x 400m and longer relays each takeover zone shall be 20m long of which the scratch line is the centre.** The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone and are aware of any applicable acceleration zone. The designated official shall also ensure that Rule 170.4 is observed.
4. When all or the first portion of a Relay Race is being run in lanes, an athlete may place one check-mark on the track within 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. **The Judges shall direct the relevant athlete to adapt or remove any marks not complying with this Rule. If they do not the Judges shall remove them.**  
*Note: Serious cases may further be dealt with Under Rule 145.2*
8. **Until the moment when the baton is in the hand of only the receiving athlete, Rule 163.3 shall be applicable only to the incoming athlete. Thereafter it shall be applicable only to the receiving athlete.**  
Additionally athletes, before receiving and/or after handing over the baton, should keep in their lanes or maintain position until the course is clear to avoid obstruction to other athletes. Rules 163.3 and 163.4 shall not apply to these athletes. If however an athlete impedes a member of another team, *including* by running out of position or lane, Rule 163.2 shall be applied.
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 (**the time by which the athletes must be present in the Call Room**) for the first heat of each round of the competition. Further alterations must be verified by a medical officer appointed by the Organisers and may be made only until the final call time (**the time at which the athletes are listed to depart the Call Room**) for the particular heat in which the team is competing. The team shall compete as named and in the declared order. 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 and option (a) is not possible, it is recommended that option (c) should be used.*
14. The Medley Relay race should be run in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 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. If an athlete does not follow Rule 170.13, 170.14, 170.15 or 170.16(a) his team shall be disqualified.**

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

**19. For all takeovers,** 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 × 400m race, the athletes running the third and fourth legs (**or under Rule 170.15(b), the second leg**) shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they enter the last bend. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, his team shall be disqualified.

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

*22. Changes are made to Rule 180 to better provide for the various numbers of rounds or trials that might comprise an event these days. There is also some re-formatting, re-wording and re-numbering. Whilst the new note (v) on time limits is confirmed – as of 21 September there is no final decision on whether the proposed 30secs limits will be introduced.*

## RULE 180

### General Conditions – Field Events

---

#### **Competing Order and Trials**

5. Except where Rule 180.6 applies, the athletes shall compete in an order drawn by lot.

**If any athlete by his own decision makes a trial in an order different from that previously determined, Rules 125.5 and 145.2 shall be applied. In the case of a warning, the result of the trial (valid or failure) will stand.**

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

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

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

In the case of the last qualifying place, if two or more athletes have the same best performances, Rule 180.22 shall be applied. If it is thus determined that there has been a tie, the tying athletes shall be allowed ~~three~~ **any** additional trials.

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

In both cases:

- (a) the competing order for **any subsequent** rounds of trials shall be in the reverse ranking order recorded after the first three rounds of trials, **unless the applicable regulations provide otherwise;**
- (b) when the competing order is to be changed and there is a tie for any position, those tying shall compete in the same relative order according to the original draw.

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

*Note (ii): If one or more athlete(s) is permitted by the Referee to continue in a competition “under protest” in accordance with Rule 146.5, such athletes shall compete in all subsequent rounds of trials before all others continuing in the competition and if more than one, in the same relative order according to the original draw.*

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

#### **Completion of Trials**

8. The judge shall not raise a white flag to indicate a valid trial until a trial is completed. **The judge may reconsider a decision if he believes he raised the incorrect flag.**

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 185.2;
- (c) in the case of throwing events, once the athlete leaves the circle or runway in accordance with Rule 187.17.

#### **Qualification Round**

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

11. It is recommended that, in competitions of more than three days, a rest day be provided between **Qualifying Rounds** and the finals in the vertical jumping events.
12. The conditions for qualifying, the qualifying standard and the number of athletes in the final, shall be decided by the Technical Delegate(s). If no Technical Delegate(s) have been appointed, the conditions shall be decided by the Organisers. For competitions conducted under Rules 1.1(a), (b), (c) and (f), there should be at least 12 athletes in the final unless otherwise provided in the regulations for the competition.
13. In a **Qualifying Round**, apart from the High Jump and the Pole Vault, each athlete shall be allowed up to three trials. Once an athlete has achieved the qualifying standard, he shall not continue in the **Qualifying Round**.
14. In a **Qualifying Round** for the High Jump and the Pole Vault, the athletes, not eliminated after three consecutive failures, shall continue to compete according to Rule 181.2 (including passing a trial) until the end of the last trial at the height set as the qualifying standard, unless the number of athletes for the final has been reached as defined in Rule 180.12. Once it is determined that an athlete will be in the final, he shall not continue in the **Qualifying Round**.
15. If no athletes, or fewer than the required number of athletes, achieve the pre-set qualifying standard, the group of finalists shall be expanded to that number by adding athletes according to their performances in the **Qualifying Round**. In the case of the last qualifying place, if two or more athletes have the same best performances in the overall results of the competition, Rule 180.22 or 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.
16. When a **Qualifying Round** for the High Jump and Pole Vault is held in two simultaneous groups, it is recommended that the bar be raised to each height at the same time in each group. It is also recommended that the two groups be of approximately equal strength.

#### **Time Allowed for Trials**

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

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

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

The following times **shall not** be exceeded. **If the time is exceeded, unless a determination is made under Rule 180.18, the trial shall be recorded as a failure:**

#### **Individual Events**

Number of athletes left in the competition

|   | High Jump | Pole Vault | Other |
|---|-----------|------------|-------|
| More than 3 (or for the very first trial of each athlete) | 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  |

*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, except the time specified for consecutive trials, shall not be applied until the bar is raised to a new height.*

*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 shall include those athletes who could be involved in a jump off for first place.*

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

#### **Substitute Trials**

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

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

#### **Absence during Competition**

19. An athlete **may not leave the immediate area of the event during the progress of the competition, unless he has the permission of, and is accompanied by, an official- If possible a warning should be given first, but for subsequent instances or in serious cases the athlete shall be disqualified.**

23. Rules 181.1 and .4 are amended to reflect practice. Some other small changes are made to Rules 182 and 183. The references to the smaller size landing areas will be removed from the Rule and placed in the explanatory notes.

#### RULE 181

#### General Conditions – Vertical Jumps

---

1. Before the competition begins, **the Referee or** the Chief Judge shall announce to the athletes the starting height and the subsequent heights to which the bar will be raised at the end of each round of trials, until there is only one athlete remaining having won the competition, or there is a tie for first place. (For Combined Events, see Rule 200.8(d)).
  
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 and 5cm in the Pole Vault 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 (**or other record relevant to the competition**) height directly.  
After an athlete has won the competition, the height or heights to which the bar is raised shall be decided by the athlete, in consultation with the relevant Judge or Referee.  
*Note: This Rule does not apply for a Combined Events Competition.*

#### Crossbar

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

#### RULE 182

#### High Jump

---

#### Competition

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 the 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 **shall** not be considered a failure.  
*Note: To assist in the implementation of this Rule a white line 50mm wide shall be drawn (usually by adhesive tape or similar material) between points 3m outside of each upright, the nearer edge of the line being drawn along the vertical plane through the nearer edge of the crossbar.*
  - (c) He touches the crossbar or the vertical section of the uprights when running up without jumping.

#### RULE 183

#### Pole Vault

---

10. The crossbar shall rest on horizontal 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 shall be smooth. The vertical peg backings, which shall also be smooth and be constructed in a way that the crossbar cannot rest on the top of them, shall extend 35mm-40mm above the pegs.

The distance between the pegs shall be 4.28m-4.37m. The pegs shall not be of, or covered with, rubber or with any other material which has the effect of increasing the friction between them and the surface of the bar, nor may they have any kind of springs. **The pegs should support the bar in the middle of the end pieces.**

*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 Figure 183b).*

24. *The Rules for Horizontal Jumps are changed (in addition to the removal of the requirement for athletes to wear bibs on their backs and the clarification of the height of the wind gauge mentioned earlier) by mandating the use of tapes in the note to Rule 184.6 and the clarification of two aspects of Rule 185.1 which have recently been the subject of debate or misinterpretation. Rule 184.8 and .9*

RULE 184

**General Conditions – Horizontal Jumps**

---

**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, shall be placed along the landing area so that the above is achieved (see Figure 184b).*

**Distance Measurement**

8. **In all horizontal jumping events, distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.**

9. The measurement of each jump shall be made immediately after each valid trial (or after an immediate oral protest made under Rule 146.5)- from the nearest break in the landing area made by any part of the body, or anything that was attached to the body at the time it made a mark, to the take-off line, or take-off line extended. The measurement shall be taken perpendicular to the take-off line or its extension.

RULE 185

**Long Jump**

---

**Competition**

1. An athlete fails if:

- (a) he while taking off, touches the ground (**including any part of the plasticine board**) 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 (**including any overbalancing**), he touches the border of, or the ground outside, the landing area closer to the take-off line than the nearest break made in the sand; or
- (f) he leaves the landing area in any manner other than that described in Rule 185.2.

25. *There are some changes in the Rules in relation to throwing implements – to allow (usually personal) implements that previously but do not currently have a valid IAAF Product Certificate to be approved for competition provided of course that they still otherwise comply with the IAAF Rules; to remove in all four throwing event rules to the references to the range of supply of equipment for competition (which is intended only for manufacturers) in order to avoid the assumption that it should also be followed by Technical Managers in approving implements for competition; and to remove the (illogical) reference to the tolerance for the maximum length of the hammer.*

RULE 187

**General Conditions – Throwing Events**

---

**Official Implements**

1. In all International Competitions, the implements used shall comply with **current** IAAF specifications. Only implements which hold **or have held** a valid IAAF Product Certificate may be used. The following table shows the implement to be used by each age group:

RULE 188

**Shot Put**

---

**Shot**

4. The shot shall be of solid iron, brass or any metal not softer than brass, or a shell of such metal filled with lead or other solid material. It shall be spherical in shape and its surface finish shall be smooth.

**Information for manufacturers:** to be smooth, the surface average height must be less than 1.6µm, 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**

~~3.005kg 4.005kg 5.005kg 6.005kg 7.265kg~~  
~~3.025kg 4.025kg 5.025kg 6.025kg 7.285kg~~

Diameter:

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

#### RULE 191

#### Hammer Throw

---

8. The hammer 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

Length of hammer measured from inside of handle:

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

*Note: The weight of the implement includes the totality of the hammer head, wire and handle.*

*26. There are significant changes in the Rules in relation to the conduct of throwing events – specifically that there will no longer be a requirement for the athlete when interrupting a trial to step out correctly – provided always that he has not otherwise already infringed the Rules; it will also no longer be a failure if during a rotation in a circle throw there is an incidental touch of the top of the iron band or the ground outside – provided always that there is no advantage to the athlete, ie by gaining leverage or propulsion. Further “gloves” are added to Rule 187.5(b) to prevent onward contamination of the hammer handle by a substance which is not easily removed.*

#### RULE 187

#### General Conditions – Throwing Events

---

##### **Assistance**

5. The following shall not be considered assistance and are therefore allowed:

- The use by an athlete, in order to obtain a better grip, of a suitable substance on his hands only or in the case of a hammer thrower on his gloves. A shot putter may use such substances on his neck.
- The placement by an athlete, in the Shot Put and Discus Throw, on the implement, chalk or a similar substance. All substances used on the hands, **gloves** and on the implements shall be easily removable from the implement using a wet cloth and shall not leave any residue.
- The use of taping on the hands and fingers that is not in contravention of Rule 187.4(a).

##### **Trials**

13. In the Shot Put, Discus Throw and Hammer Throw, implements shall be thrown from a circle, and in the Javelin Throw, from a runway. In the case of trials made from a circle, an athlete shall commence his trial from a stationary position inside the circle. An athlete is allowed to touch the inside of the rim. In the Shot Put, he is also allowed to touch the inside of the stop board described in Rule 188.2.

14. It shall be a failure if an athlete in the course of a trial:

- releases the shot or the javelin other than as permitted under Rules 188.1 and 193.1;
- 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;  
*Note: It, however, will not be considered a failure if the touch is made without propulsion and occurs during a rotation at any point completely behind the white line which is drawn outside the circle running, theoretically, through the centre of 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 its top edge which is considered to be part of the top);
- in the Javelin Throw, touches with any part of his body the lines which mark the runway or the ground outside.

*Note: It will not be considered a failure if the discus or 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 or runway and may leave it.  
~~When leaving the circle or runway 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 180.17.*

27. *There are some changes in the Rules in relation to the hammer and discus cages to further enhance safety.*

#### RULE 190 Discus Cage

---

3. The cage should be U-shaped in plan as shown in Figure 190. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the cage netting. The height of the netting panels or draped netting at their lowest point should be at least 4m **and it should be 6m for the 3m nearest the front of the cage on each side.** [From 1 January 2020]

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

*Note (i): The arrangement of the rear panels/netting is not important provided the netting is a minimum of 3.00m away from the centre of the circle.*

*Note (ii): Innovative designs that provide the same 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.*

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 Event Arena is, therefore, critical for its safe use.

*Note: The method used to determine the danger zone is illustrated in Figure 190.*

#### RULE 192 Hammer Cage

---

3. The cage should be U-shaped in plan as shown in Figure 192a. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the pivoted netting. The height of the netting panels or draped netting at their lowest point shall be at least 7m for the panels/netting at the rear of the cage and at least 10m for the last 2.80m panels to the gate **netting** pivot points.

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

*Note: The arrangement of the rear panels / netting is not important provided the netting is a minimum of 3.50m away from the centre of the circle.*

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 Event Arena is, therefore, critical for its safe use.

*Note: The method used to determine the danger zone is illustrated in Figure 192a.*

28. *The Combined Events Rules are amended to allow an alternate order of events for the women's decathlon, designed to cover situations where there is only a small entry and it is desired that they compete concurrently with the men. More significantly the tie breaks rules in determining final placing based on points scores are deleted.*

#### RULE 200 Combined Events Competitions

---

4. The Women's Decathlon consists of ten events which shall be held on two consecutive days **in the order of Rule 200.2** or in the following order:

First day: 100m; Discus Throw; Pole Vault; Javelin Throw; 400m.  
Second day: 100m Hurdles; Long Jump; Shot Put;  
High Jump; 1500m.

#### Ties

12. If two or more athletes achieve an equal number of points for any place in the competition, **it shall be determined as a tie.**

29. *There is now specific provision in Rule 230 in relation to the use of the Pit Lane. It is also adapted to have a similar rule in relation to the management of personal drinks as Rule 240. Both Rules are amended to provide specifically for a rule in relation to athletes sharing drinks and the possibility of continuous support. This latter aspect is particularly but not solely designed to deal with certain behaviours by pacemakers. The previously odd restriction on when in terms of the distance of a race an athlete could leave a walks course is removed whilst a rule is added to detail the use of umpires in road running events.*

**RULE 230**  
**Race Walking**

---

***Disqualification***

7. (a) Except as provided in Rule 230.7(c), when three Red Cards from three different Judges have been sent to the Chief Judge on the same athlete, the athlete is disqualified and he shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by being shown a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.
- (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) A Pit Lane shall be used for any race where the applicable regulations for the competition so provide and may be used for other races as determined by the relevant governing body or Organisers. In such cases, an athlete will be required to enter the Pit Lane and remain there for the applicable period once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by him.

The applicable period in the Pit Lane shall be as follows:

| <b>Races up to and including</b> | <b>Time</b>   |
|----------------------------------|---------------|
| <b>5000m/5km</b>                 | <b>0.5min</b> |
| <b>10000m/10km</b>               | <b>1min</b>   |
| <b>20000m/20km</b>               | <b>2min</b>   |
| <b>30000m/30km</b>               | <b>3min</b>   |
| <b>40000m/40km</b>               | <b>4min</b>   |
| <b>50000m/50km</b>               | <b>5min</b>   |

If, at any time, the athlete receives an additional Red Card from a Judge other than one of the three who had previously sent a Red Card, he shall be disqualified. An athlete who fails to enter the Pit Lane when required to do so, or remain there for the applicable period, shall be disqualified by the Chief Judge.

***Drinking / Sponging and Refreshment Stations in Road Events***

10. (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 Organisers or the athlete, shall be placed at the stations so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes. **Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organisers from the moment that the refreshments are delivered by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.**
- (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 **Member** may be stationed **at any one time** behind the table. No official or authorised person shall, under any circumstances, move beside an athlete while he is taking refreshment or water.
- Note: For an event in which Member may be represented by more than three athletes, the Technical Regulations may allow additional officials at the refreshment tables.*
- (g) An athlete may, at any time, carry water or refreshment by hand or attached to his body provided it was carried from the start or collected or received at an official station.
- (h) An athlete who receives or collects refreshment or water from a place other than the official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the course.

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

### **Road Courses**

11. (a) The circuit shall be no shorter than 1 km and no longer than 2km. For events that start and finish in the stadium, the circuit should be located as close as possible to the stadium.
- (b) Road courses shall be measured in accordance with Rule 240.3.

### **Race Conduct**

12. **An athlete** may leave the marked course with the permission and under the supervision of an official, provided that by going off course he does not shorten the distance to be covered.
13. If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.

## RULE 240 Road Races

---

### **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, water shall be available at suitable intervals of approximately 5km. For events longer than 10km, refreshments other than water may be made available at these points.  
*Note (i): Where conditions warrant, taking into account the nature of the event, the weather conditions and the state of fitness of the majority of the competitors, water and/or refreshments may be placed at more regular intervals along the route.*  
*Note (ii): Mist stations may also be arranged, when considered appropriate under certain organisational and/or climatic conditions.*
- (c) Refreshments may include drinks, energy supplements, foodstuffs or any other item other than water. The Organisers will determine which refreshments it will provide based on prevailing conditions.
- (d) Refreshments will normally be provided by the Organisers but it may permit athletes to provide their own, in which case the athlete shall nominate at which stations they shall be made available to him. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organisers from the time that the refreshments are lodged by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.
- (e) The Organisers shall delineate, by barriers, tables or markings on the ground, the area from which refreshments can be received or collected. It should not be directly in the line of the measured route. Refreshments shall be placed so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes. Such persons shall remain inside the designated area and not enter the course nor obstruct any athlete. No official or authorised person shall, under any circumstances, move beside an athlete while he is taking refreshment or water.
- (f) In competitions held under Rules 1.1(a), (b), (c) and (f), a maximum of two officials per **Member** may be stationed **at any one time** behind the area designated for **them**.  
*Note: For an event in which **Member** may be represented by more than three athletes, the Technical Regulations may allow additional officials at the refreshment tables.*
- (g) An athlete may, at any time, carry water or refreshment by hand or attached to his body provided it was carried from the start or collected or received at an official station.
- (h) An athlete who receives or collects refreshment or water from a place other than the official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the course.  
*Note: An athlete may receive from or pass to another athlete refreshment, water or sponges provided it was carried from the start or collected or received at an official station. However any continuous support from an athlete to one or more others in such a way may be regarded as unfair assistance and warnings and/or disqualifications as outlined above may be applied.*

### **Race Conduct**

9. An athlete may leave the marked course with the permission and under the supervision of an official, provided that by going off course he does not shorten 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.
11. **Umpires should be placed at regular intervals and at each key point. Other umpires should move along the course during the race.**

30. There are some formatting changes to Rules 250, 251 and 252 – in part to standardise the presentation of all the out of stadium event rules, particularly in respect of mountain running. In Rule 250 there is elaboration in relation to cross country relays and drinking/sponging.

RULE 250  
**Cross-Country Races**

---

**Distances**

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

|         |      |           |      |
|---------|------|-----------|------|
| Men     | 10km | Women     | 10km |
| U20 Men | 8km  | U20 Women | 6km  |

The distances recommended for U18 competitions should be approximately:

|          |     |           |     |
|----------|-----|-----------|-----|
| U18 Boys | 6km | U18 Girls | 4km |
|----------|-----|-----------|-----|

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

**Course**

2. (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.
3. For Championships and international events and, wherever possible, for other competitions:
  - (a) A loop course must be designed, with the loop measuring between 1500m and 2000m. If necessary, a small loop can be added in order to adjust the distances to the required overall distances of the various events, in which case the small loop must be run in the early stages of the event. It is recommended that each long loop should have a total ascent of at least 10m.
  - (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.
4. (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 should 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.
5. **For Cross-Country Relays, lines 50mm wide 20m apart shall be drawn across the course to denote the takeover zone. All takeover procedures, which, unless otherwise specified by the organisers, shall comprise a physical contact between the incoming and outgoing athletes, shall be completed within this zone.**

**Start**

6. 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 should be given. Departure boxes shall be provided for teams races and the members of each team shall be lined up behind each other at the start of the race. In other races, the athletes shall be lined up in the manner determined by the organisers. On the command "On your marks", the starter shall ensure that no athlete has 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.

**Safety**

7. Organisers of Cross-Country Races shall ensure the safety of athletes and officials.

**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.  
**Note: Where conditions warrant, taking into account the nature of the event, the weather conditions and the state of fitness of the majority of the competitors, water and sponges may be placed at more regular intervals along the route.**

### ***Race Conduct***

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.

---

RULE 251  
**Mountain Races**

---

### ***Types of Mountain Races***

1. (a) **Most Mountain Running races are mass starts in which all athletes start together or are started separately by sex or age categories.**
- (b) **For Mountain Running Relays, the composition, course distances and course types could vary widely, depending on the natural conditions and the plans of the Organisers.**
- (c) **Mountain Races with individual start times at various intervals are considered time trials. The results are ordered by the individual finish times.**

### ***Course***

2. (a) Mountain **Running** takes place on terrain that is mainly off-road, unless there is significant elevation gain on the route in which case a macadamised surface is acceptable.
- (b) **Each Mountain Running course is a specific one with the natural conditions dictating the basic course route. Existing roads and trails should preferably be used. The Organisers are responsible to care for the environment.**
- (c) **The course length may vary from 1km to the marathon distance respecting required technical details.**
- (d) **Courses can be mostly uphill, up and down or a mix.**
- (e) **The average incline should include a minimum of 5% (or 50m per km) and not exceed 20% (or 200m per km). The most preferable average elevation gain is approximately 100m per km provided that the course remains runnable.**
- (f) **Courses should be well marked. A detailed course map with a profile should be provided.**

### ***Start***

3. 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.

### ***Safety***

4. Organisers of Mountain Races shall ensure the safety of athletes and officials. **Specific conditions such as high altitude in relation to the weather conditions and available infrastructure should be respected.**

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

5. Water and other suitable refreshments shall be available at the start and finish of all races. Additional drinking / sponging stations **should** be provided at suitable places along the course.

### ***Race Conduct***

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

---

RULE 252  
**Trail Races**

---

### ***Course***

1. (a) Trail Races take place on a variety of terrain (including dirt roads, forest paths and single track footpaths) within a natural environment in open country (such as mountains, desert, forests or plains) that is mainly off-road.
- (b) Sections of macadamised surfaces or concrete are acceptable but should be the minimum possible for the desired course and must not exceed 20% of the total distance of the race. There shall be no set limit on distance or altitude gain or loss.
- (c) The Organisers shall, prior to the race, announce the distance and total ascent / descent of the course which must have been measured and provide a map and detailed profile of the course together with a description of the technical difficulties to be confronted during the race.
- (d) **The course must be marked in such a way that athletes receive sufficient information to complete it without deviating from it.**

31. *There are a series of clarifications in relation to world records but essentially they reflect the existing intention and practice, including to the way in which road running courses are verified on the day of the race. In addition road running world records for 5km are now recognised whilst those for 15km, 20km, 25km and 30km are deleted. Rule 265 is added to provide for meet records etc.*

RULE 260  
**World Records**

---

**Submission and Ratification**

1. A World 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. For individual events, at least three athletes and for relay events, at least two teams must be bona fide competitors in the event. Except for Field Events conducted as provided in Rule 147 **and competitions held outside the stadium under Rules 230 and 240**, no performance set by an athlete will be ratified if it has been accomplished during a mixed competition.  
*Note: Women only Road Race records are subject to the conditions set out in Rule 261.*
2. The following categories of World Records are accepted by the IAAF:
  - (a) World Records;
  - (b) World U20 Records;
  - (c) World Indoor Records;
  - (d) World U20 Indoor Records.*Note (i): For the purposes of these Rules, unless the context dictates otherwise, World Records refers to all categories of records under this Rule.*  
*Note (ii): World Records under Rule 260.2(a) and (b) shall recognise the best ratified performances achieved at any facility complying with Rule 260.12 or 260.13.*
13. **For World Indoor Records:**
  - (a) The performance shall have been made in an IAAF certified athletics facility or at a competition area, which complies with Rule 211 to 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 performance 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) **The performance in an oval track event shall be made in a lane where the projected running line radius on the constant banked bend segment does not exceed 27m and for multiple lap events the two straights each are at least 30m long.**
  - (e) Any straight track shall comply with Rule 212.
14. **For World Records in Running and Race Walking Events:**
  - (a) The performance shall be timed by official Timekeepers, by a Fully Automatic Timing and Photo Finish System (for which a zero control test has been undertaken in accordance with Rule 165.19) or Transponder System (see Rule 165.24) **complying with IAAF Rules**.
  - (b) For races up to and including 800m (including 4 × 200m and 4 × 400m), only performances timed by a Fully Automatic Timing and Photo Finish System **complying with IAAF Rules** shall be ratified.
  - (c) For performances made outdoors up to and including 200m, information concerning wind velocity, measured as indicated in Rules 163.8 to 163.13 inclusive, shall be submitted. If the wind velocity, measured in the direction of running, averages more than 2 metres per second, the performance will not be ratified.
  - (d) No performance will be ratified where the athlete has infringed Rule 163.3 **nor in the case an individual event where an athlete has recorded a false start as allowed under Rule 200.8(c).**
  - (e) For performances up to and including 400m (including 4 × 200m and 4 × 400m) under Rules 261 and 263, starting blocks linked to an IAAF certified Start Information System under Rule 161.2 must have been used and have functioned correctly so that reaction times were obtained and are shown on the results of the event.
17. **For World Records in Field Events:**
  - (a) The performances shall be measured either by three Field Judges using a calibrated and **verified** steel tape or bar or by an approved scientific measuring apparatus, the accuracy of which has been confirmed in accordance with Rule 148.
18. **For World Records in Combined Events:**

The conditions **as set out in Rule 200.8** shall have been complied with in each of the individual events. **In addition for those events** where wind velocity is **required to be** 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.
20. **For World Records in Road Race Walking Events:**
  - (a) The course must be measured by an "A" or "B" grade IAAF/AIMS approved measurer who shall ensure that the relevant measurement report and any other information required by this Rule is available to the IAAF upon request.
  - (b) The circuit shall be no shorter than 1km and no longer than 2km with a possible start and finish in a stadium.
  - (c) Any course measurer who originally measured the course or other suitably qualified official designated by the measurer (**after consulting the relevant body**) with a copy of the documentation detailing the officially measured course must validate that the course covered by the athletes conforms to the course measured and documented by the

official course measurer.

- (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, by a different "A" grade measurer from any of those who did the original measurement.

*Note: If the course was originally measured by at least two "A" or one "A" and one "B" grade measurers, no verification (re-measurement) under this Rule 260.20(d) will be required.*

- (e) World Records in Road Race 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, recorded and subsequently marked as part of the course measurement and must have been verified in accordance with Rule 260.20(d).

#### 21. For World Records in Road Running Events:

- (a) The course must be measured by an "A" or "B" grade IAAF/AIMS approved measurer who shall ensure that the relevant measurement report and any other information required by this Rule is available to the IAAF upon request.

- (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 (0.1%).

- (d) Any course measurer who originally measured the course or other suitably qualified official designated by the measurer (**after consulting the relevant body**) with a copy of the documentation detailing the officially measured course shall **in advance of the race check that the course is laid out in conformity with the course measured and documented by the official course measurer. He shall then** ride in the lead vehicle during the competition **or otherwise** validate that the **same** course is run by the athletes.

- (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, by a different "A" grade measurer from any of those who did the original measurement.

*Note: If the course was originally measured by at least two "A" grade or one "A" and one "B" grade measurers, no verification (re-measurement) under this Rule 260.21(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, recorded and subsequently marked as part of the course measurement and must have been verified in accordance with Rule 260.21(e).

- (g) For the Road Relay, the race shall be run in stages of 5km, 10km, 5km, 10km, 5km, 7.195km. The stages must have been measured, recorded and subsequently marked as part of the course measurement with a tolerance of  $\pm 1\%$  of the stage distance and must have been verified in accordance with Rule 260.21(e).

*Note: It is recommended that national governing bodies and Area Associations adopt similar rules to the above for the recognition of their own records.*

### RULE 261

#### Events for which World Records are Recognised

---

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

Hand Timed performances (H.T.)

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 × 100m Relay; 4 × 200m Relay; 4 × 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 × 800m Relay; Distance Medley Relay; 4 × 1500m Relay;  
Race Walking (Track): 20,000m; 30,000m, 50,000m.

F.A.T. or H.T.

or T.T.: Road Races: **5km**; 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;  
100m Hurdles; 400m Hurdles;  
4 × 100m Relay; 4 × 200m Relay; 4 × 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 × 800m Relay; Distance Medley Relay; 4 × 1500m Relay;  
Race Walking (Track): 10,000m; 20,000m; 50,000m\*.

F.A.T. or H.T.

or T.T.: Road Races: **5km**; 10km; ~~15km; 20km~~; Half Marathon; ~~25km; 30km~~; Marathon; 100km; Road Relay  
(Marathon distance only);

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

*Note (i): Except Race Walking competitions, IAAF shall keep two World Records for women in Road Races: a World Record for performance achieved in mixed gender ("Mixed") races and a World Record for performance achieved in single gender ("Women only") races.*

*Note (ii): A women only road race can be staged by having separate women's and men's start times. The time differential should be chosen to prevent any possibility of assistance, pacing or interference, especially on courses involving more than one lap of the same section of the course.*

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

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

#### **RULE 265** **Other Records**

---

- 1. Games, championships, meeting and other similar records may be established by the relevant body having control over the competition or by the organisers.**
- 2. The record should recognise the best performance achieved at any edition of the applicable competition in accordance with the Rules, with the exception that wind velocity readings may be ignored, unless it is specifically provided otherwise in the applicable regulations for the competition.**

## **NEW IAAF HANDBOOKS**

The IAAF is in the process of finalising the new Handbook.

## **AA GENERAL RULES**

An updated version of AA General Rule 20, which covers competition rule dispensations and interpretations, is being undertaken. Once completed it will be distributed in the usual manner, including being updated on the AA website.

## **IMPLEMENTATION IN AUSTRALIA**

The new IAAF rules, come into effect internationally on 1 November 2017. However, the Rules will be effective in Australia as usual from the start of the traditional track season (ie as from 1 October 2017)

The new rules will be applied at all national events (including the 2017 Australian All Schools and SKO National Final) held after 1 October 2017.

Brian Roe  
AA Hon Technical Officer  
21 September 2017